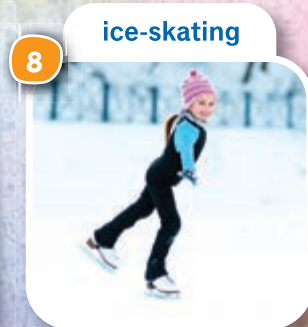


2

Just for fun!

Hobbies



10

martial arts



11

photography



12

playing the guitar



13

reading



14

skateboarding



15

vlogging



16

crafting



17

journalling



Describing a hobby



Hobbies like basketball are **beneficial** for our health.



Painting is a **calming** hobby. You will feel relaxed as you focus on the colours.



Emily loves wall climbing. She finds it **challenging** and fun.



Playing Scrabble is an **educational** hobby. You can learn new words while having fun.



Mike thinks cycling in the countryside is an **enjoyable** activity.



Sharing his hobby with others is **rewarding** for Jeffery.



Joyce finds it **satisfying** to cook good meals for others.



Playing the piano is a **stress-relieving** pastime.

Reading is my favourite hobby. I spend most of my leisure time on reading fiction and books about nature. They are **enjoyable** and **educational**, and it is calming to focus on the words and thoughts of the authors. Books help me learn more about the world, which I find hugely **rewarding**.

Reasons to have hobbies



1



Vlogging can help us **develop new skills** such as filming and video editing.

2



Painting allows Penny to **explore her creativity**.

3



Listening to music makes Steve **feel relaxed**.

4



Joining the Debate Club is a good way to **gain more confidence** in public speaking.

5



Bruce loves to **have fun with friends** — he plays table tennis every weekend.

6



Kate **keeps fit** by swimming regularly.

7



John **learns about the world** through collecting stamps.

8



Taking up a new hobby is an easy way to **make new friends**.

9



Julia **develops patience** through pottery.

10



Doing volunteer work in my free time **enriches my life**.

Words and phrases related to doing hobbies



Yvonne likes to write and can easily **create** good stories.



Emma **formed a** pop **band** with her classmates to perform at the school music festival.



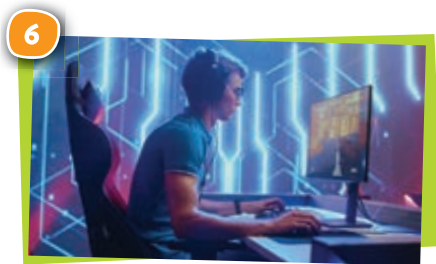
Scott **practises** the violin every day — he hopes to become a famous violinist in the future.



Amy's hobby is photography. She likes to **share** the photos she takes on her blog.



Hannah wants to try a new hobby, so she **signed up for** ballet **classes**.



My brother **took up** e-sports this year. He often plays with people from different countries.

I took up **vlogging** as my hobby because it allows me to **have fun with friends** and **explore my creativity**. I have created over 20 videos about study, food and pets — all things that I want to **share** with other people. It is so **rewarding** to hear my friends say that they are **inspired** by my vlog and I have gained more confidence speaking in front of the camera.



Other vocabulary



- 1 **catchy** (*adj*) — (of music or words) easy to remember
*Mirror is a popular band known for their **catchy** songs.*
- 2 **coach** (*n*) — someone who trains a person or team in a sport
*Mr Lam is our badminton **coach**. My badminton skill has improved a lot under his instruction.*
- 3 **dance studio** (*n phr*) — a room where dancing is taught or where dancers practise
*Claire practises ballet at the **dance studio** every day.*
- 4 **everyday** (*adj*) — ordinary, happening every day
*The video explains science by using **everyday** examples. It is easy to understand.*
- 5 **express** (*v*) — to tell or show what you are feeling or thinking
*Cali **expressed** strong interest in coding.*
- 6 **fascinating** (*adj*) — extremely interesting
*The Harry Potter stories are so **fascinating** that I have read the whole collection several times.*
- 7 **inspire** (*v*) — to encourage someone by making them feel confident and eager to do something
*His films have **inspired** a lot of people to take up martial arts.*
- 8 **keen** (*adj*) — wanting to do something or wanting something to happen very much
*Eliza is **keen** on learning more about tortoises.*
- 9 **miniature** (*n*) — something that is a very small copy of an object
*My hobby is collecting **miniatures** of food and drinks.*
- 10 **model** (*n*) — a small copy of something
*Michael spends his spare time building **model** trains.*
- 11 **snap** (*n*) — a photograph that is taken quickly
*Kelly enjoys taking **snaps** of her cat and sharing them on social media.*
- 12 **tiny** (*adj*) — extremely small
*Although Fred's dog is **tiny**, it barks very loudly.*

