

GOLD - LIVE LESSONS

Outdoor Activities

What you will learn:

Vocabulary about Outdoor Activities

Listening Dictation

Part 2 + 3 Questions

Model Answer

Warm up

What outdoor activities are popular in your country?

Types of outdoor activities

Exercise and sport

Camping

Eating (e.g. picnics)

Hobbies (e.g. birdwatching, hunting, kite-flying, train spotting...)

Going to the beach (e.g. sunbathing)

Festivals (e.g. music concerts, food festival)

Craft fairs

Socialising and playing games (e.g. summer fairs, playgrounds, paint balling, go-karts, drones,)

IELTS Speaking Vocabulary: The Outdoors

outdoor (adj.) / indoor (adj.)

I do lots of outdoor activities

I like outdoor sports

outdoors (adv.) / indoors (adv.)

The concert took place outdoors

The weather was great, so we had the class outdoors

The (great) outdoors!

= Nature and / or activities in nature

I am a lover of the outdoors

Nature (n. Uncountable)

= countryside, fresh air

I love being in the nature ❌

I love being in nature ✅

I need to connect with nature

I like to get close to nature

Nature (n. Countable)

= characteristic

It's in my nature to be friendly

Common Collocations

Outdoor activities can

reduce stress
improve your mood
cheer you up
put you in a good mood
boost your energy levels

Hiking can

reduce stress
reduce my stress levels
improve my mood
cheer me up
put me in a good mood
boost my energy levels

Idiomatic Expressions

To get some fresh air

= go outside and take a break

*You look tired, **you need to get some fresh air***

To blow away the cobwebs

= become more alert and lively (often by going outside)

*I've been at the computer for hours, **I need a brisk walk** to blow away the cobwebs*

To take a break from the daily grind

= doing something different to break your boring routine

***I sometimes go and read** in a coffee bar after lunch, **just to take a break** from the daily grind*

To be (at) one with nature

= to feel peaceful when in nature

***When I go hiking in the mountains**, I feel at one with nature*

The use of different colours above, can just show you how to 'phrase' these sentences, meaning where you can pause naturally in each sentence.

Listening Dictation



<https://on.soundcloud.com/pxvfHDzbjLaB8LzC6>

1) Listen to this and note the **connectors** used

Answers at end of PDF

2) Listen again and note one **collocation** (two words usually together) that you hear after each connector

Some Possible Answers at end of PDF

3) Now take a moment, and use these **cues** to try and speak out the full sentences. Don't write, just say out loud.

Listen again

Speak out loud again.

4) Now compare to the full script on the next page

Dictation Full Script

To my mind, it's essential to spend some time in nature.

For starters, we know that kids are better off doing sports outside rather than being cooped up indoors. The fresh air is good for their health, and they just get to let off steam which is like an emotional release.

Not only that, it tires them out so they are a lot calmer when they are indoors.

On top of all that, being close to nature helps their mental health, the doctors all agree on that.

So, yeah, lots of benefits to being outdoors.

To **be cooped up** = to be kept in a small place

To **let off steam** = to release energy

Dad Jokes 😂

1) Why can't bikes stand up on their own?



2) Why can't you **run** through a campsite?



Answers at end of PDF

IELTS Speaking Part 2 Questions

Describe an outdoor activity you did

You should say:

- What it was
- When and where you did it
- Who you did it with

And explain whether you enjoyed it or not

Part 3 Questions

- Are outdoor activities important to people?
- Do people go outdoors more or less than in the past?
- What can people do outdoors beside exercising?
- When do people usually go outdoors to get closer to nature?
- Do people like doing outdoor activities in winter?
- What can people do to get closer to nature?
- Why do some people not like spending time outdoors?

IELTS Speaking Model Answer Part 3

1. Are outdoor activities important to people?
2. Do people go outdoors more or less than in the past?
3. What can people do outdoors beside exercising?



1) Now watch the candidate give an answer

What is the main type of activity he talks about in question 3?

