

Dear editor,

How are you? Recently people were being locked down for the past few weeks, people were depressed and isolated. I know that you are asking what people should do and make them feel better during a pandemic. The most suitable activity that I think should be kayaking.

The first kayaks came from North America 5000 years ago. There are also many benefits of kayaking such as keeping fit, it can exercise our muscles, fill the time and don't make you feel bored, it's easy for everyone no matter if you are young or old and enjoy the astonishing view. The most important part of the benefits that I think is collaborative. A kayak consists of four parts - that is cockpit, stern, bow, and blade. Different parts have a function. When you are kayaking with others it can strengthen your relationships and it's good for your health.

In my own experience, kayaking outdoors with my friends and chatting with each other during kayaking can reduce stress. According to research, kayaking and exercising outdoors can release endorphins, which are hormones that make us happy and alleviate stress. I suggest Sai Kung in Hong Kong as the best place for kayaking. Sai Kung is made up of beautiful natural surroundings and small villages. The highlight of Sai Kung is definitely the UNESCO Global Geopark site, a wonderland of hexagonal volcanic rock formations and calm blue waters. We can definitely make good memories there. I hope my suggestion can help you and make people feel better. I will be grateful if you publish my letter.

Yours sincerely,
Andy