

**How often do you do outdoor activities?**

Normally, about once a week. I have to work from Monday to Friday, and I need to indulge myself a little bit on Saturdays, by having a good rest and watching videos that I like. So, I do outdoor activities only on Sundays.

**What outdoor activities do you (most) like to do?**

I'm not quite sure, because I haven't tried too many outdoor activities. For now, I like mountain climbing most. On the other hand, I can exercise my body. On the other hand, it can test my will, you know, only those who have determination can reach the top.

**What outdoor sports do you like? (why)?**

I would say running and hiking, because I can just go whenever the weather is good, and I don't have to prepare a lot of gear beforehand.

**What do you do in your spare time?**

It depends. When I am in an easy mood, I will watch movies or listen to music at home. But when I am restless, I will go outside for a run.

**How much time do you spend outdoors every week?**

As a matter of fact, I haven't thought about that before. I walk home on weekdays, and that is about five hours a week. And on weekends, I usually hang out with my friends for about two hours, so in all, about seven hours a week.

**Do you like outdoor activities?**

Yes, I'm quite enthusiastic about outdoor activities, like running and hiking. Going outside and doing some exercise is a good way to keep fit after sitting down all day in the office.

**How often do you do that?**

Once or twice a week, usually on Sundays. Sometimes, I climb the mountain with my friends, chatting and laughing during the journey, which make it less tiring.