

# PDF Quiz for Leisure Activities Vocabulary

Place the words in bold under each paragraph in the correct place.

You can check your answers [here](#)

## Part 1-style questions

**Examiner:** What do you like to do in your free time?

**Candidate:** In my free time, I'm particularly fond of reading and exploring new \_\_\_\_\_ of literature. Whether it's a classic novel or a \_\_\_\_\_ piece, I find \_\_\_\_\_ different stories and perspectives incredibly enriching and relaxing. Besides reading, I also enjoy practicing yoga. It helps me maintain my physical well-being and offers a \_\_\_\_\_ escape from the \_\_\_\_\_. These activities not only entertain me but also contribute to my personal growth and mental health.

**genres**  
**contemporary**  
**diving into**  
**serene**  
**daily grind**

**Examiner:** Have your leisure activities changed since you were a child?

**Candidate:** Yes, my leisure activities have significantly changed since I was a child. As a kid, I spent a lot of time playing outdoor games with my friends, like soccer and hide-and-seek, which was not only fun but kept me physically active. However, as I've grown older, my interests have shifted more towards indoor activities, such as reading, painting, and playing musical instruments. This change largely \_\_\_\_\_ from my growing appreciation for quieter, more \_\_\_\_\_ hobbies that allow me to learn new skills and express myself creatively. Nonetheless, I still cherish the memories of my childhood playtimes and occasionally indulge in outdoor sports for \_\_\_\_\_'s sake and to keep fit.

**stems**  
**introspective**  
**nostalgia**

**Examiner:** Do you prefer indoor or outdoor activities? Why?

**Candidate:** I have a slight preference for outdoor activities, primarily because they allow me to connect with nature and enjoy fresh air, which I find incredibly \_\_\_\_\_. Hiking, cycling, and kayaking are some of my favourite ways to explore the natural beauty surrounding my area and to challenge myself physically. There's something about being outdoors that boosts my mood and energy levels in a way that indoor activities rarely do. Moreover, outdoor activities often provide opportunities for social interaction and \_\_\_\_\_ with friends and family in a lively and \_\_\_\_\_ setting, which I highly value. However, I do enjoy the occasional indoor activity, like reading or yoga, especially during bad weather days when being outside isn't as pleasant.

**rejuvenating**  
**bonding**  
**dynamic**

## **Part 2**

**Describe a leisure activity that you enjoy doing. You should say:**

- **what the activity is**
- **when and where you usually do it**
- **who you do it with**

**and explain why you enjoy it so much.**

**Candidate:**

One leisure activity that I particularly enjoy is hiking in the mountains. This is something I tend to do on weekends, especially during the warmer months of the year. There's a national park about an hour's drive from where I live that offers a variety of trails ranging from easy to challenging, and it's my \_\_\_\_\_ place for this activity.

I usually hike with a group of friends who share my \_\_\_\_\_ for the outdoors. We find that hiking together not only strengthens our friendship but also provides a sense of safety and support, especially on the more difficult trails. Occasionally, I join organised hiking groups to meet new people and explore less familiar paths.

What I love most about hiking is the sense of peace and \_\_\_\_\_ it brings. Being surrounded by nature, away from the \_\_\_\_\_ of city life, allows me to clear my mind and recharge. The physical challenge of hiking is also rewarding; reaching the summit of a mountain gives me a sense of accomplishment and boosts my confidence. Furthermore, the scenic views and fresh air are incredibly \_\_\_\_\_, and capturing these moments with my camera makes the experience even more memorable.

In essence, hiking is not just a form of exercise for me; it's a way to connect with nature, strengthen bonds with friends, and enjoy the simple pleasures of life. It's an activity that \_\_\_\_\_ my life in many ways, which is why I \_\_\_\_\_ it so much.

***go-to***  
***passion***  
***rejuvenation***  
***hustle and bustle***  
***revitalising***  
***enriches***  
***cherish***

### **Part 3-style questions**

**Examiner:** How do you think leisure activities have changed over the past few decades? [Evaluate]

**Candidate:** Leisure activities have undergone significant \_\_\_\_\_ over the past few decades, \_\_\_\_\_ due to technological advancements. Previously, leisure time was often spent on more traditional activities such as reading, outdoor games, and family gatherings. However, with the \_\_\_\_\_ of the internet,

social media, and mobile technology, there has been a noticeable shift towards digital forms of entertainment. Online gaming, streaming services, and social networking sites have become \_\_\_\_\_ means of relaxation and leisure. Additionally, the increased pace of life and work commitments have led to changes in how people \_\_\_\_\_ their time for leisure, often preferring activities that are more accessible and require less preparation. Despite these changes, there's a growing \_\_\_\_\_ of the importance of disconnecting from digital devices and engaging in physical activities outdoors, indicating a potential revival of traditional leisure pursuits \_\_\_\_\_ the digital age.

***transformations***

***primarily***

***advent***

***prevalent***

***allocate***

***awareness***

***amidst***

**Examiner:** What role do leisure activities play in the well-being of an individual?

**Candidate:** Leisure activities play a crucial role in the well-being of an individual, contributing significantly to both physical and mental health. \_\_\_\_\_ hobbies and recreational activities provides a much-needed break from the stresses of daily life, offering a sense of relaxation and renewal. For mental health, activities like reading, arts, and crafts can \_\_\_\_\_ the mind and \_\_\_\_\_ creativity, while physical activities such as sports and hiking help maintain physical fitness and can reduce the risk of \_\_\_\_\_. Moreover, leisure activities often involve social interaction, which is vital for emotional support and building strong relationships. They allow individuals to express themselves, pursue interests, and achieve a sense of accomplishment, all of which contribute to a higher quality of life and overall happiness. Therefore, leisure activities are not just a means of passing time; they are essential for \_\_\_\_\_ a balanced and fulfilling life.

***Engaging in***

***stimulate***

***foster***

***chronic diseases***

***nurturing***

**Examiner:** Should governments play a role in promoting leisure activities among their citizens? If so, how? [Suggest]

**Candidate:** Governments undoubtedly have a role in promoting leisure activities among their citizens, as these activities are \_\_\_\_\_ to public health and community well-being. By investing in public parks, sports facilities, and cultural centres, governments can provide \_\_\_\_\_ and affordable options for leisure and recreation, which can encourage a more active and \_\_\_\_\_ population. Initiatives like organising public events, sports tournaments, and cultural festivals can also \_\_\_\_\_ community spirit and national pride. Furthermore, governments can support educational campaigns highlighting the benefits of regular physical activity and leisure pursuits in maintaining a healthy lifestyle. Such efforts not only enhance the quality of life for individuals but also have broader \_\_\_\_\_, including reduced healthcare costs and a more \_\_\_\_\_ community. In \_\_\_\_\_, through strategic investment and support, governments can play a pivotal role in fostering a culture that values and prioritises leisure and well-being.

***integral***  
***accessible***  
***engaged***  
***promote***  
***societal benefits***  
***cohesive***  
***essence***