

### Task 1 High-Scoring Sample Response

I personally would choose to spend the weekend at the beach.

One reason is that I find the ocean really calming and peaceful. For example, when I went to the beach last summer, just listening to the waves and feeling the warm sun helped me relax after a stressful exam period. It felt like a natural reset.

Another reason is that the beach offers a variety of fun activities. For instance, I enjoy swimming, playing beach volleyball, and taking long walks along the shore. These activities not only keep me active but also give me a chance to spend quality time with friends and family.

For these reasons, I believe a weekend at the beach would be more refreshing and enjoyable than spending it in the mountains.

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