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Nowadays people work a lot. We should be up-to-date, be good at studies, work on ourselves to get a well-paid job. I must say that it is rather stressful. That is why I strongly believe that everyone needs some time for relaxing and doing what he or she likes. Leisure time helps us to regain our strength and recharge our energy. So we can do our work with renewed vigour.

As for me, I don't have much free time as studying at university requires a lot of labour and it is really time consuming. But when I do have some, I try to spend it to my advantage and do what I really like to do.

During the week I am busy with my studying. I get up early in the morning because I have to catch my bus and be at the university on time. And it takes an hour or so to get to the university. I am sometimes late because for me it is difficult to get up early, especially in winter. After my classes I go straight home and do my homework. I usually have a lot to do, for example, I have to read a lot of new information, write essays, summarize enormous texts. I try to do my best, that is why it takes a lot of time. In the evening I am always rather tired. But nevertheless, before going to bed I like to read books. I really fancy reading detective stories. But I can sometimes read some romantic books. The author I like most is Agatha Christie. She wrote 78 crime novels, 19 plays and 6 romantic novels. That is incredible! By the way, I sometimes try to read my favourite stories in English. Fortunately, her language is rather simple and easy to understand.

When I just want to relax, I take my favorite fashion magazines. I'm really into fashion. I love everything connected with clothes, shoes and cosmetics. Especially I fancy reading Harper's Bazaar (there are a lot of perfect photographs, wardrobe suggestions for every occasion, information on upcoming events), NewBeauty (it provides information about the latest innovations in products, plastic surgery, dermatology and more!), and I also like Cosmopolitan (each issue includes celebrity interviews, advice on friendships and relationships, healthy eating and exercise, and tips on achieving your personal goals). Or I can switch on some tv series and just sit on the sofa doing nothing.

Three times a week I do some exercises. I suppose that it is important for our health to exercise. For example, yoga helps me to relax. In summer I often train outdoors. And in winter I go to the nearest indoor sport center. By the way, I sometimes attend swimming classes at the same center. Unfortunately, I can't swim. But I believe that next summer I

will be swimming in the sea. Next summer I'm going to visit Sochi, so I must learn to swim well.

At the weekends I don't like spending time at home. It is just boring. I often go somewhere with my friends. We usually go to the park or just walk in the city center. Once a month we try to go to museums and to art galleries. Last week we were RuArts gallery. The gallery showcases works of Russian and international talent with a focus on photography, experimental media and video art. I loved it so much! We definitely will go there one more time. We can also go somewhere to have some coffee or pizza. But when the weather is bad (it is cold or rainy) I like to invite my friends over. We play board games (our favourite one is Monopoly), watch movies or just listen to some music. Some of my friends prefer playing computer games or Play Station. As for me, I strongly believe that it is a waste of time. And I think that people who often play computer games become addicted to them. I like my friends to visit my place. We have great time together.

In the end, I want to say that everyone should have some hobbies. If we don't have any hobbies, how can we relax and have rest? Leisure time is very important for people. They help people to enjoy their lives.