

Abdelhafid Boussouf University - Mila

Faculty of Economics, Commercial & Management

Sciences

*Lectures On : Talking About Leisure and Hobbies at the
Workplace*

Addressed To It Year Students - 1 Semester

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Talking About Leisure and Hobbies at the Workplace

1. Why Leisure & Hobbies Matter at Work

In business and economic environments, talking about hobbies helps to:

- build relationships with colleagues
- create a positive atmosphere
- start small talk
- understand team members' interests
- improve communication

This type of conversation is informal but still professional.

2. Useful Vocabulary for Hobbies & Leisure

A. Common Hobbies

- Reading
- Cooking
- Playing sports (football, tennis, swimming)
- Going to the gym
- Traveling
- Watching movies/series
- Listening to music
- Gaming
- Photography
- Hiking

B. Workplace-Friendly Leisure Activities

- Coffee breaks

- Team lunches
 - After-work gatherings
 - Office events
 - Company sports teams
 - Wellness activities (yoga, stretching)
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3. Grammar: How to Talk About Hobbies

A. Using “like / love / enjoy”

- **I like cooking.**
- **I enjoy reading economic articles.**
- **I love playing football after work.**

Rule:

Like/love/enjoy + verb + -ing

B. Talking About Frequency

- **I usually...**
 - **I often...**
 - **I sometimes...**
 - **I never...**
 - **I go swimming twice a week.**
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C. Using “in my free time / on weekends / after work”

- **In my free time, I watch documentaries.**
- **After work, I go to the gym.**
- **On weekends, I travel with friends.**

4. Workplace Small Talk Questions

A. Asking About Hobbies

- **What do you like doing in your free time?**
- **Do you have any hobbies?**
- **How do you usually relax after work?**
- **Do you play any sports?**
- **What do you normally do on weekends?**

B. Answering

- **I usually read business books in my free time.**
 - **I'm really into football.**
 - **I relax by listening to music.**
 - **I enjoy cooking when I get home.**
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5. Linking Hobbies with the Workplace

A. Building Professional Connections

- **“We both enjoy running — maybe we can join the company’s running club.”**
- **“I like photography. I can help with event pictures.”**

B. Showing Personality Professionally

- **“I travel a lot; it helps me understand global markets.”**
- **“I play strategy games — they improve my analytical skills.”**

C. Healthy Work-Life Balance

- **“I try to go to the gym to reduce stress.”**
- **“Painting helps me relax after long meetings.”**

6. Example Mini-Dialogues

A. At the Office

A: What do you usually do after work?

B: I go jogging. It helps me clear my mind after a long day.

B. At a Workplace Event

A: Do you have any hobbies?

B: Yes, I enjoy cooking. I also like reading about economics on weekends.

C. With a Colleague

A: I heard you like football.

B: Yes! I play every Saturday. What about you?

7. Quick Practice

1. Write one sentence about what you like doing in your free time.
2. Ask a classmate about their hobbies (write the question).
3. Use a frequency word (always/often/sometimes/never) in a sentence about leisure.
4. Give one workplace-appropriate hobby.
5. Combine a hobby with a workplace benefit (example: "Reading helps me...").