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| **Summer holiday** |

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| **How people spend it?** |

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| **Why people like summer holiday?** |

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| **Playing handball in the beach** |

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| **To have fun with family and friends** |

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| **Visiting grandparents** |

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| **Traveling** |

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| **Increases our energy** |

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| **Reduce the chances of depression and mental illnesses** |

People love summer vacation too. Summer vacation is important. It helps relax. Summer vacation makes us take a rest from work and study. It is a good opportunity to have fun with family and friends. Summer vacation helps rejuvenate us. It makes us more active to work. Summer holiday is important. We cannot imagine our life as a job without a rest. Without summer holiday we will be less productive. Summer holiday increases our energy. Also, it reduce the chances of depression and mental illnesses. It helps in the development of personal skills acquired according to the individual's practice in sports or activities. We can spend the summer holiday in many ways. We can play football in the beach with our friends. We can travel to a new country and enjoy seeing knowing cultures. We can spend summer holiday with the family at home and visit beautiful places in our country. It is a good idea to spend the summer holiday with our grandparents. Our lives will be difficult without summer holiday.