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Leisure/Holidays

THINK-PAIR-SHARE

Think individually about these questions. Then pair with a partner and discuss the questions. Then share your ideas with the rest of the class.

- What do you like to do in your leisure time?
- What influences your choice of leisure activities?
- What types of holidays can you think of?
- What influences your holiday destination or the type of holiday you choose?
- When was the last time you went on holiday? Where did you go? Who did you go with? What did you do?
- Have you ever had a nightmare holiday? If so, what happened?
- What sports do you play or watch?
- What is the difference between a sport and a game?
- Do you ever visit art galleries, museums or exhibitions? When was the last time you visited one?
- What makes an excellent experience at a gallery, museum or exhibition?

1 Hobbies

Studying for the diploma course can be challenging and stressful. There are so many things to do, and you don't have enough time; homework deadlines, internal assessments, Extended Essay, CAS activities... When it gets too much, what do you do? How do you deal with stress? Do you watch TV? Or go out with your friends?

Most hobbies not only help you reduce your stress level, but also require creativity, which helps you develop creative thinking skills in your studies. Giving your brain a break by taking some time off would help you refocus your energy when you come back to your studies. Hobbies can build confidence as being good at something or learning something new is very rewarding. Hobbies also help you socialise. The internet provides endless ways to connect with people who do the same things as you. If you join a club, you can meet new people. We often bond easily when we have the same interest.

What does the following proverb mean? 'All work and no play makes Jack a dull boy.'

11 hobbies highly successful people practise in their spare time

By Rachel Gillett

Jul. 10, 2016

The most successful people know there is more to life than simply eating, sleeping, and working.

Everyone needs to enjoy some downtime every now and then, and making the most of your free time by taking up a hobby can even help make you more successful.

Playing a musical instrument, for example, can stimulate your creativity, analytical skills, and fine motor skills.

For a little inspiration, here are the hobbies of 11 highly successful people:

Richard Branson plays chess

Branson is well-known for his adventurous side, and you've likely seen many a photo of the Virgin Group founder kitesurfing and hanging out on the high seas. But perhaps his favorite hobby is far more of a mental activity.

'I think chess may just be the best game in the world,' he writes on Virgin's blog. 'It combines the greatest aspects of many different sports – tactics, planning, bravery and risk-taking – plus you can have a cup of tea and often a stimulating conversation while you play!'

Branson says he's likely played thousands of games in his lifetime, and he tells the *Telegraph* afternoons on Necker Island are always spent on the beach, oftentimes playing chess with his kids.

Meryl Streep knits

The award-winning actress says she loves to knit, and she's even said to have hand-knitted the shawl she wore in the movie *Doubt*.

Streep admits that she spends much of her time on set knitting and finds the hobby to be therapeutic: 'For me it was a place to gather my thoughts and understand the contemplative (life) ... it's a sort of clearing out place.'

In fact, tons of celebrities, especially actors who have plenty of time to kill on set between takes, love to spend their free

time knitting. The list includes Julia Roberts, Ryan Gosling, and Christina Hendricks.

Bill Gates plays bridge

Gates has a few hobbies that he considers 'old-fashioned,' and the billionaire tells Reddit he is an 'avid bridge player.'

He also loves playing tennis, and considers spending time with his kids a favourite pastime.

George W. Bush paints

It turns out that the former US President is also a prolific painter, having painted more than 50 puppies, numerous landscapes, and at least 30 world leaders.

Bush took up painting after leaving office in 2009 and spent a month in Florida learning the art from a Georgia-based painter.

Tom Hanks collects vintage typewriters

As *Business Insider* previously reported, the actor and filmmaker has been collecting vintage typewriters since 1978, and he uses one every day because he loves the sound, feeling, and permanence that comes with typing on one.

'Everything you type on a typewriter sounds grand, the words forming in mini-explosions of SHOOK SHOOK SHOOK. A thank-you note resonates with the same heft as a literary masterpiece,' he writes for the *New York Times*.

Sergey Brin is an adrenaline junkie

In his spare time, the Google cofounder likes to push his body to the limit in any way he can. This includes roller hockey, ultimate Frisbee, gymnastics, skydiving, and high-flying trapeze.

Marissa Mayer bakes

The Yahoo CEO tells San Francisco magazine that she's always loved baking.

