**What do you do in your spare time?** /sper/ /taɪm/

I love watch movie and listen to music when I have some free time available.

/əˈveɪləbl/

/əˈpɑːrt/

Apart from these : ngoài những cái này

Whenever: bất cứ khi nào

I do get time: có thời gian rãnh

Apart from these, I also like playing badminton. So, whenever I do get time, I usually read, write book or play badminton.

**What do you do to relax yourself?**

/ˌriːlækˈseɪʃn

For relaxation, I prefer taking a short nap. It could be for 20 minutes or may be an hour. But, nothing helps me relax better than some sleep.

**What do you usually spend your weekends?**

During the weekdays, most part of the evenings usually gets lost doing the office work. But, during weekends, I work on my blog for the entire day and so during evenings I usually spend some time with my friends, going on long walks together or have dinner at their place.

**What do you usually do after work?**

There is nothing much that can be done after work because it really becomes quite tiring. So, most of the times I am either working on my blog or writing something or some drafts, here and there.

**Do you prefer staying at home or going out during evenings?**

I love taking long walks around. So, if I am not busy at something during evenings, I usually take long walks with my friends.

**Do you think modern lifestyles give enough time to people for leisure?**

I think it depends on the kind of modern lifestyle an individual is leading. So, a person doing a corporate job might have less time to spare for leisure activity but probably a person who does freelancing will find more time to leisure. Not because a work is less time consuming but because the way things get done in each. Even more, I think it all depends on how the person sets priorities for themselves.

**Do you think people today have more time to relax as compared to that in past?**

I certainly believe that people are more busy when compared with their past counterparts. Earlier people lived a content life but with changing times people are less satisfied with what they have and are always on the look out of doing more. This has made lives much more hectic than ever.

**What do you think is the importance of leisure time in life?**

Leisure is the one thing that makes the life worth living. I surely believe that apart from the daily mundane activities a person should always try to do things that makes him or her happy. It could be either something that he or she likes doing or could even be some person one likes spending time with. It is only through this that a person is able to enjoy life.

**Do you think old and young people spend their leisure time in the same way?**

I believe it is not about young and old, it is more about individuals. I have seen old people party harder than some of the young chaps out there and then some young people reading better than the wiser older people. In my opinion, it is all about the individual choices that people make.

**Do you like to travel in holidays?**

Well, I love travelling not only because everyone else does but because for me travelling teaches so much more to me than anything else can ever do. Also, travelling allows me to explore myself and the world in ways that opens up my horizons, giving me a broader aspect of life.

**If you had a child, what leisure places would you go with your child?**

I think I would like to take my child to library and a field (could be of any game) as part of leisure activity. Also, I would love to travel with my child because in my opinion, a child learns so much more from travelling, history and art than he or she can ever learn from any of the text books or any motivational videos.

Well, I enjoy self-driving travelling in my spare time. I always drive my car with my friends or family to the rural areas of Beijing during the weekends to loosen up. I feel that self-driving travel can not only enable me to go somewhere I want to at any time, but I can also make my own itineraries and discover the stunning places that others may not find.

Normally, I’ll hang out with my friends because I want to loose up, but after being a father, I spend more time at home to stay with my kid, telling stories to him or playing games with him.

If I were to choose between the two, I’ll probably spend more time at home to stay with my kid, telling stories to him or playing games with him, whereas, hanging out with friends will reduce my quality family time with my son.

Oh, definitely not, you know, modern lifestyle can bring people convenience, however, the modern fast paced society and fierce competition have made most people spend more time with work, resulting in less quality time with family and friends.

Yes, definitely. After tiring work, people really need to loose up. Apart from earning money, I still need to enjoy family time, hang out with friends to socialise and travel around to experience different lifestyle.

Well, between the two, old people are fond of slow-pace of life compared to young people, for example, old people enjoy walking in the garden or chatting with old friends, on the contrary, young people are fond of energetic activities such as football and hiking in the mountains.

Well, it’s kind of hard to say but people that I know around me tend to hang out with friends for dinner, but maybe for others, they will probably go shopping with family in the shopping malls to enjoy themselves.

Well， I’m really into taking my kid travelling around in the natural scenery spots during the weekends to loose up. Although travelling to other places is really time consuming, I still like going out because I believe that staying close to the nature can cultivate people’ s mental development.

1. Do you have enough free time?
2. What do you do with your free time?
3. What takes up most of your time in your life?
4. Do you ever feel like you are just wasting your time?
5. Who do you like to spend your free time with the most?
6. Do you ever spend your free time with your family?
7. Where do you spend most of your free time?
8. Describe the perfect weekend.
9. Do men and women spend their free time differently?
10. Name one way young people spend their free time in a bad way.
11. Name one way young people spend their free time in a good way.