

Do you think children should play sports regularly?

Yes, I think so. Children are busy with their schoolwork on weekdays. They don't have enough time to do exercise, even though they do have PE classes at school. Besides, playing sports regularly can build up a good physique and is also good for their mental well-being.

What kinds of exercise are popular in your country?

Running, I think. It doesn't require professional equipment, just a pair of sports shoes is enough. And people can either run with their friends or on their own.

Do you like extreme sports?

You mean sports like bungee jumping, rock climbing? I don't like them because they seem really dangerous and I am prone to getting hurt.

What kinds of exercise do you do?

I am an active person, and I like to be close to nature, so I like doing outdoor exercises, like running in the park or hiking in the wild.

What was your favourite sport when you were young?

Mountain climbing was my favourite. I really enjoyed the feeling when I finally reached the top after a long and tiring journey. The fresh air and the breathtaking views were the best rewards.