'I think it's because I'm very scientific. The best cooks are chemists,' she says. She takes a practical approach to her baking, and has created spreadsheets analyzing cupcake and frosting recipes.

'My hobbies actually make me better at work,' she says. 'They help me come up with new and innovative ways of looking at things.'

Steve Wozniak plays polo ... on a Segway

Apparently Segway polo is a thing, and the Apple cofounder is the namesake of one of the sport's major world tournaments, Woz Challenge Cup, the World Cup of Segway polo. The game is played in four quarters, and five players on each team try to get a rubber ball past the opponent's goalie.

'Segway polo is the one thing I will block off my calendar for,' Wozniak tells Quartz.

Tim Gunn soaks up art

The 'Project Runway' cohost and mentor told the *New York Times* that he spends every Sunday at the Metropolitan Museum – 'I stay there basically until the museum is about to close.'

He dons a suit – 'I want to prepare myself properly' – and walks through Central Park to get there.

'I'm a huge lover of art,' he explained. 'I go to the Greek and Roman galleries first. I'll choose different objects to fixate upon. A trip to the Met can be very emotional. There are paintings there that just lift me off the ground. I feel **buoyant**.'

He then heads to the Balcony Lounge for a glass or two of wine and tea sandwiches and pulls out his iPad to research what he's just seen. 'I have become insatiable on the topic of ancient Rome.'

Warren Buffet plays the ukulele

According to Forbes, the Berkshire Hathaway CEO's love for the ukulele spans decades.

Buffett often uses his musical talent for good and has donated instruments and lessons to children's clubs in Omaha and given performances for charity.


Angelina Jolie collects weapons

As previously reported on *Business Insider*, Jolie is another Hollywood actor with a unique hobby: She collects knives with her family.

Jolie tells *W Magazine* that her mom introduced her to daggers when she was a kid, and that she has passed this hobby on to her son, Maddox. She says the knife blades she gives him are dulled so he can't hurt himself, and that their dagger purchases are always 'accompanied by discussions about violence.'

In another interview with Conan O'Brien, Jolie shows off her skills with a butterfly knife and explains that her fascination with weapons comes from the history behind them: 'There's just something beautiful about them.'

This article has been edited from the original. Source: <http://uk.businessinsider.com/hobbies-highly-successful-people-do-in-their-spare-time-2016-7?r=US&IR=T/#larry-ellison-sails-13> (accessed on 18/11/17)

- A** 1 According to Richard Branson, what are the benefits of playing chess as a hobby?
-  2 Why do so many actresses like knitting in their free time?
- 3 Why is Sergey Brin described as an adrenaline junkie?
- 4 What does Marissa Mayer love about baking?
- 5 Tim Gunn says "There are paintings there that just lift me off the ground. I feel **buoyant**." Which of the following words is closest in meaning with 'buoyant'?

a rich	c cheerful
b emotional	d morose
- 6 How long has Warren Buffet played the ukulele?
- 7 When did Angelina Jolie start collecting weapons?

Tenses: Present simple, past simple and present perfect

Notice the tenses in the following sentences.

Present simple tense

You use the present simple tense when you talk about something habitual.

- She **collects** knives with her family.
- He **dons** a suit and **walks** through Central Park to get there.
- In his spare time, the Google cofounder **likes** to push his body to the limit in any way he can.

Past simple tense

You use the past simple tense when you describe an event that happened in the past.

- Her mom **introduced** her to daggers.
- Bush **took** up painting after leaving office in 2009.
- The “Project Runway” co-host and mentor **told** the New York Times that he spends every Sunday at the Metropolitan Museum.

Present perfect tense

The present perfect tense is used to describe something that happened in the past, but the exact time it happened is not important. It has a relationship with the present.

- Branson says he **has** likely **played** thousands of games in his lifetime.
- The actor and filmmaker **has been collecting** vintage typewriters since 1978.
- The Yahoo CEO tells San Francisco magazine that she **has** always **loved** baking.

B

Choose the correct verb forms.



