

托福作文T115：安排自己的空闲时间 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/118/2021_2022__E6_89_98_E7_A6_8F_E4_BD_9C_E6_c81_118699.htm 【托福作文185篇真题范文专项练习】

Topic115：你是否为自己的空闲时间进行计划过？
Topic 115 Some people prefer to plan activities for their free time very carefully. Others choose not to make any plans at all for their free time. Compare the benefits of planning free-time activities with the benefits of not making plans. Which do you prefer -

planning or not planning for your leisure time? Use specific reasons and examples to explain your choice. [参考提纲] 115、为自己的空闲时间进行计划（1）更好的利用时间。去哪里玩等等（2）节省金钱。有些时候一些地方很便宜，有些时候特别贵（3）和朋友玩的更愉快，开心。因为大家有计划。如果不计划自由，想去哪里就去哪里 [托福参看范文] Topic:

115Both leisure time and working time form the whole parts of one's life. Here leisure time has a broad definition. Because of its importance, people face the dilemma whether to plan or not plan for the leisure time. Which one I prefer depends on my own experiences, life style and emotional concerns. To be frank, I prefer to plan in my point of view. Before rendering my opinion in detail, it is necessary to take a glance at the position of not planning at all. People who claim the opinion advocate that leisure time is the time for relaxing. Enjoying the time is the most important, why they have to plan for it by taking time and energy. If they want to watch TV, they will sit down to watch it without any hesitation. If they want to

swim, they will change to the swimming suits. Enjoy everything at any time. It is true that there are some advantages about not planning for the leisure time, but I would explain a few important reasons why I prefer to plan for it. The main reason is that planning for it carefully can avoid a lot of troubles. To illustrate this, there is an example that is very persuasive. Take swimming for example, if we plan it first, we would prepare the swimming suit, sun glasses, towels, cream and so on for it. We can enjoy the swimming time fully and pleasantly without forgetting anything. Avoiding troubles is only part of the most important aspects, and another equally significant role of planning lies in that we can promote our studying and working effectively. This demonstrates the undeniable fact that suitable leisure time can help one to relax fully. For instance, when we work or study for a whole week, we have a plan to spend the weekend in the seaside. It is wonderful. Careful plan can make us fresh and exciting. If all the factors are considered, we will find out that the advantages of planning for leisure time outweigh those of not planning. It is true that both views have strong foundations, but no one can ignore the added convenience and satisfaction offered by planning for it. Such experience will definitely be helpful in one's later life.

Topic: 115 I think that free time is a precious thing for most of us. When we're working hard, it's nice to imagine what we'll do when the weekend comes. We juggle one idea with another, trying to decide what best suits our budget and the amount of time we have. After all, anticipating free time is part of the pleasure. It's good to plan what we're going to do with our free time. That way we won't waste

any of it trying to decide. Its so easy to just sit around and think about this or that activity. Before we know it, half the day is gone. If we decide ahead of time, we can get started in plenty of time, and we can get the most benefit out of the time we have. For instance, if we were going on a picnic, we can get all our supplies ready to go. Or if we were going to a movie, we can find out the time and how long itll take us to get there. Also, if we plan what were going to do with our free time, we can invite others to join us. If we wait until the last minute, our friends may have other plans. On the other hand, its also fun sometimes to do things without apian. We can just leave the house and walk around and see what catches our attention. Often, this is how we discover places we never knew existed. We might end up doing something we never thought wed try. We might just happen to find ourselves outside a new bookstore or a bowling alley and go in on a whim, because we have some free time. 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问 www.100test.com