# Hobbies and interests

**1.** Expressing Likes and Dislikes

* **What are your favorite hobbies?**
  + **"I really enjoy hiking because it helps me connect with nature and stay fit."**
  + **"I'm a big fan of playing the guitar. I find it relaxing, and I love learning new songs."**
  + **"One of my favorite hobbies is reading, especially mystery novels."**
* **Is there something you really enjoy doing in your free time?**
  + **"In my free time, I love cooking. Trying out new recipes is always exciting, especially when I’m experimenting with different cuisines."**
* **What activities do you dislike or avoid?**
  + **"I’m not a fan of video games. I find them too repetitive and prefer to spend my time on activities that are more physically engaging."**
  + **"I don’t really enjoy watching sports. I’d rather be doing something active myself."**
* **Are there any hobbies you used to like but don’t anymore?**
  + **"I used to be into collecting stamps, but I’ve lost interest over the years and now focus more on creative hobbies like painting."**

**2.** Talking About Hobbies

* **How often do you engage in your hobbies?**
  + **"I try to go jogging at least three times a week. It’s a great way to clear my head and stay in shape."**
  + **"Whenever I have free time on weekends, I love to bake pastries. It’s become a routine."**
* **What hobbies did you have when you were a child?**
  + **"When I was a child, I loved drawing and coloring. I’d spend hours creating different characters and scenes."**
  + **"I was really into building LEGO models. It sparked my interest in engineering."**
* **How do your hobbies help you relax or stay fit?**
  + **"I do yoga every morning. It helps me stay flexible and reduces stress after a long day."**
  + **"I’m into cycling. Not only does it keep me fit, but it’s also a good way to explore new places."**
* **Have you tried any new hobbies recently?**
  + **"Recently, I’ve taken up photography. I enjoy capturing beautiful moments, especially while traveling."**
  + **"I just started learning coding. It’s been a great challenge, and I enjoy figuring out how things work."**
* **Do you share any hobbies with friends or family?**
  + **"Yes, I often go fishing with my dad. It’s something we’ve done together since I was young."**
  + **"My friends and I love playing board games on the weekends. It’s a fun way to hang out and unwind."**

**3.** Talking About Preferences

* **Do you prefer indoor or outdoor activities?**
  + **"I definitely prefer outdoor activities like hiking and biking. Being in nature is refreshing."**
  + **"I actually prefer indoor activities like reading or playing the piano. It’s more relaxing for me."**
* **Are you more interested in individual or group hobbies?**
  + **"I like individual hobbies like painting or writing because I can do them at my own pace."**
  + **"I prefer group activities like playing soccer with friends because it’s more social and energetic."**
* **What kind of hobbies would you like to try in the future?**
  + **"I’d love to try scuba diving. I’ve always been fascinated by marine life and the underwater world."**
  + **"I’ve always wanted to learn pottery. It seems like a peaceful and creative way to spend time."**
* **Would you rather spend your free time on active or relaxing hobbies?**
  + **"I’d say a mix. On some days, I prefer active hobbies like rock climbing, but other times I enjoy more relaxing things like reading a book."**
  + **"I usually prefer active hobbies like swimming or running because I like to stay energized."**

## Benefits of hobbies and interests:

**1.Relaxation and stress relief**

**Hobbies offer a break from routine and help to unwind.**

**2.Skill development**

**Many hobbies enhance skills like discipline, concentration, or problem-solving.**

**3.Creativity boost**

**Hobbies allow for exploring creative sides (e.g., art, music, photography).**

**4.Socialization**

**Group activities or team sports provide a platform to meet people and improve social skills.**

**5.Balance and fulfillment**

**Engaging in hobbies contributes to overall life satisfaction and personal growth.**

## a dialogue outline on "What can hobbies and interests bring to us?"

**Person A:**  
*Why do you think hobbies and interests are important?*

**Person B:**  
*Well, I think hobbies can bring us a lot of benefits. For example, they help us relax and unwind after a stressful day. Don’t you feel the same?*

**Person A:**  
*Absolutely! I love how hobbies like reading or painting can take my mind off work. But I also think they help us develop new skills, don’t you think?*

**Person B:**  
*Exactly! For instance, if someone enjoys playing a musical instrument, they’re constantly improving their concentration and discipline. Plus, it’s fun at the same time.*

**Person A:**  
*That’s true. And hobbies also give us a chance to explore our creative side. I started photography recently, and I feel like it really makes me see the world differently.*

**Person B:**  
*Yeah, creativity is a big part of it. Also, some hobbies, like team sports, are great for socializing. You get to meet new people and form stronger bonds with friends.*

**Person A:**  
*Right! Social hobbies can really improve our communication skills and even build teamwork, which is useful in both personal and professional life.*

**Person B:**  
*Exactly. Whether it’s for fitness, learning, or just fun, hobbies can definitely make our lives richer and more fulfilling.*