Let's talk



Asking about hobbies

- 1 **What's your favourite hobby?**
- 2 **What do you like doing in your free time?**
- 3 **What do you do for fun?**
- 4 **Why do you enjoy** martial arts?
- 5 **How long have you been** collecting foreign coins?
- 6 **How often do you** play chess?
- 7 **How much time do you spend** K-pop dancing?
- 8 **Is gaming an expensive hobby?**
- 9 **Is calligraphy a popular hobby for people your age?**

Talking about your hobby

- 1 **My favourite hobby is** painting.
- 2 **I have always been into** gaming.
- 3 **I took up** ice-skating when I was six.
- 4 **I am a member of** an online vlogging community.
- 5 **I don't have much spare time** but I bake a cake every week.
- 6 **When I get the time,** I love reading.
- 7 **I try to practise** the violin every day.
- 8 **As a way to relax,** I watch movies.
- 9 **I gave up** skateboarding because I fell and broke my arm.
- 10 **If I don't** play the guitar every day, **I feel** stressed.



Saying why you started your hobby

- 1 **I took up** stamp collecting **so I could** learn about the world.
- 2 **I joined a** photography **club to** improve my technique.
- 3 **I wanted to** keep fit **so I started** martial arts classes.
- 4 **I had some time on my hands so I started** gaming.
- 5 I always felt stressed and **I needed to find something** relaxing.

Talking about the benefits of your hobby

- 1 Doing drama is **good for** building confidence.
- 2 **The great thing about** journalling **is that** I have a record of my life.
- 3 **My** memory **has improved since I took up** K-pop dancing.
- 4 **It's very rewarding to** see one of my pictures on the wall.
- 5 **Through** reading **I can** increase my knowledge of the world.
- 6 **I feel** relaxed **when I'm** crafting.



Model writing

Read the email below to see how you can use the words and phrases from the unit.

The image shows a screenshot of an email client interface. At the top, there is a blue header bar with an envelope icon on the left and minus, refresh, and close icons on the right. Below the header, the email header fields are displayed: 'To: ally.wong@ymail.com', 'From: kate.tsang@ymail.com', and 'Subject: Re: My new school life'. The main body of the email is on a light blue background and contains several paragraphs of text. To the right of the text, there are four green callout boxes with white text, connected to the email content by green brackets. The first callout points to 'Hi Ally'. The second callout points to the first paragraph. The third callout points to the second paragraph. The fourth callout points to the third paragraph. At the bottom of the email body, there is a white bar with a 'SEND' button and several icons for text formatting, emojis, attachments, images, links, stars, and deletion.

To: ally.wong@ymail.com
From: kate.tsang@ymail.com
Subject: Re: My new school life

Hi Ally

It was great to get your email. Your class teacher sounds lovely, but I'm sorry it's difficult to **make friends** at your new school.

Why don't you **join** some school **clubs**? You and I always **had fun with our friends** at the basketball club. We weren't the best players, but it was always **enjoyable** and good for **keeping fit**! Do you still **play the guitar**? You could **form a band** and **practise** after school. Through playing together you can easily make new friends.

Maybe you could **take up** a new hobby. I joined the knitting club at school recently. It's a really **calming** activity and it's good for **exploring your creativity**. It's **rewarding** in other ways too — I've already knitted a scarf for my dad's birthday!

You're kind and funny — just be yourself and enjoy your school life! We should get together soon. Would you like to go to the cinema? Let me know when you're free.

Hope to see you soon!

Love
Kate

Informal greeting

Comment on the information in your friend's email.

Suggest suitable hobbies and give your reasons.

Signal the end of the email and encourage your friend to write back.

Informal closing and signature

SEND [Icons: text, emoji, download, attachment, image, link, star, delete]