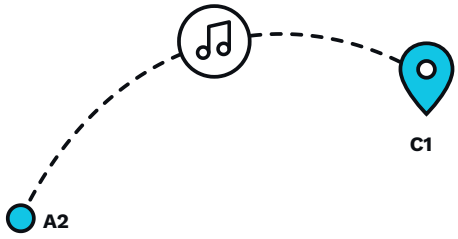
SPEAKING TOPICS · TEMAS DE CONVERSACIÓN · A2 → C1

Free time



Words, phrases and questions to talk about your hobbies, interests and weekends — at your level.

Todo lo que necesitas para hablar de tus hobbies y tu tiempo libre en inglés, ordenado por nivel del MCER.

1. **Find your level.** Start with your column, then try the next one.
2. **Say it out loud.** Read every example sentence aloud — twice.
3. **Make it yours.** Answer the questions on page 3 about **your** life.

1 Vocabulary by level

Vocabulario por nivel

A2 Elementary	B1 Intermediate	B2 Upper-int.	C1 Advanced
hobby afición	**hiking** senderismo	**pastime** pasatiempo	**pursuit** actividad, afición
free time tiempo libre	**gardening** jardinería	**leisure** ocio	**avid** ávido/a
board game juego de mesa	**collection** colección	**enthusiast** entusiasta	**therapeutic** terapéutico
swimming natación	**outdoor / indoor** al aire libre / interior	**spectator sport** deporte de espectadores	**immersive** inmersivo
cooking cocinar	**member** socio/a	**outdoorsy** amante del aire libre	**a far cry from** muy distinto de
reading leer	**fan** aficionado/a	**rewarding** gratificante	**dabble in** probar sin profundizar
team equipo	**relaxing** relajante	**skill** habilidad	**compelling** fascinante
concert concierto	**creative** creativo/a	**binge-watch** ver series de un tirón	**downtime** tiempo de desconexión

2 Phrasal verbs in action

Phrasal verbs con ejemplos

hang out B1
spend time with friends
We **hang out** in the park after class.

give up B1
stop doing something
I **gave up** the guitar — too difficult!

get into B2
become interested in
I **got into** photography during lockdown.

catch up on B2
do something you didn't have time for
Sundays are for **catching up on** my series.

take up B1
start a new hobby
I **took up** padel last year.

try out B1
test something new
I'd love to **try out** surfing.

join in B2
take part with others
Everyone **joined in** the karaoke.

immerse yourself in C1
become completely involved
I **immerse myself in** a good novel.

3 Play, go or do?

El verbo correcto con cada deporte

BALL & TEAM GAMES

play

Sports with a ball or opponents, and instruments (with **the**).

> **I play padel. She plays the piano.**

ACTIVITIES IN -ING

go

Activities ending in **-ing**, often outdoors.

> **We go hiking. I go swimming.**

INDIVIDUAL ACTIVITIES

do

Martial arts, fitness and other activities without a ball.

> **I do yoga. He does karate.**

4 Idioms & expressions

Para sonar como un nativo

have a blast B2
have a great time
We had a blast at the festival.

recharge your batteries B2
rest to get energy back
A weekend in the mountains recharges my batteries.

time flies (when you're having fun) B1
time passes quickly
Is it midnight already? Time flies!

all work and no play C1
too much work is bad for you
All work and no play — let's go out!

lose track of time B2
forget what time it is
When I paint, I lose track of time.

let your hair down B2
relax and have fun
Saturday night is when I let my hair down.

a breath of fresh air B2
something new and refreshing
The new climbing club is a breath of fresh air.

on my bucket list B2
something I want to do before I die
Skydiving is on my bucket list.

take a breather C1
have a short rest
Let's take a breather before the last set.

burn the candle at both ends C1
do too much, sleep too little
You can't burn the candle at both ends forever.

5 Spanish speakers' traps

Errores típicos

✗ ~~I practise football.~~
✓ **I play football.**
play + ball sports

✗ ~~I like very much reading.~~
✓ **I really like reading.**
really like or "like … very much"

✗ ~~I go to swim.~~
✓ **I go swimming.**
go + -ing

✗ ~~My hobby is the music.~~
✓ **My hobby is music.**
no "the" for things in general

✗ ~~I'm very good in tennis.~~
✓ **I'm very good at tennis.**
good **at** something

✗ ~~Yesterday I did a party.~~
✓ **Yesterday I had a party.**
have / throw a party

6 Quick check

¿Lo has pillado?

1. I go / play hiking every Sunday.
2. I took up / took in yoga last year.
3. We had a blast / blow at the concert.
4. I'm good at / good in chess.
5. She does / plays karate.
6. Visiting Japan is on my bucket / basket list.

Answers: 1 go · 2 took up · 3 blast · 4 good at · 5 does · 6 bucket

7 Questions for your level

Practica en voz alta

A2 Cambridge A2 Key style

1. What do you do in your free time?
2. Do you like sport? Which ones?
3. What did you do last weekend?
4. Do you prefer TV or books?

B1 Cambridge B1 Preliminary style

1. Tell me about a hobby you really enjoy.
2. Do you prefer doing things alone or with friends?
3. Is there a hobby you'd like to try? Why?

B2 Cambridge B2 First style

1. How did you first get into your favourite hobby?
2. Do people today have less free time than before?
3. Should hobbies be relaxing or challenging?

C1 Cambridge C1 Advanced style · discussion

1. Why do some people turn their hobbies into careers — is it a good idea?
2. How have streaming platforms changed the way we spend our free time?
3. Is it important for adults to keep learning new skills?

8 Level up your answer

Sube de nivel

"What do you like doing in your free time?"

A2	I **like playing** football. I play with my friends on Saturday.	like + -ing.
B1	I'm really **into** cooking. I **took it up** two years ago and now I cook for my family every Sunday.	"be into" + phrasal verb + time detail.
B2	I've recently **got into** climbing. It's **incredibly rewarding**, and when I'm on the wall I completely **lose track of time**.	Present perfect + strong collocation + idiom.
C1	I **dabble in** a bit of everything, but painting is **what really helps me switch off**. It's almost **therapeutic**.	Precise verbs + cleft emphasis + softener "almost".

9 Keep talking

Frases para alargar tu respuesta

Explain why

It helps me to...
What I love about it is...
It's a great way to...

Talk about the start

I first got into it when...
It all started when...
I've been doing it since...

Future plans

I'd love to have a go at...
I'm thinking of taking up...
One day I'm going to...

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