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Everyone needs free time. This should only be our time, during which we should not be engaged in work, cleaning and various things that we do not like. Sometimes it can be a little difficult to find a suitable hobby. Some people like to play football, others prefer to collect postage stamps from different countries. When there is no hobby, a person becomes sad and depressed. After work or classes, you can't relax, everything seems very boring. In this situation, you need to find a hobby. In this essay, I would like to talk about different ways to spend your free time.

There are many people who can't imagine their life without sports. Their Hobbies are numerous sports. Free time helps them stay healthy and fit. Some people also do extreme sports. They enjoy it when they realize that there is a great risk to their lives. The adrenaline makes them feel happy. Such people prefer wingsuit, high diving, rafting and Canoeing, and much more.

I personally am not a sports fan, especially when it comes to extreme sports. I like to play games and would rather spend my free time on the computer. At the same time, I can relax, learn something new and interesting, and meet people.

I also enjoy watching various American and Russian TV series. To do this, I do not need to think and reflect much: I can rest without unnecessary thoughts when I am very tired. To be honest, I understand that I spent too much time watching TV series and became already addicted to them.

When I have inspiration and a great mood, then I enjoy drawing with pencils and markers. I've always liked creativity. Sometimes I make a variety of origami and crafts.

Studying can also be a hobby, especially when learning a foreign language. Today, there are countless opportunities to communicate with foreigners via the Internet and improve their language skills. Such leisure is very useful for later life and work. This is not only a great opportunity to make friends with people from different countries, but also a chance to get acquainted with the history, foreign culture and interesting customs. When the level of language proficiency is high, then you can try to read foreign literature in the language you are studying, watch a movie, TV series or video to practice speaking.

In your free time, you can also do something with your friends. It is always very fun and pleasant to go to a movie or cafe with a loved one, talk about life and interests and have

a good time.

There are people who prefer to cook something in their free time. Some people like to embroider and knit. Many enjoy fishing and hunting. But a person's hobby depends not only on their gender, but also on their age. For example, older people are willing to do gardening, they need a quiet hobby. Young people prefer something fun and active, but they will spend more time with equipment than in the garden.

All people should definitely have free time to stay healthy and happy. If you work too hard and don't have time to rest, you may even end up in the hospital.