

4 Read what three teenagers say about their leisure activities.
Complete the table with the information from the text.

Sakura (Kyoto, Japan)

Origami is the art of paper folding. I love doing it on my own in my free time. With just some sheets of paper, I can create almost anything: flowers, birds, or fans. Doing origami helps me to relax.

Eric (St. Gallen, Switzerland)

My home town has some famous ski resorts. I'm into snowboarding and usually go to a nearby ski resort with my parents at weekends. Snowboarding improves my overall health and balance.

Lan (Quang Binh, Viet Nam)

I'm keen on playing sport, especially badminton. My best friend lives next door, so we play badminton almost every afternoon. It's an easy sport, and it also improves my muscle strength and helps reduce stress.

Name	Country	Leisure activity	Person / People to do the activity with	Benefits of the activity
Sakura	Japan			
Eric	Switzerland			
Lan	Viet Nam			