

Московский государственный университет имени М.В. Ломоносова
Физический факультет
Кафедра английского языка

Leisure Time

Составитель: Гариян А.А.

Москва 2012

Text 1
Leisure Time

Leisure is one's enjoyment due to ease and freedom from restriction. There are many magazines and sections of newspapers dedicated to leisure. Sometimes it can be difficult and overwhelming to figure out what to do to bring some leisure into one's life, but it is best to take a step back and to remember that leisure is a subjective term. Certain people find leisure in listening to music, while others find leisure in fishing, but it is important to remember that leisure is open to everyone. Sometimes people dismiss leisure and relaxation as a form of laziness, but leisure is an important part of everyday life. Leisure is crucial to one's life because it allows the individual to de-stress, to calm down from the day, from work, studying and taking care of others. Leisure activities also allow people to bond with each other, over a meal at a restaurant or through a good conversation.

Leisure activities may also be productive in visible ways. Some people enjoy reading, writing, creating music or cooking. Another great form of productive leisure is exercise. Exercise can be both enjoyable and beneficial to one's health. Exercise is not necessarily the first thought that comes to mind when thinking about online free leisure, but physical activity can be done in many places and in many ways and can help to relieve stress.

Leisure is the free time to do whatever one chooses. It is up to the individual to take advantage of every bit of leisure. You can do what you desire.

The word leisure comes from the Latin word "licere", meaning "to be permitted", and appeared in the early fourteenth century. The notions of leisure and leisure time are thought to have emerged in Victorian Britain in the late nineteenth century, late in the Industrial Revolution.

*From: <http://www.leisure-time.us/index.html>

Find the English equivalents in the text.

- ОТДОХНУТЬ ОТО ДНЯ;
- МНОГИЕ СТАТЬИ ПОСВЯЩЕНЫ СВОБОДНОМУ ВРЕМЯПРЕПРОВОЖДЕНИЮ;
- ВАЖНО ПОМНИТЬ, ЧТО...;
- ПОЗВОЛИТЬ ЧЕЛОВЕКУ;
- ПОЛЕЗНЫЙ ДЛЯ ЗДОРОВЬЯ;
- ЭТО ПОНЯТИЕ ПОЯВИЛОСЬ В 14 ВЕКЕ.

Answer the following questions.

1. What does the word “leisure” come from?
2. Is leisure very important in our life? Why? Why not?
3. How do you spend your leisure time?
4. What kind of productive activity is the most significant?

Word list

to allow	разрешать, позволять
beneficial	полезный
crucial	решающий, важный
to be dedicated to	быть посвященным чему-то
to desire	желать
due to ease	благодаря простоте
enjoyable	приятный
overwhelming	огромный, сильный
restriction	ограничение

Text 2

Types of leisure

Active leisure activities involve the exertion of physical or mental energy. Low-impact physical activities include walking and yoga, which expend little energy and have little contact or competition. High-impact activities such as kick-boxing and soccer consume much energy and are competitive. Some active leisure activities involve almost no physical activity, but do require a substantial mental effort, such as playing chess or painting a picture. Active leisure and recreation overlap significantly.

Passive leisure activities are those in which a person does not exert any significant physical or mental energy, such as going to the cinema, watching television, or gambling on slot machines. Some leisure experts discourage these types of leisure activity, on the grounds that they do not provide the benefits offered by active leisure activities. For example, acting in a community drama (an active leisure activity) could build a person's skills or self-confidence. Nevertheless, passive leisure activities are a good way of relaxing for many people.

People who work indoors and spend most of their time sitting and doing sedentary office work can add physical activity to their lives by doing sports during their leisure time, such as playing a ball game, going camping, hiking or fishing. On the other hand, people whose jobs involve a lot of physical activity

may prefer to spend their free time doing quiet, relaxing activities, such as reading books or magazines or watching TV. Some people find that collecting stamps, postcards, badges, model cars, planes or ships, bottles, or antiques are relaxing hobbies.

Free time is organized in many schools and institutions. Schools may offer many extracurricular activities including hobby groups, sports activities, and choirs. Other institutions such as retirement homes and hospitals also offer activities such as clubs and meetings for playing games or simply organized periods for conversation.

