Free time: relaxation and leisure

VOCABULARY PRACTICE
ADVANCED | C1

Name: _____ Date: _____

1 Match each advanced term with its definition.

1 hedonic ____	**a** a period of complete absorption in a rewarding activity
2 leisure asymmetry ____	**b** relating to pleasure or enjoyment as a value in itself
3 sabbatical ____	**c** an extended, sanctioned break from regular work
4 flow state ____	**d** an occupation someone feels genuinely called to, beyond mere employment
5 languish ____	**e** a small, protected pocket of time reserved for genuine rest
6 restorative niche ____	**f** the unequal distribution of free time across social groups
7 vocation ____	**g** to lose energy or vitality gradually, without necessarily being ill
8 dilettante ____	**h** someone who engages with an interest superficially rather than seriously
9 indolence ____	**i** habitual laziness or avoidance of effort
10 replenish ____	**j** to restore depleted energy or resources

2 Choose the most precise term for each context.

1 Pleasure valued for its own sake is described as hedonic / utilitarian.

2 Complete absorption in a rewarding task is a flow state / a distraction.

3 An extended, sanctioned break from work is a sabbatical / a shift.

4 Gradually losing vitality without being ill is to languish / to thrive.

5 A superficial engagement with a hobby suggests a dilettante / an expert.

6 Habitual avoidance of effort is indolence / diligence.

7 A protected pocket of time for rest is a restorative niche / a deadline.

8 To restore depleted energy is to replenish / to deplete.

3 Match the verbs with the noun phrases to form academic collocations.

1 cultivate ____	**a** a sense of wellbeing

Free time: relaxation and leisure

2 relinquish ____	**b** control over one's schedule
3 carve out ____	**c** time for rest
4 sustain ____	**d** one's energy reserves
5 forgo ____	**e** leisure over obligation
6 replenish ____	**f** busyness as a virtue
7 romanticise ____	**g** depleted resources
8 prioritise ____	**h** restorative pursuits

Free time: relaxation and leisure

VOCABULARY PRACTICE
ADVANCED | C1

4 Complete the analysis with terms from the box.

dilettante | flow state | hedonic | indolence | languish | leisure asymmetry | replenish | restorative niche | sabbatical | vocation

Sociologists increasingly examine 1 _____, the observation that access to genuine rest is unevenly distributed across income and occupation. Some argue that pursuits valued primarily for 2 _____ reasons, rather than achievement, are essential to 3 _____ depleted energy reserves, yet many professionals struggle to carve out even a modest 4 _____ within a demanding week. Others describe periods of 5 _____ absorption, a 6 _____, as among the most restorative experiences available, distinct from mere idleness or 7 _____. Interestingly, a 8 _____, a career experienced as a genuine calling, appears to protect against burnout more effectively than conventional employment, while dismissing a serious hobbyist as a mere 9 _____ overlooks the psychological benefit of sustained engagement, however amateur. Left unaddressed, chronic overwork can cause a person to 10 _____ well before physical illness becomes apparent.

5 Read the text and answer the questions briefly.

The politics of rest

Scholars of leisure increasingly argue that rest is not merely a personal habit but a socially structured resource, unevenly available depending on income, occupation and caregiving responsibilities. What appears to be an individual failure to relax, they suggest, often reflects structural constraints rather than a lack of willpower: shift workers, for instance, may have little control over when genuine downtime becomes available, regardless of personal intention. This reframing has practical implications, since interventions focused solely on individual habits, such as mindfulness apps, may do little to address leisure inequality rooted in scheduling, income or domestic labour distribution. A fuller account of restorative leisure, these scholars argue, must therefore consider both psychological and structural dimensions together.

1 What do scholars increasingly argue rest is? _____

2 What does an apparent individual failure to relax often reflect? _____

3 Give an example of a structural constraint mentioned. _____

4 What practical implication does this reframing have? _____

5 What might interventions focused solely on individual habits fail to address? _____

6 What must a fuller account of restorative leisure consider? _____

Free time: relaxation and leisure

6 **Replace the words in bold with a precise term or collocation.**

1 She was completely absorbed in the rewarding task. _____

2 He took an extended, approved break from work. _____

3 The activity was valued purely for the pleasure it gave. _____

4 He gradually lost energy without becoming ill. _____

OVER TO YOU

Write a 160-190 word critical commentary on how access to genuine rest and leisure is distributed across society, distinguishing observation from inference and evaluating structural and individual explanations.

[ ] Use at least twelve target expressions. [ ] Include four academic collocations. [ ] Maintain a precise, balanced register.

Free time: relaxation and leisure

VOCABULARY PRACTICE
ADVANCED | C1

ANSWER KEY

1 Advanced terms

1 b 2 f 3 c 4 a 5 g 6 e 7 d 8 h 9 i 10 j

2 Precise terms

1 hedonic 2 a flow state 3 a sabbatical 4 languish 5 a dilettante 6 indolence 7 a restorative niche 8 replenish

3 Academic collocations

1 a cultivate a sense of wellbeing 2 b relinquish control over one's schedule 3 c carve out time for rest
4 d sustain one's energy reserves 5 e forgo leisure over obligation 6 g replenish depleted resources
7 f romanticise busyness as a virtue 8 h prioritise restorative pursuits

4 Analysis

1 leisure asymmetry 2 hedonic 3 replenish 4 restorative niche 5 flow state / focused... 6 flow state
7 indolence 8 vocation 9 dilettante 10 languish

5 Reading - suggested answers

1 A socially structured resource, unevenly available.
2 Structural constraints rather than a lack of willpower.
3 Shift workers having little control over when downtime becomes available.
4 Interventions focused solely on individual habits may do little to address leisure inequality.
5 Leisure inequality rooted in scheduling, income or domestic labour distribution.
6 Both psychological and structural dimensions together.

6 Precise terms and collocations

1 in a flow state 2 sabbatical 3 hedonic 4 languished

Over to you

Answers will vary. Look for conceptual precision, evidence-aware reasoning and balanced evaluation.