- 1 She (go/goes/went/has gone) to Australia in 1994 and she liked it very much.
- 2 My father usually (like/likes/liked/has liked) his steak well-done.
- 3 Last week I (am/was/have been) very busy and I (don't have/didn't have/haven't had) the time to do a lot in the household.
- 4 Tomorrow some friends are coming over. I (don't see/didn't see/ haven't seen) them for ages and they (are never/were never/ have never been) at my place before.
- 5 The gentleman (speak/speaks/spoke/has spoken) to his servant 2 hours ago.
- 6 My aunt (live/lives/lived/has lived) all her life in London, and (doesn't travel/didn't travel/ hasn't travelled) much since her husband died.
- 7 The kangaroo always (carry/carries/carried/has carried) its baby.
- 8 My uncle (die/dies/died/has died) of lung cancer last year, but he (never smokes/never smoked/has never smoked) in his life.

C

Are you surprised by any of the hobbies that highly successful people practise in their free time? Or do you think their hobbies match their profiles? If you have a hobby, how did you choose your hobby? Did your family introduce you to the hobby? Or your friends? If you were to take up a new hobby, how would you choose one?

According to the highly successful people in the article, hobbies not only help you relax and re-focus your energy, but also help you develop skills that you would not learn elsewhere. Could your hobbies help you further develop the IB learner profile attributes? With your partner, discuss what hobbies could help develop what IB learner attributes. Fill in the table below, and share your ideas with the class.

IB learner profile	Hobbies
Inquirers	
Knowledgeable	
Thinkers	
Communicators	
Principled	
Open-minded	
Caring	
Risk-takers	
Balanced	
Reflective	



Have you ever wondered why we collect things? Read the short article below.



Now listen to the YouTube video titled 'Why are we so attached to our things? - Christian Jarrett' and answer the questions: https://youtu.be/H2_by0rp5q0

- 1 What does Jean Piaget, a founding father of child psychology observe about human nature?
- 2 What is the endowment effect?
- 3 Three psychological experiments are provided to validate the endowment effect. Briefly explain what these experiments are.
- 4 Why do some people pay a lot of money to buy items that were previously owned by celebrities?
- 5 Why do we feel reluctant to part with our family heirlooms?
- 6 What could explain the cause of hoarding disorder?
- 7 Are the following sentences true or false?
 - a From a young age, we believe our possessions have a unique essence.
 - b When a child is given a brand-new version of their favourite toy, he/she has a tendency to get excited about the new toy.
 - c We often grow out of our sense of attachment to objects as we grow older.
 - d The concept of contagion – some collectors are attracted to celebrity belongings because these objects are seen as being infused with the essence of the person who owned them – can even alter our perception of the physical world and change our athletic abilities.
 - e The endowment effect has been globally demonstrated, and people in every culture exhibit the endowment effect.
 - f We can conclude that we have a less sense of ownership in an egalitarian society where almost everything is shared.
 - g Some people believe that the nature of our relationship with our possessions will change with the rise of digital technologies.



Task 1: to write a blog entry

Do you have any hobbies? If you don't have one, would you like to take up a new hobby? **Write** a blog entry about a hobby or two. In the blog, you should introduce the hobby/hobbies, and state benefits of them. A blog is your own website where you share your thoughts and ideas with the world. When writing a blog entry, it is important that you demonstrate your awareness of the audience. Use the following check list.

Checklist:

- | | |
|--|--|
| <input type="checkbox"/> an eye-catching title | <input type="checkbox"/> a conclusion |
| <input type="checkbox"/> an introduction | <input type="checkbox"/> coherence |
| <input type="checkbox"/> body paragraphs | <input type="checkbox"/> awareness of the audience |

Task 2: to write a letter to your friend

Imagine you are a member of a hobby club. Write an informal letter to your friend to invite him/her to your club. Decide what kind of hobby club you are in. Your club members share their ideas and experiences on line, and get together every month. This month they are planning for something special, and you think your friend would really enjoy this event. In your letter, provide as much detail as possible about all the benefits of your hobby and your excitement of the upcoming event. Use the following checklist:

Checklist:

- | |
|---|
| <input type="checkbox"/> conventions of an informal letter |
| <input type="checkbox"/> paragraphs (first paragraph – general chats, body paragraphs – details about your hobby and the event, last paragraph – invitation, closure to the letter) |
| <input type="checkbox"/> informal register |
| <input type="checkbox"/> all the relevant information |
| <input type="checkbox"/> coherence |



Theory of Knowledge

While there are arguably many ways of knowing, the TOK course identifies eight specific ways of knowing. They are language, sense perception, emotion, reason, imagination, faith, intuition, and memory. How does the endowment effect affect our ways of knowing? The endowment effect explains some of unreasonable human behaviours. Is it possible to make an objective judgement on our sense of selves or our own work/knowledge? Do we value personal knowledge more than shared knowledge? How do we make sure that our personal knowledge is unbiased?