Most people like socializing with friends for dinner or a drink after a hard day at work. For many young people, having a regular night out a week is a normal part of their free time, whether it is joining friends for a drink in a pub, dining out in a restaurant, watching a film, playing video games or dancing the night away at a club.

Some people do leisure activities that also have a longer-term goal. Many people also study part-time in evening university or college courses, both for the love of learning, and to help their career prospects.

**From: <http://www.reference.com/browse/leisure>*

Answer the following questions.

1. What types of leisure activities are mentioned in the text?
2. How can you combine different types of activities?
3. How is free time organized in schools?

Word list

competitive	конкурентоспособный
to consume	потреблять
effort	попытка, усилие
to exert	проявлять
goal	цель
impact	влияние
to involve	подразумевать, включать
to offer	предлагать
to require	требовать
slot machine	автомат (игровой)

Text 3
Leisure time in Ancient Greece

Sport appears to have been part of everyday life and to have occurred mainly when there were mass gatherings of people, such as the assembly of the army for war or the wedding or funeral of some great people. There were also musical events, offering contests on the harp or flute, poetry or theatrical presentations.

From earliest childhood, Athenian citizens engaged in varied athletic and cultural activities. Young children enjoyed toys, dolls, carts, skip ropes. When boys reached the age of seven, they were enrolled in schools in which gymnastics and music were primary elements. They were intensively instructed in running and leaping, wrestling, dancing, swimming, and ball games.

The Athenian philosophers believed strongly in the unity of mind and body and in the strong relationship of all forms of human qualities and skills. They felt play activity was essential part to the healthy physical and social growth of children.

Plato believed that education should be compulsory and that it should provide natural modes of amusement for children.

Women did not enjoy the leisurely pursuits of men in Ancient Greece, although there are some historical accounts of women receiving modest education, and young girls participated in some athletic competitions.

The ancient Greeks developed the art of town planning and customarily made extensive provisions for parks and gardens, open-air theatres and stadiums. During the time of Plato, the gymnasium and the park were closely connected in beautiful natural settings, often including outdoor halls, gardens and buildings for musical performances. Early Athens had many public parks, which later gave way to privately owned estates.

A gradual transition occurred in the Greek approach to leisure and play. At first, all citizens were expected to participate in sports and games, and the Olympic Games were restricted to free-born Greeks only. Gradually, however, the religious and cultural functions of the Olympic Games and other festivals were weakened by athletic specialization. In time, sport and other forms of activity such as drama, singing, and dance were performed only by high skilled specialists (drawn from the lower classes or even slaves) who trained or perfected their skills throughout the year to appear before huge crowds of admiring spectators.

**From:*

http://www.jblearning.com/samples/0763749591/49591_ch03_mclean.pdf (Early history of recreation and leisure)

Find the English equivalents in the text.

- массовые скопления людей;
- единство ума и тела;
- быть тесно связанным с...;
- ослаблять;
- огромные толпы восхищенных зрителей;
- участвовать в некоторых соревнованиях.

Answer the following questions.

1. What are the most important parts of ancient Greeks' lives?
2. What did the Athenian philosophers believe in?
3. What was the role of women in Ancient Greece?

Word list

to appear	появляться, являться
assembly	сбор, собрание
contest	состязание
to engage	вовлекать
to enroll in	записывать
essential	необходимый, существенный
gathering	собрание
leaping	прыжок
to occur	встречаться, случаться
provision	обеспечение
skilled	опытный, квалифицированный
unity of	единство
varied	разнообразный
wrestling	борьба

Text 4

Leisure in Ancient Rome

Like the early Greeks, young Roman children had toy carts, houses, dolls and engaged in many sports and games. Young boys were taught various sports

and exercises such as running and jumping, swimming, and horseback riding. The Romans, however, had a different concept of leisure than the Greeks. Although the Latin words for “leisure” and “business” are *otium* and *negotium*, suggesting the same view of leisure as a positive value (with work defined negatively as a lack of leisure), the Romans supported play for utilitarian rather than aesthetic or spiritual reasons. The Romans were much less interested than the Athenians in varied forms of cultural activity. Although they had many performing companies, usually composed of Greek and southern Italian slaves, the Romans themselves did not actively participate in the theatre.

