

托福作文T146:你愿意在哪里度假日 PDF转换可能丢失图片或格式，建议阅读原文

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Topic146：你是否愿意在外边度过闲暇时间？  
Topic146 Some people prefer to spend their free time outdoors.

Other people prefer to spend their leisure time indoors. Would you prefer to be outside or would you prefer to be inside for your leisure activities? Use specific reasons and examples to explain your choice.

[ 参考提纲 ] 146、我愿意在外边度过闲暇时间 (1) 保持身体健康 (2) 开阔眼界。旅游 (3) 交更多的朋友 [ 托福参看范文 ]

Topic: 146 If I had to choose where to spend my leisure time, I'd rather spend it outdoors. I spend all my working hours inside at a desk. When I have some free time, I want to completely change my environment. Getting outdoors gives me a new perspective and helps clear my mind. Being outdoors gives me the opportunity to try new things, see new sights, and meet new people. Staying indoors means reading a book or watching television. Sometimes it involves visiting with friends. Those are all relatively inactive. Being outdoors means a chance to stretch my mental and physical muscles. I can go hiking in an area I've never been before. I can go swimming or rafting on the river. I can go on a nature walk with a ranger and learn about flowers and trees. I can visit all the outdoor monuments in my city that I've never seen before. In each case, I'm doing something that helps me relax while also enjoying the excitement of something new. Of course, weather is a factor. I have a hard time functioning in extremely hot or

cold weather and like to stay indoors when its below freezing or the heat is scorching. At times like that, its fun to sit inside with a good book or a good friend looking out at the weather and enjoying the comforts of home. But if the weather cooperates, its fun to read that book outside on a park bench or go swimming with that friend. Enjoying leisure time outdoors can also mean making new friends. Getting outside my own environment gives me the opportunity to meet new people. All in all, leisure time is better when its spent with Mother Nature rather than a television set. Topic:

146 People would show different preference to indoor activities and outdoor activities. Some may be interested in spending their leisure time indoors, while others may be fond of the latter. As far as I am concerned, I would always prefer to be outside for my leisure activities. In the first place, outdoor activities can provide me a pure natural environment in which I will feel more relaxed and refreshing. For example, I can always feel regenerated only after one-hour jogging along a quiet street, with the fresh cool air and balmy wind around. Moreover, it is a real fun to travel and enjoy so many wonderful sightseeings in different places. During their vacation, most people would choose to travel to enjoy a period of leisure time so that they can refocus on their studies and businesses. In the second place, participating in varied outdoor activities can help us increase knowledge through our own experience and widen our horizon. As a famous Chinese saying goes: to become wiser, you need to not only read 10 thousand books but also travel 10 thousand miles. It is true when we go out we have the chance to meet different

people and different things, which cannot happen if you stay indoors. We chat with people and exchange ideas, we visit many places and learn different cultures, all of which can let us know more about a true world. In conclusion, I personally prefer outdoor activities to indoor ones not only because I can enjoy the relaxation and refreshment in the nature but also through participating in varied outdoor activities, I gain valuable opportunities to convert theoretical knowledge from books into a kind of real experience. 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](http://www.100test.com)