

# IELTS ENGLISH PODCAST. LIFESTYLE AND LEISURE. TRANSCRIPT

## Part 1. What do you do in your spare time?

In my free time, I do a number of activities. I like reading, I like exercising, particularly running and walking. I tried to do a variety of things and most of the things I do are related to learning or upgrading myself because I find that really enjoyable.

## Part 1. How do you usually spend your weekends?

I work on Saturdays, so unfortunately I have no choice there. I just have to work and then on Sundays, I like to spend time, ideally at home or around my area with my family. I love going to the park with my daughter and seeing her explore things and for me, you know, again reading a book, watching Netflix, that kind of thing.

## Part 2. Describe a leisure activity you do with your family.

I'd like to tell you about hiking. When I was young I started hiking, probably very young, maybe about six or seven years old and I really enjoyed it. I used to do hiking with my father. We would go to the Lake District, Peak District, these are famous national parks in England, and we would go for quite long-distance hikes. Hostel to hostel, no camping I think would be more challenging, and we had a great time and a lot of memories from that.

So let me tell you a little more about hiking. For me, hiking normally is done within one day though I have a lot of experience of doing multi-day (many) trips. An example of that is something called the Coast to Coast, which I did when I was 11 years old, I think. The Coast to Coast is a walk from one... the west coast of England to the east coast of England and it takes 2 weeks and there's no break, there's no car, you just have to walk place to place.

Nowadays, I live in Korea so I don't do the same kind of hiking as I did before and I don't do it with my family so much because my daughter is too young, but I'd really like to get her into hiking and I am planning to buy a bag so that I can carry her while hiking.

For me personally, hiking is a way to relieve stress. It's a way to get exercise and perhaps most importantly just be amongst nature, trees, mountains. I really do love spending time in those kinds of areas. In the future, I hope to do, as I said, hiking with my daughter. I really hope it's her future... hobby.

## **VOCABULARY**

**active (adjective)** - always moving or doing something, full of energy

**choice (noun)** - when you can pick what you want from a bunch of things

**cooped (verb)** - when someone or something is kept in a small space, like a chicken in a coop

**explore (verb)** - to go and find out about new places or things

**fulfilling (adjective)** - something that makes you feel happy and satisfied

**hostel (noun)** - a place where people can stay, like a simple hotel with shared rooms

**ideally (adverb)** - in a perfect way or situation

**national (adjective)** - related to a whole country

**nature (noun)** - everything in the world that is not made by people, like trees, animals, and the sky

**perhaps (adverb)** - maybe or possibly

**sedentary (adjective)** - involving a lot of sitting and not much physical activity

**upgrading (verb)** - making something better or more advanced

**variety (noun)** - having many different kinds of things