The Romans were systematic planners and builders. Their towns generally included provisions for baths, open-air theatres, forums for public assemblies, stadiums and sometimes parks and gardens. They developed buildings for gymnastic sport, including conversation areas for philosophers, and colonnades, where games might be held in winter despite bad weather. Wealthier Romans often had private villas, many with large gardens and hunting preserves.

As early as the reign of Emperor Claudius in the first century A.D., there were 159 public holidays during the year, 93 of which were devoted to games at public expense, including many new festivals in honour of national heroes and foreign victories. By A.D. 354, there were 200 public holidays each year, including 175 days of games. Even on working days, the labor began at daybreak and ended after noon during much of the year.

As leisure increased and the necessity for military service and other forms of physical effort declined for the Roman citizen, entertainment became the central life activity of many citizens. The normal practice was for the citizen to be entertained or to follow a daily routine of exercise, bathing, or eating. Men were no longer as active in sport as they once had been. Athletes now performed as members of a specialized profession with unions, and training schools.

*From:http://www.jblearning.com/samples/0763749591/49591_ch03_mclean.pdf

Answer the following questions

1. Were the Romans interested in different forms of cultural activity?
2. What did their towns include?
3. What concept of leisure did the Romans have?

Word list

conversation	разговор
to devote	посвящать
to include	включать
lack of	нехватка, отсутствие чего-то
to participate	участвовать
routine	повседневность
spiritual	духовный
utilitarian	утилитарный
value	ценность
various	разнообразный

Text 5

Several Productive Ways to Use Your Free Time

If you've got a big block of free time, the best way to put that to use is to relax, have fun, decompress from a stressful day, or spend time with a loved one.

Put those little chunks of time to their most productive use.

Everyone works differently, so the best use of your free time really depends on you, your working style, and what's on your to-do list. But it's handy to have a list like this in order to quickly find a way to put that little spare time to work instantly, without any thought. Use the following list as a way to spark ideas for what you can do in a short amount of time.

▫Reading file. Clip magazine articles or print out good articles or reports for reading later, and keep them in a folder marked "Reading File". Take this wherever you go, and any time you have a little chunk of time. Keep a reading file on your computer (or in your bookmarks), for quick reading while at your desk (or on the road if you've got a laptop).

▫Clear out inbox. Got a meeting in 5 minutes? Use it to get your physical or email inbox to empty. If you've got a lot in your inbox, you'll have to work quickly, and you may not get everything done, but reducing your pile can be a big help. And having an empty inbox is a wonderful feeling.

▫Network. Only have 2 minutes? Send a quick email to a colleague. Even a short email can do wonders for your working relationship

▫Goal time. Take 10 minutes to think about your goals, personal and professional. If you don't have a list of goals, start on one. If you've got a list of goals, review them. Write down a list of action steps you can take over the next couple of weeks to make these goals a reality. What action step can you do today? The more you focus on these goals, and review them, the more likely they will come true.

▫ Brainstorm ideas. If you just have 5 minutes —you may start a brainstorming list for a project or article. Whatever you've got coming up in your work or personal life, it can benefit from a brainstorm. And that doesn't take long.

▫ Exercise. Never have time to exercise? 10 minutes is enough. Do that 2-3 times a day, and you've got a fit new you.

▫ Take a walk. This is another form of exercise that doesn't take long, and you can do it anywhere — but even more important, it's a good way to stretch your legs from sitting at your desk too long.

▫ Meditate. You don't need a yoga mat to do this. Just do it at your desk. Focus on your breathing. A quick 5-10 minutes of meditation (or even a nap) can be tremendously refreshing.

▫ Be early. Got some spare time before a meeting? Show up for the meeting early. Sure, you might feel yourself uncomfortable sitting there alone, but actually people respect those who show up early. It's better than being late (that's not appreciated in many circles).

*From: <http://www.lifehack.org/articles/productivity/20-productive-ways-to-use-your-free-time.html>

Discuss the most significant points of the text.

1. Have you got some productive spare-time tips of your own? Discuss them in the class.
2. Choose the most practical and interesting tips for you.

