

Time spent in an English-speaking country: X

Age: 20

Semester: 4

Faculty: Education College

Topic: Activities in the free time

Original Text:

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My free time mostly includes the hour when I get back from my classes in the evening. Completely exhausted, I try to calm myself down and release all the pressure. We should spend our time in many useful things such as reading books, Eating healthy food, doing a lot of exercises.

The free time activities mostly include reading a book, listening to some soft music, or cleaning my room.

I find cleaning very therapeutic. I try to inculcate gardening on my off days or the weekends. Cooking some new dishes, journaling, or watching a movie or a series are also some of the activities in which I spend my free time. These activities help me rejuvenate myself and start the next day energetically.

of all the free time activities, I like reading books most because it brings me many good aspects. First and foremost, book is a cheap way to get information so I have a chance to widen my knowledge not only in the fields I study but also in the other sections in life. Moreover, reading books makes me know better about people around the world and the way they live.

One more benefit of reading book is that it makes me express words fluently, therefore, I can improve my communication skill better and better. In short, reading books is my main hobby and I will make best use of its advantages to have a happy lifestyle