

## **Picnics: A Refreshing Break from Daily Routines**

I have chosen to write about picnics because it is a fun and relaxing activity that can be enjoyed alone or with loved ones. Picnics allow me to escape from the stress and monotony of everyday life and to appreciate the beauty and tranquility of nature. Picnics have a long and rich history, dating back to the medieval times when people would feast on roasted meats and wine in the open air.

When I first experienced a picnic, I was just a seven-year-old child excitedly joining my family for a day out. I vividly remember the anticipation as we packed our basket with sandwiches, fruits, and snacks. The process of finding the perfect spot in the park, setting up our picnic blanket, and playing games while enjoying our delicious food created lasting memories. That initial sense of joy and togetherness during that picnic still resonates with me today. This reminds me of the article I read about picnics stating “Nothing beats the fresh air, adventure, and fun found in exploring the great outdoors with your friends. Whether it's a picnic, a game of frisbee, or gel blaster guns, there are endless possibilities for unforgettable outdoor activities.” (Exploring, 2023)

Moving to Sweden four years ago intensified my love for picnics. Given the country's cold climate and limited summers, I eagerly await the opportunity to embark on a picnic adventure. As the author of the article "Exploring the Great Outdoors with Your Friends: Fun Activities to Try" accurately states, "With the sun shining overhead and the birds chirping in the trees, there's no better way to spend a lazy afternoon than by picnicking in nature's beauty" (Exploring, 2023). The Swedish summers, albeit short, offer an ideal time to revel in the enchanting natural landscapes while enjoying the simple pleasure of sharing a meal outdoors.

To help others plan successful picnics, I will provide some practical advice. Choosing the right location is essential to ensure a pleasant experience. Parks, gardens, and lakesides are often excellent choices, providing ample space and scenic surroundings. Packing the necessary items is crucial for a smooth outing. Essentials include a picnic blanket or mat, cutlery, plates, cups, napkins, a cooler or insulated bag for perishable items, and insect repellent. Additionally, preparing food that is easy to transport and eat is key, opt for finger foods, sandwiches, wraps, and pre-cut fruits to simplify the dining process.

In conclusion, picnics are a wonderful way to take a break from our daily routines and connect with nature. They offer a chance to spend time with loved ones and create lasting memories. I encourage everyone to try organizing a picnic and experience the joy it brings. Engage in fun activities as it amplifies the overall experience. Bringing along frisbees, badminton rackets, or card games adds an element of excitement and friendly competition. These activities encourage bonding and laughter, making the picnic a memorable occasion for all participants.

## References

Exploring the Great Outdoors with Your Friends: Fun Activities to Try. (2023, April 19). *Dubrovnik Times*, NA. <https://link.gale.com/apps/doc/A746278088/GBIB?u=lirn17237&sid=sru&xid=5b314aa0>