# 如何度过周末How to Spend the Weekend

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**如何度过周末 How to Spend the Weekend**

　　When weekends come, everyone is happy about that, because they don’t need to work and can do what they want. Some people will choose to stay at home and watch TV all the time, some will choose to go shopping, while for me, I’d like to go out. I want to see the different things and refresh my mood. I always make some plans for my weekend.

　　Sometimes I will ask my friends to go to watch the movies or we go out for the gourmet. I like to see movie so much, watching the movie is like reading a book, my mind will gain things and I will feel satisfied. Eating the delicious food is the things I will do mostly, I like to find the new food, and ask my friends to enjoy it. We will talk happily while eating the delicious food.

　　I am busy from Monday to Friday, I don’t have much time to take exercise, so I will go hiking with my friends on weekend. We will bring little food and take a backpack, heading to the park or beautiful mountain. We can enjoy the beautiful scenery, at the same time, to exercise our bodies.

　　My weekend is full of plans and I enjoy them all.

　　>【参考译文】

　　当周末来临的时候，大家都很高兴，因为不用工作，可以做自己想做的事。一些人会选择呆在家，整天看电视，一些人会选择去购物，然而对于我来说，我喜欢在外走走。我想要看到不一样的东西，换新下心情。我总会为周末做一些计划。

　　有时候我会叫我的朋友去看电影，或者外出寻找美食。我很喜欢看电影，看电影就好比读一本书，我的思想有所收获，感到满足。吃美味的食物是我最常做的事，我喜欢寻找新的食物，叫上朋友去享受。我们一边吃美味的食物，一边愉快地聊天。

　　我从周一到周五都很忙，没有很多的时间来锻炼，因此我会和朋友在周末的时候爬山。我们会带上少量食物，背上背包，前往公园或者美丽的山。我们可以欣赏美丽的风景，同时，也能锻炼我们的身体。

　　我的周末充满了计划，我很享受。

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