CREATIVITY ACTIVITY SERVICE

What about taking up a new hobby for CAS? Most hobbies require creative thinking skills, which is perfect for the creativity strand of CAS. There are many approaches to creativity, such as ongoing creativity, school-based creativity, community-based creativity and individual creativity. Hobbies can be a good starting point. Remember to set yourself appropriate targets and challenges. Ensure that your hobbies take place over an extended duration of time. You may showcase your creation/performance in a variety of ways, for example, through a recording, a presentation, an exhibition, social media or shared discussion.

Vocabulary

fetching	attire	detention	controversial
tartan-patterned	fall foul of	sarcastic	economical
revolution	utmost	literally	searing
soar	isolation	injustice	

■ Literature

HIGHER LEVEL

Notes from a Small Island

By Bill Bryson

I didn't know how early one could decently begin asking for a room in England, so I thought I would leave it till mid-morning. With time on my hands, I made a thorough search for a guesthouse that looked attractive and quiet, but friendly and not too expensive, and at the stroke of ten o'clock presented myself on the doorstep of the one I had carefully selected, taking care not to **discompose** the milk bottles. It was a small hotel that was really a guesthouse, indeed was really a boarding-house.

I don't remember its name, but I well recall the proprietress, a formidable creature of late middle years called Mrs Smegma, who showed me to a room, then gave me a tour of the facilities and outlined the many complicated rules for residing there -when breakfast was served, how to turn on the heater for the bath, which hours of the day I would have to vacate the premises and during which brief period a bath was permitted (these seemed, oddly, to coincide), how much notice I should give if I intended to receive a phone call or remain out after 10 p.m., how to flush the loo and use the loo brush, which materials were permitted in the bedroom wastebasket and which had to be carefully conveyed to the outside dustbin, where and how to wipe my feet at each point of entry, how to operate the three-bar fire in my bedroom and when that would be permitted (essentially, during an Ice Age). This was all bewilderingly new to me. Where I came from, you got a room in a motel, spent ten hours making a lavish and possibly irredeemable mess of it, and left early the next morning. This was like joining the Army.

'The minimum stay,' Mrs Smegma went on, 'is five nights at one pound a night, including full English breakfast.'

'Five nights?' I said in a small gasp. I'd only intended to stay the one. What on earth was I going to do with myself in Dover for five days?

Mrs Smegma arched an eyebrow. 'Were you hoping to stay longer?'

'No,' I said. 'No. As a matter of-'

'Good, because we have a party of Scottish pensioners coming for the weekend and it would have been awkward. Actually, quite impossible.' She surveyed me critically, as she might a carpet stain, and considered if there was anything else she could do to make my life **wretched**. There was. 'I'm going out shortly, so may I ask that you vacate your room within quarter of an hour?'

I was confused again. 'I'm sorry, you want me to leave? I've just got here.'

'As per the house rules. You may return at four.' She made to depart but then turned back. 'Oh, and do be so good, would you, as to remove your counterpane each night. We've had some unfortunate occurrences with stains. If you do damage the counterpane, I will have to charge you. You do understand, of course?'

I nodded dumbly. And with that she was gone. I stood there, feeling lost and weary and far from home. I'd spent a hysterically uncomfortable night out of doors. My muscles ached, I was dented all over from sleeping on bolt heads, and my skin was lightly oiled with the dirt and grit of two nations. I had sustained myself to this point with the thought that soon I would be **immersed** in a hot, soothing bath, followed by about fourteen hours of deep, peaceful, wallowing sleep, on plump pillows under a downy comforter.

As I stood there **absorbing** the realization that my nightmare, far from drawing to a close, was only just beginning, the door opened and Mrs Smegma was striding across the room to the strip light above the sink. She had shown me the correct method for turning it on -'There's no need to yank it. A gentle tug is sufficient' -and evidently remembered that she had left it burning. She turned it off now with what seemed to me a sharp **yank**, then gave me and the room a final suspicious once-over, and departed again.

Source: Notes from a Small Island by Bill Bryson.



Discuss the meaning of the following words.

■ Mass tourism

■ Infestation

■ Depredation

■ Stress-inducing

■ simultaneously

■ Relentless