

**Circle of Life. Lifestyles, Habits, Eating Habits, Hobbies.  
“Hobbies”**

<b>Like</b>	<b>Love</b>	<b>Dislike</b>
To be keen on sth	To be obsessed with sth	can't stand smth
To be a fan of sth	To be mad about sth	hate smth
To be interested in sth	to be crazy about sth	to be bad / terrible / awful / hopeless at sth

**Habits**

**Expressions with “habit”:**

**Bad habits/healthy habits** – дурные привычки/полезные привычки

**To break a habit** – отучиться/отказаться от привычки

**To break smbd of a habit** – отучить кого-либо от привычки

**To quit/ to give up smoking or drinking** – бросить курить или пить

**To take up sth/doing sth** – заняться чем-нибудь

**Addiction** (e.g., drug addiction) – склонность, наркомания, пагубная привычка

**Old habits die hard** – Привычка – вторая натура (поговорка)

**A slave of habit** – раб привычки

**A habit that grows on him** – привычка, от которой ему всё труднее отделаться

**To be in the habit of doing smth** – иметь обыкновение что-то делать

**Kinds of habits:**

**Smoking** - курение

**Drinking/alcohol addiction** – алкоголизм

**Taking drugs/drug addiction** - наркомания

**Swearing** – брань, сквернословие

**Bad eating habits**, e.g., to **skip meals** or to **overeat**, or to **nosh** (at night) – плохие привычки в еде, например, пропускать приёмы еды, переесть, перекусывать (ночью)

**Speech habits** – речевые привычки

**To cut people off in the middle of their story** – прерывать людей в середине рассказа

**To bite your nails** – кусать ногти

**To pick your nose** – ковыряться в носу

**To blow your nose in public** – сморкаться в общественном месте

**To come late** - опаздывать

**To spit on the street** – плевать на улице

**To throw rubbish on the street** – мусорить на улице

**To gossip/to spread rumours** – сплетничать

**Compulsive shopping/buying** – непреодолимое влечение к покупкам

**To gamble** – играть в азартные игры

**Cracking knuckles** – щелканье суставами пальцев

**Questions for discussion:**

**Hobbies**

- 1) Do you have a hobby? If yes, are you crazy about it?
- 2) Are your present hobbies different from your hobbies
  - a) 1 year ago
  - b) 10 years ago
  - c) when you were a child
- 3) Are hobbies and sports connected or you believe these are different activities?
- 4) Do you think it is important to have a hobby? What role do hobbies play in people's life?

- 5) Why do you believe at job interviews HR Managers often ask about candidates' hobbies? Is it really important? Why?
- 6) How do hobbies characterize their "owner"? Can a calm and boring person have creative hobbies?
- 7) Are you dreaming about taking up a new hobby? What stops you at the moment?
- 8) Have you given up any hobbies in your life? Why?

### Habits

#### Questions:

- What is a habit? Can you give a definition of this word?
- Do you have any bad habits?
- Do you bite your nails?
- Do you over sleep? Do you sleep on the sofa?
- Do you sleep in your clothes?
- Do you eat late at night?
- What are some good habits to have?
- What are healthy eating habits?
- What are bad eating habits?
- What are good / bad study habits?
- Where do we learn our habits?
- What are some of your bad habits?
- Do children learn bad habits at school or at home?
- Do you smoke? If so, would you like to give up?
- Do you drink alcohol?
- Do you spit on the street?
- Do you throw rubbish on the street?
- Are you extremely lazy?
- Do you cut people off in the middle of their stories and conversations?
- Does your mother or father have any bad habits?
- Is it easy or difficult to get rid of a bad habit? Have you been successful in getting rid of a bad habit?
- Do other people's bad habits **get on your nerves**?
- What bad habits bother you the most?
- What good habits do you most admire?
- How can you develop a good habit?
- Have you ever broken somebody of a habit?

