

Sample Discussions

Pre-reading Part B (p.69)

1. What do you usually do in your leisure time?

A: I usually do some sports in my leisure time. So, what do you like to do in your free time?

B: Well, I'm not really **into** sports like you are. Instead, I usually listen to music to **unwind and relieve stress**. I find that it really helps me relax and enjoy the moment. Music has a way of bringing happiness into my life, you know?

A: Oh, I totally understand what you mean! I also love listening to music when I want to relax. What kind of music do you like? ...

2. Which do you prefer: individual sports or team sports? Why?

A: Do you like playing team or individual sports? Personally, I prefer individual sports. I feel that playing individual sports makes me rely on myself and push myself forward.

B: Exactly, when I practise karate, I solve various problems on my own. This has helped me improve my **judgment** and **stress tolerance** over time.

C: I can see the benefits of individual sports. For me, I prefer team sports because I enjoy the **sense of belonging** that comes with being part of a team.

D: I think it really depends on the person and their preferences. Some people may **thrive** in a team environment, while others may prefer to challenge themselves individually ...