

Task 1: Hi Nhi I was walking and I was thinking about what would need to go out in the evening at this 6th. I do not know where we'll go? watching movies or coffee, park, I'll wear my favorite dress lightly and simply spreading a pink flower with the flats and sleek white bag. for a perfect outing to prepare food, personal items, clothing, Hopefully we will have a perfect outing fun. 6th appointment this evening. Good bye!

Task 2: You're bored, tired, tense ... and you're losing enthusiasm in the work, even in everyday life. To solve the above problems is the best way you should travel. Because the travel has become essential needs of the majority inhabitants worldwide. Each has multiple ways to overcome various problems, but the travel is a choice many times more "stress diseases" like today. Can you be affected by problems in the narrow and busy time, not easy to implement travel plans. But an interesting trip with bags of money, even just a short tour can also create new things, remedy the situation "stress" and your job will be more effective. Maybe statistical benefits of travel are as follows:

- 1 - Reduce stress: Planning to travel preparation is also part of the fun, the standard makes you excited, looking forward to. When traveling will help your body relax and decrease the tension, even if it's a trip to move a lot or spend a lot of time. Tourism can also make you tired active, meet and communicate with many people not the same language (if abroad) or accidentally destination is a very noisy ... but stress that the stress is positive and pleasant, not worrying about work and the daily worries of the family.
- 2 - Avoid monotony: As they say, "Change is a way to relax," A trip to any form will also help you to have moments mail Simple, you can provide power for yourself. This helps to make the change from the daily routine - do spirit and your body better from a state of fatigue.
- 3 - Enjoy the fresh air are: Exposed to the external environment is the most amazing characteristics when traveling, instead of staying in office, this helps us to enjoy the fresh air. You do not even need to climb mountains or beaches that lie close to the sights still get those deep breaths provide plenty of oxygen to the blood. You also receive outdoor light in the morning and have experience in avoiding sunburn.
- 4 - Dynamic more Travel often comes with game activities, arts or sports. Make sure your plan includes activities walking tour, stroll to explore new places, even you can spend the whole time to rest, the walk always be more than at home. So in general will be more active than your usual.
- 5 - Will enjoy local specialties and delicious dishes and strange When traveling you will enjoy delicious food and wonder whether those items that are familiar, but with different skilled chefs will create many different flavors. Or enjoy the famous local specialties right place its origins. Because each dish must apply many special secret, materials and processing capabilities of the "chef" that locality. You get the opportunity to enjoy the food while traveling through the menus can be of the travel company already in place or you always have a chance with friends, family or alone to explore the union stopped feet destinations in tour program.
- 6 - You will have practical knowledge of the era and more Travel help you get the practical knowledge and may be completely new to the culture and lifestyle of many different countries, expanding the vision of and you can make your life better. And depending on your destination, tourists can give you a whole new perspective on the city, the country in which you live.
- 7 - To meet people Traveling allows you to meet people from all over the world. Socialization is a very good condition so that you can learn and complement their knowledge of many different cultures.
- 8 - There are memorable experience If you are visiting all the destinations that you want, you will not feel regret for not doing so in later life, be sure you feel very satisfied over a long period of time. So, if you've dreamed of traveling somewhere, now let's preparation time and financial