

Unit 5, p.69

WORDPOWER

Active and passive pastimes

Before reading the article 'Beating boredom' from the teen magazine *Candyfloss*, go through it quickly and make a list of all the activities and hobbies mentioned. Which of them would you say are 'active' and which are 'passive'?



Beating boredom

Are you bored with hanging out with your friends in the precinct or shopping centre, or talking about the same old things with your clique?

Do you never want to see your scooter, your inline skates or your skateboard again?

Are you sick of listening to your fave songs, reading what celebs are doing right now, browsing the web or playing with your pet cat? Even the latest computer game gets boring after a while!

Have you never thought of getting active?

The thing is, we often have to make our own entertainment rather than wait for fun to happen all by itself. It doesn't. And then we get depressed and frustrated with our lives.

OK, you don't have the money to go in for expensive hobbies where you need a lot of clothes and equipment. But there are still lots of things to do out there. And they could make all the difference to how you feel in your free time.

OK, how about ... ?

...volunteering to work with old people, with disadvantaged children or with animals?

... trying a new sport like orienteering or beach volleyball?

... learning to dance: belly, clog, flamenco, square, Scottish, traditional Irish, modern ...?

... joining a reading group, a dramatic society, a writers' group?

... taking a cookery course?

... learning to make pottery, paint or draw?

... learning a musical instrument?

... playing in a band or singing in a choir?

... joining a local Youth Club or an Adventure Centre?

... taking an interest in an issue: pollution, animal welfare, community amenities?



(These animals at a shelter certainly look well!)

Doctors say that youngsters are often isolated and cut off from the world around them. They sit in front of their computer

monitors, listening to music and texting on their mobiles all at the same time. The hobbies we suggest are all active, sociable and satisfying.

Why don't you ...

... get yourself a weekend or a holiday job. Work can be a hobby, too - and it's valuable experience for later on.

... tutor other students in subjects you are good at.

... make your own smashing outfits, using new and second-hand clothes.

So, just take a tip from us and beat those free-time blues!

1. Make sure you know what all the activities mentioned in the article are in German!
2. How else could you group the activities? Here are some suggestions:

alone / with others
at home / outside the home
needs equipment / does not need equipment
costs money / does not cost money
helpful to someone else / just fun for me

Can you think of any more?

3. Do you do any of the activities mentioned?
4. Which would you like to try?