### Pace of Life

**social behavior/trend** - социальное поведение/тренд

- **to suffer from stress** – страдать от стресса
- **to reduce stress**
- **to have lack of sleep/ rest** – недостаточно сна/отдыха
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- **To set priorities**
- **To set and achieve [goals](#),**
- **to pursue personal fulfillment** – преследовать самореализацию
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- **to manage everything** – справляться со всем

- **I lack time/ I'm pushed for time/ I am pressed for time** – у меня не хватает времени (времени в обрез и т.п.)
- **to work 24/7 / to work around the clock**
- **to fall behind with sth** – не успевать что-то сделать (I fell behind with my project)
- **to be behind the schedule** – отстать от графика
- **to meet the deadline – выполнить работу в срок**
  - **to slow down** (a process) – тормозить (процесс)
  - **to speed up** (a process) – ускорять (процесс)
  - **to slow down the pace of life** - замедлить темп жизни
  - **to claw back time** - повернуть время вспять
  - **to spend quality time** - провести время с пользой
  - **to spend time meaningfully** - проводить время осмысленно
  - **to save time** – экономить время
  - **prevent burnout** - избежать «сгорания» (на работе)
- **to fit more and more into the day** – впихивать больше и больше вещей в один день
- **to escape from a rat race of obsessive materialism** - вырваться из крысиных бегов навязчивого материализма
- **an improved balance between leisure and work** - улучшенный баланс между досугом и работой
- **to concentrate on an individual comfort level** - сосредоточиться на индивидуальном уровне комфорта
- **to escape from work-and-spend cycle**

#### Quotations:

- I hereby pledge to slow my life down a gear, for the benefit of my health, my well being, my environment and for those around my whom I dearly love. - Tracy Smith, The Downshifting Manifest
- Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how harness and control this great force.- Tom Blandi
- Our lives begin to end the day we become silent about things that matter. - Martin Luther King
- Empty pockets never held anyone back. Only empty heads and empty hearts do that. - Norman Vincent Peale
- Motivation is what gets you started. Habit is what keeps you going - Jim Ryon

#### Questions for discussion:

1. Can you manage everything you want?
2. Do you feel exhausted after a long working day? How often per week?
3. Do you try to sign up for more and more activities?
4. Are you looking forward to every holiday you have?
5. Do you prefer a crazy or a slow pace of life? And what would you prefer in 15 years?
6. How often are you in a hurry?
7. Do you hate it, when somebody is late?
8. Do you wish to have 48 hours a day or would you rather work less and rest more?
9. Have you ever been behind the schedule with your work /project? How often do you meet the deadline?
10. How competitive are you?
11. What is downshifting?
12. What do you consider the main focus of downshifting?
13. What are the values and motives of downshifting?
14. What are the methods of downshifting that you know?
15. Do you consider yourself a workaholic? Why or why not?
16. Do you know people that can be called workaholics?
17. Can you describe your every day needs and think of at least one that you can live without?
18. Have you ever asked yourself questions like "Why aren't I happy?", "Why am I so stressed?", "Is there more to life?", "Why are we here", etc? Have you found an answer to any of them so far?

Here's an abstract from a hilarious post by a Brit on the Russian life-style. Try to distinguish the major particularities of it and compare it with the American, European life-styles:

[You know you've been in Russia too long when...](#)

