**LEISURE**

**I**

Nowadays people work all day long and rarely have spare time to rest and to do something they like. But if they have it they try to waste it in the way they prefer. And there are a lot of possibilities to do it perfectly. People can choose everything from sport to spending a good time in the country according to desires. And there are a lot of things to do that can help you not to feel bored. And activity is much better then doing nothing.

The most active way, in my opinion is going in for sport. You can do sports all the year round because there are a lot of kinds of sport for all seasons. Basketball, football players are always on stadiums. And in winter a lot of ski-walkers occupy the snowy slopes and skaters walk on ice of stadiums and icy rivers. Moreover it can be risking sports, which is more exciting to do. Doing such kind of sport you feel that our life doesn’t stay it’s going forward.

Our friends also help us to spend a good spare time. Because they often have interesting ideas of spending free time and it’s much better to spend free time with them.

Nowadays music occupies the most part of people’s mind among teenagers especially. People communicate according to their music tastes. They visit disco clubs and concert halls. People also have pop idols that attract them by their voice or appearance and they are ready to follow them to the ends of the earth.

Some people say that theatres are not popular nowadays but I think that a lot of people still enjoy the play of actors and marvelous productions. And our theatres are world known. Theatres teach you to feel hate and love, joy and unhappiness… In other words theatre helps you to become more human.

**II**

Reading books, papers and magazines is also a way of spending leisure time. You can choose a genre according to your mood and read whatever you want. From magazines and papers you know the latest news in the world of politics, fashion, cooking and technology. But technology is developing so fast that such way of getting information becomes old.

With developing of Internet information is available in each point of earth. Moreover it’s a way of communicating with people. And people all over the world sit at the computers chatting or exploring the Internet all day long. Children spend a lot of free time playing computer games. And statistic shows that 70% of users of Internet are teenagers. But some people prefer to go to a country to breathe fresh air and rest or to travel somewhere.

Traveling becomes more and more popular. People like to visit other places to escape from daily routine. And all resorts are full in the time of holidays.

As for me I think that the most exciting leisure time spending can be all activities like sport or traveling somewhere with friends because I never feel bored with my friends. For example every holiday I go somewhere with my best friend from Moscow. And we always have a good time wherever we go. And I think that everyone can find an occupation. Maybe in some countries people have more opportunities for recreation because of the new inventions or other factors. But I think that each man can travel everywhere and try each way of spending free time.

Moreover the city where we live gives us a lot of places to go. And from day to day the number of places of interest grows. But the only thing that is necessary for citizens is fresh air and little islands of nature. People need to walk in the parks that become more and more rare.

In spite of this people always can find a way to spend leisure time. Because our world is full of new interesting and exciting things that every man wants to explore.