My favourite leisure activity is definitely reading. What I like most is read an easy-going book in a calmand casual caf?, having a cup of hot coffee of chocolate. Apparently, if the weather is nasty and it`spouring heavily it`s my tint room, where I enjoy this process, lying on my sofa under a warm blanket orduvet with a cup of tea.

I try to read something almost every day for at least an hour or two. However, sometimes I`m so sickand tired of studies that I can`t actually do it. I`m really keen on reading political journals, that`s nottypical for a young lady, thus I have to deal with politics in my studies, that`s why I have to now all currentevents and burningissues. But something I love most is chicky novels! I do believe that every girl hasonce read such a book just to entertain herself! So have I! It`s «Bridget John`s Diary`» that I like most!It`s really fantastic, thus a bit far-fetched.

Reading involves a lot of thinking over the information you`ve get, especially if you`ve just read aserious book. That`s why I bet reading isn`t an easy thing if you do it properly. The thing I enjoy aboutreading is that it calms me down after the stressful day despite the information I read.

I prefer reading in English in order to improve my reading skills and language skills as well. In spite ofthe fact that English books can be really complicated sometimes, especially if we talk about sci-fi, Iforce myself to continue reading and translating every word to Russian as I believe that it is reallyhelpful.

However, I know it perfectly well that even reading difficult English books can`t improve my languageina short period of time. Rome wasn`t build in a day either.

There are a lot of activities that you can do in your leisure time. Some people are so tired of work that they prefer to use their free time just for resting and sleeping. Others spend their free time on their favourite activities. For example, they listen to music, play their favourite musical instrument, go on a picnic, take a trip, go to the nature and enjoy the fresh air, hang out with their friends, go partying, go shopping, visit their relatives, spend some time with their kids and play games with them, read and write, watch TV, watch movies or cartoons, go to the theatre, surf the net, cook, do some gardening, etc.  Some people like me choose sports to enjoy their free time. Among different kinds of sports, I prefer basketball.

When you play basketball with your team mates you have a chance to get rid of all the negative energies that are piled up in you throughout work or study time. Your body is wholly involved. Basketball involves both your mind and your body. It’s an extremely physical activity, so that even your finger tips have to be strong. In basketball you need both stamina and speed to be a successful player. It’s not that important if you’re not tall. Your strength is of much more importance.  Both feet and hands must be strong. Even you need to be wise in this game. If you know where to stand so that your rival has a weak chance of blocking you, you’ll more successfully get close to the basket to shoot and score. Sometimes, by being wise and finding the right place to stand and block the rival saves your team.

Basketball is a team work and this is what I like the most about this sport. You learn how to cooperate with other team mates. Sometimes, you need to sacrifice yourself by blocking the rival so that your team mate can find space to go to the basket and score. Passing the ball to other members of your team makes the chance of winning higher and higher.

All in all, basketball is so enjoyable and fun if you play it in a group, not individually.