

---

**Describe an activity you would do when you are alone in your free time**

**You should say:**

**What the activity is**

**How often you do it**

**Where you do it**

**How you do it**

**And explain why you would like to do this activity**

When I am alone in my free time, I like to dance. Because I love to listen to music, dancing always follows, and I let loose while I am at home.

I try to dance every single night, as long as I am not too tired. I go into my room and put my earphones on to the loudest volume and I dance away. My room is actually quite big, so I don't need to move any item to create some space. And the floor and the walls are soundproof, so I never worry about annoying my neighbours.

Sometimes, I would try new styles that I learned from some videos online. Other times, I may just practice the skills that I've already mastered. I may also record the whole practice and upload it online and share.

I love to dance on my own because it makes me feel like a real performer. I went to a performing arts school and I currently do dance classes which I love so much. I think it's also a good form of exercise, so I try and do that as much as I can.

**How do you usually plan your free time?**

I don't usually plan my free time. I like to see things come as they do. Planning doesn't always work out, and I think it's just a waste of time to plan and finally realize that I cannot make the plans work.

其他观点

I usually like to put whatever event I am invited to into my diary so that I do not forget. So, when I plan my free time, I always make sure that I check my diary first to ensure that I am free before penciling in any activity.

---

Do young people in your country work longer hours now than in the past?

Young people in my country do work longer hours now than in the past especially because of education. Due to the higher cost of education, a lot of young people have a lot of financial burdens that they need to deal with and this means that they have to work much longer to ensure that they resolve this.

其他观点

Young people in my country work less hours because of the lack of good job opportunities. There are few jobs that are available for them to accept and many of them take on roles that only offer a small amount of work, so they don't work overtime that often.

**What are the advantages and disadvantages of flexible work time?**

One of the advantages of flexible work time is that you work according to your schedule. It allows for additional activities that may be necessary, for example, if you are a mother and the kids need to be picked up from school, or if a sick family member needs to be taken care of. Flexible work time allows for special situations such as these.

其他观点

One of the disadvantages of flexible work time is that it may interfere with work and negatively affect work efficiency. The more flexible a role may be the more likely it is for an individual to lose focus. For jobs that rely on teamwork, too much flexibility in work time can be destructive.