Word list

to be appreciated	быть оцененным
to benefit from	извлекать выгоду из чего-то
brainstorm	блестящая идея
chunk of	часть, кусок
circle	круг, группа
to decompress from	отойти от чего-то
to depend on	зависеть от
folder	папка
handy	практичный, удобный
to show up	появиться (на встрече)
tremendously	чрезвычайно

Supplementary text

Amateur radio

Amateur radio is a community of people that use radio transmitters and receivers to communicate with other Amateur radio operators. The things that amateur radio operators do with their radios are diverse as the people themselves.

Amateur radio operators are often called ham radio operators or simply "hams." (The origin of this nickname is for all practical purposes lost. Amateur radio operators proudly call themselves hams and nobody knows why.) There are about 600 thousand hams in the United States.

Ham radio operators are licensed by the United States Government. Specifically, there are a few things that hams are not allowed to do:

1) Hams are not allowed to do anything with their radios that makes them money in any way. Ham radio is a hobby, but that doesn't mean it's completely frivolous.

2) Ham radio operator cannot "broadcast" to the public. This means that ham radio transmissions are meant to be received by other ham radio operators. While short-wave radios or scanners will allow you to listen to the ham radio bands, what you will hear are hams talking to other hams and not music or other radio programs of "general" interest.

Things you can do with amateur radio:

- Talk around the world - with HF radios hams can talk to other hams in literally any part of the globe.
- Talk around town - with small portable VHF and UHF transceivers hams enjoy extremely reliable communications within their local community.
- Slow Scan TV - send pictures around the world for little or no cost.
- Contests - You can put your radio operating skills up against other hams and teams of hams.
- Satellite communications - hams have their own satellites (Amateurs' satellites are easy to use too).
- Traffic handling - "ham telegrams" are used to send messages to people around the world at no cost to the sender or the recipient.

Ham radio operators use two-way radio stations from their homes, cars, boats and outdoors to make hundreds of friends around town and around the world. They communicate with each other using voice, computers, and Morse code. Some hams bounce their signals off the upper regions of the atmosphere, so they can talk with hams on the other side of the world. Other hams use satellites. Many use hand-held radios that fit in their pockets.

Hams exchange pictures of each other using television. Some also like to work on electronic circuits, building their own radios and antennas. There are even ham-astronauts who take radios with them on space shuttle missions and thrill thousands of hams on earth with a call from space!

Using even the simplest of radio setups and antennas, amateurs communicate with each other for fun, during emergencies, and even in contests.

How can one become an Amateur Radio operator?

All hams in the United States are licensed by the FCC. Getting a "D" on a multiple-choice test and paying about six dollars is all it takes.

There are many ways to go about preparing for and taking your ham radio license test.

- Local clubs—for those that like a structured approach, many clubs organize meetings and classes to teach the basic skills of radio operation and prepare people for their ham radio license test. Getting started in Amateur Radio has never been easier. First, locate a radio club in your area. Some radio clubs offer ham radio licensing classes, or they can find a club volunteer to answer your questions. You may even be invited to attend a local radio club meeting.

- ARRL publishes popular ham radio license study guides to help you learn the things you'll need to pass your exam and have fun with Amateur Radio.

- The Amateur Radio license examinations are administered by ham radio volunteers. When you're ready to take your exam, you'll need to locate an exam session near you. At the end of the classes, a test is given. If you pass it, you'll become a ham!

**From: <http://www.qsl.net/k/kd4sai/intro.html>*

Find the English equivalents in the text.

- 1) найти новых друзей по всему миру;
- 2) обмениваться фотографиями друг с другом;
- 3) использовать двустороннюю радиостанцию;
- 4) общение в пределах местного сообщества;
- 5) в любой части земного шара;
- 6) спутниковая связь.

Answer the following questions.

1. What is Amateur Radio?
2. What is it used for?
3. What can Amateur Radio Operators do?
4. How can one become an Amateur Radio Operator?

Word list

to be administered by	управляться кем-то, чем-то, находиться под контролем
approach	подход
to communicate	общаться
completely	полностью
diverse	разнообразный
emergency	чрезвычайная ситуация
purpose	цель, намерение
receiver	приемник, телефонная трубка
satellite	спутник
skill	умение