- ...you don't think things are that bad right now.
- ...you have to think twice about throwing away an empty instant coffee jar.
- ...you carry a plastic shopping bag with you 'just in case'
- ...you save table scraps for the cats living in the courtyard.
- ...when crossing the street, you sprint.
- ...in winter, you choose your route by determining which icicles are least likely to impale you in the head.
- ...you are impressed with the new model Lada or Volga car.
- ...you hear the radio say it is zero degrees outside and you think it is a nice day for a change.
- ...you argue with a taxi driver about a fare of 30 rubles (\$2) to go 2 kilometres in a blizzard.
- ...you win a shoving match with an old babushka for a place in line and you are proud of it.
- ...you are pleasantly surprised when there is toilet paper in the WC at work.
- ...you are pleasantly surprised when there is real wine in the bottle of Georgian Kinzamaruli you bought in a kiosk.
- ...you notice that Flathead's cell phone is smaller than yours and you're jealous.
- ...you are thrown off guard when the doorman at the nightclub is happy to see you.
- ...you're not sure what to do when the GAI (traffic cop) only asks you to pay the official fine.
- ...you wonder what the tax inspector really wants when she says everything is in order.
- ...you give a 10% tip only if the waiter has been really exceptional.
- ...you plan your vacation around those times of the year when the hot water is turned off.
- ...you are relieved when the guy standing next to you on the bus actually uses a handkerchief.
- ...you ask for no ice in your drink.
- ...you go mushroom and berry picking out of necessity instead of recreation.
- ...you develop a liking for beetroot.
- ...you know what Dostoyevsky's favourite colour was.
- ...you start to believe that you're a character in a Tolstoi novel.
- ...you know seven people whose favorite novel is 'The Master and Margarita'.
- ...you change into tapki (slippers) and wash your hands as soon as you walk into ...your apartment.
- ...you take a trip to Budapest and think you've been to heaven.
- ...you drink the brine from empty pickle jars.
- ...you begin to refer to locals as nashi (ours).
- ...It doesn't seem strange to pay the GAI \$2.25 for crossing the double line while making an illegal U-turn, and \$35 for a microwaved dish of frozen vegetables at a crappy restaurant.
- ...your coffee cups habitually smell of vodka.
- ...you know more than 60 Olgas.
- ...you give your business card to social acquaintances.
- ...you wear a wool hat in the sauna.
- ...you put the empty bottle of wine on the floor in a restaurant.
- ...you are rude to people at the airport for no reason.
- Remont (repair), pivo (beer) and nalivai (pour!) become integral parts of your vocabulary.
- Cigarette smoke becomes 'tolerable'.
- ...you think metal doors are a necessity.
- ...you changed apartments 6 times in 6 months.
- ...you actually enjoy shopping at the rynok (market), and you think that Ramstore is the most advanced supermarket you've ever been to.
- ...you try to pay a traffic fine on the spot.
- ...you look for kvas and kefir in the supermarket, and ask to buy half a head of cabbage.
- ...you see a car behind you with flashing lights and think it's some politician.
- ...you don't feel guilty about not paying on the trolleybus.
- ...you no longer think washing clothes in the bathtub is an inconvenience.

...you can heat water on the stove and shower with it in less than 10 minutes.

...you do not take off that silly sticker on the sunglasses that you just bought.

The sellers at the rynok start calling you by your patronymic only.

...you bring your own scale and calculator to the market to make sure the amount you are charged is correct.

A weekend anywhere in the Baltics qualifies as a trip to the West.

...you look in the mirror to turn away bad luck if you have to return home to pick up something you've forgotten.

...you catch yourself whistling indoors and feel guilty.

...you never smile in public when you're alone.

...you know the official at the metro station/airport/border post/post office/railway station etc. etc. is going to say nyet, but you argue anyway.

...you save tea bags of Yorkshire Tea brought over especially from home to use for a second cup later...

...you go back to England and notice how frosty, unemotional, unsentimental and cold the Brits are and long to return to the warm rush of the Russian dusha (soul).

...When that strange pungent mix of odours of stale sawdust, sweat and grime in the metro makes you feel safe and at home...

...you are in awe that after 3 days home your shoes are still clean.

...you are afraid of offending someone by asking him or her what they do for a living.

...(For women) When you dress up in your best outfits for work and ride the metro.

When mayonnaise becomes your dressing of choice.

...When you begin paying attention to peoples' floors and can distinguish the quality of linoleum and/or parquet, and thus determine social status, taste, and income e.g. embezzled, earned, pension, unpaid, etc.)

...you get excited when the dentist smiles and has all his own teeth.

...you do all your shopping at kiosks.

...you voluntarily take a stroll in the park, Baltika beer in hand, on a sub-zero day

...you are no longer surprised when your taxi driver tells you that before Perestroika he worked as a rocket scientist.

...you laugh at Russian jokes.

...you actually get these jokes.

...you actually spend time writing these jokes!

...you realize that all the above and the other messages on this subject posted here are what you love about Russia, that you've been here long enough to feel at home and wonder whether you'll ever be able to fit back in the old country...

- Which of the comments above seem to be praiseful/downputting?
  - **Which of the typical Russian habits appeal to you? Which do you find ridiculous/unacceptable?**