Answers at end of PDF

2) Watch again and note any interesting collocations.

Answers on Next page

Useful Collocations

Are outdoor activities important to people?

- Generally speaking yes
- Take a break from the daily grind
- It can cheer you up
- Put you in a good mood
- Social activity
- Physical health
- Mental health
- Meet up with other people
- Weather permitting = *if the weather is good*
- Get away from screens

Do people go outdoors more or less than in the past?

- If we are talking about
- Cooped up [in their flats]
- Glued to their screens
- Spend time indoors
- Go down the gym = *go to the gym*
- Run on a treadmill
- Be indoors
- Walking round the block = *walk around the neighbourhood*

What can people do outdoors besides exercising?

- Socialising
- Meet up outside
- Have a drink
- Have something to **nibble on** = *to eat something small and quickly*
- Have picnics
- A social occasion
- Music festivals
- Craft fairs
- A social activity

Full script

QU 1

Generally speaking, yes. I think people like to take a break from the daily grind, and getting out into the fresh air is a good way of doing that. It can cheer you up and put you in a good mood.

Of course, if you're doing some kind of sport or social activity, it's also good for your physical health and your mental health.

That chance to meet up with other people and do something with them, whether it's a picnic or playing chess in the park, whatever.

I mean, weather permitting, if it's not pouring down, it's a great way to socialise and meet other people.

And especially for children, doing activities outdoors means they're getting away from the screens that they're often glued to, and that obviously is good for their health overall.

QU 2

Do people go outdoor more now than in the past? Well, certainly more than during the pandemic, if we're talking about two or three years ago.

During the pandemic, people went out less. They were stuck at home, cooped up in their flats, often glued to their screens, watching TV and doing activities on their computer, I guess.

That said, if we're comparing now to 30 years ago, I actually think we spend more time indoors.

I mean, for work, a lot more activities are in offices. and also even for leisure. I mean take people doing exercises down the gym. A lot of people prefer to go and run on the treadmill and be inside, indoors in a gym, rather than walking around the block.

And I know that's often because it's not convenient to walk around the block if you're living in a city centre.

So it depends where you live as well. I think that's another important factor and whether or not you have a garden. Because if you have a garden, those people will tend to be spending more time outdoors. Gardening, I guess.

QU 3

Besides exercising? Well, I guess socialising, right? I mean, for example, where I live in Spain, it's very common for people to meet up outside, at a bar, or sit outside a bar and have a drink or something to nibble on and socialise and chat.

In England, another example, I think a lot of people like to go to the park with the family and have a picnic.

They'll take some sandwiches and some drinks, and it's a social occasion.

Young people in England also like to go to outdoor concerts. There's a lot of music festivals where they can watch a concert.

And there are usually other activities going on around that, such as maybe a craft fair or places to eat and drink, again.

So that kind of social activity, I think, is a very popular activity done outdoors, both in Spain and in England, actually.

ANSWERS

Listening Dictation

1) Listen to this and note the **connectors** used

Answers

- To my mind
- For starters
- Rather than
- Not only that
- On top of all that
- So yeah

2) Listen again and **note one collocation** (two words usually together) that you hear after each connector

Possible Answers

To my mind + it's essential to spend time in nature

For starters + better off / do sport outside

Rather than + cooped up indoors / let off steam

Not only that + tires them out

On top of all that + being close to nature / mental health

So yeah + lots of benefits

Dad Jokes 😂

1) Why can't bikes stand up on their own?

ANSWER: They are two-tyred [too tired]

2) Why can't you **run** through a campsite?

ANSWER: Because you can only '**ran**' in a campsite and that's because it's **past tents** [past tense]

IELTS Speaking Model Answer Part 3

1. Are outdoor activities important to people?
2. Do people go outdoors more or less than in the past?
3. What can people do outdoors beside exercising?

1) Now watch the candidate give an answer

What is the main type of activity he talks about in question 3?

ANSWER: Socialising activities