

● Could you describe your typical weekday morning routine?

I get up... early / at 6 am / after seven. My mother / father has to wake me up. I make my bed and... do some exercise / go to the bathroom. I... take / have a long / quick shower / shave / wash my face / brush my teeth and comb / brush my hair. I sit down to a large breakfast. / I prepare my breakfast. / I usually rush and sometimes forget breakfast. / I eat breakfast on the way to school. I get dressed and... feed my pets / go for a short walk with my dog. Before I go to school, I... check my email / Facebook / read the newspaper / finish my homework.

● What is your typical day at school like?

We start school at 8:00. I get / come to school 20 minutes before the bell rings. I change my shoes and put my jacket in the locker. I go to the classroom and... chat with friends / prepare for the lesson. During the breaks I usually... study / eat a snack / talk with my friends / play games on my phone or laptop / send messages. At lunchtime... I go to the school cafeteria / canteen for lunch. I eat my own lunch. / I don't eat lunch at school. I usually finish school at 2:00 pm. On Thursdays, I finish school at 3:30 pm / late.

● What do you do after school / when you get home from school?

When I finish school, I go home to... take a nap / do my homework. I have volleyball / floorball practice twice a week straight after school. / I have a part-time job every evening, so I first go home to... change my clothes / read my emails and study. When I get / arrive home from school I... do my homework / relax. If the weather is nice, I... hang out with my friends / ride my bike or skateboard. If it is cold / wet, I... stay inside / go... to the gym / to see a friend / to the shopping mall. I don't go out often in the evening. I stay at home in the evenings because I have to... do my homework / tidy my room / help my mum. I spend the evening... studying / watching TV / on the computer / on Facebook. I go to bed early / late / at midnight.

● How do you spend your weekends?

On... Saturday / Sunday I sleep in. I do chores around the house. / I help my... mum / dad / parents with the housework. After lunch / in the afternoon I... study / do some extra homework / write some emails / spend time on the computer / watch TV / read... a book / comic. I go... for a hike / hiking. We often visit our weekend house / cottage. I go... skiing / ice skating. I spend time with friends. We go to... the cinema / the shopping mall. On Sundays... we have a family lunch / I visit my... grandparents / grandmother / grandfather. I work on Saturdays / Sundays.

● What do you do during the holidays?

During the spring break I... go skiing / stay at home / catch up on my studies / visit... friends / family. During the summer holidays I... attend language courses / stay at our weekend house / cottage / see my friends / visit relatives / watch films / play sport / go... abroad / swimming / camping / hiking / to the mountains / to the cinema / to concerts / to music festivals / have a summer job.

● How do your weekdays compare to the weekends and holidays?

My weekdays are... hectic / busy / stressful / packed with activities / boring / interesting / stimulating. I have to go to school and do homework. I have no time to myself. / My weekdays zoom / whizz by. / My... weekends / holidays are... relaxing / boring / without worries / stress / busy as I have to work. / I have more time to... see friends / do sports / go on trips. I study / see my friends all the time so there is no difference between my weekdays and weekends.

● Which days of the week do you like the most / the least? Why?

I don't like Mondays because... I have to get up early / I have to go to school / it's the start of the week. My worst day is Tuesday because... we have double maths / it's the most boring day of the week. I like / don't like Wednesdays because... I have sports / art class / swimming at school. My favourite day is Friday because... it's the end of the week / I don't have to study and I can go out. I love / don't like Saturdays because... I have to go to work / I have time to see friends and go out. I like / don't like Sundays because... I can relax / I have to do my homework for Monday.

● What are your hobbies?

I like... sports / horse riding / art classes / dance / scouts. I also like to see my friends. I love swimming. I enjoy learning languages. After school I enjoy... going to drama class / music lessons. I play... the piano / violin / cello / flute. I play in a band. / I'm... part of... a football team / tennis club. I go hiking at weekends with friends. I regularly go to the movies at weekends. / I don't have any... hobbies / time for sports.

● Do you think it is important to have regular mealtimes? Why / Why not?

I think it's important because you can sit down together as a family and have conversations around the table. It is... better / healthier to eat a proper full meal instead of snacking through the day. Your body gets used to having food at a certain time. Unfortunately, I don't always have time to sit and eat. / I don't think it's important. I listen to my body and eat whenever I feel hungry. / I don't like eating a big meal in one go. I prefer snacking.