

Задание №S1\_03

Task 1. Imagine that you are preparing a project with your friend. You have found some interesting material for the presentation and you want to read this text to your friend. You have 1.5 minutes to read the text silently, then be ready to read it out aloud. You will not have more than 1.5 minutes to read it.

A hobby is an activity you enjoy doing, it is something of your choice, something unique to your taste and talent. A hobby can improve our well-being; it can give more meaning to our life. Just as physical exercise is important for the body, relaxation of the mind is also essential. In fact, studies reveal that people who cultivate themselves through such activities are less likely to suffer from anxieties, depression and other negative feelings. A hobby is the easiest way to restore your balance whenever you are over-worked or stressed. Since it is an activity of your choosing, it will always give you pleasure and help you to relax. Even if you indulge in your hobby for a short period of time, you still can feel the difference in your energy level and spirit. When you have a hobby, you will always find time for it.