

***"Emma is responsible, respectful and highly motivated. She demonstrates strong integrity, kindness and a positive attitude in all interactions."***

## Lär känna Emma

Emma är född 2009 och kommer från Tyskland. Hon kommer i augusti 2025 och stannar under en termin. Intressen är bl. a gymnastik, där hon är både utövare och ledare, skidåkning, bakning, musik, handarbete, böcker och filmer. Hennes favoritämnen i skolan är engelska, franska, biologi och samhällskunskap.

Hi, I'm Emma.

Thank you so much for letting me live with you and taking me in as a new family member. I'm really looking forward to my exchange semester in Sweden because it has been a dream for a long time to spend a longer period abroad. I really love traveling and I've always enjoyed discovering new cultures and countries. I'm very grateful to my parents for traveling with us and of course for making this all possible now. When I decided last winter to do an exchange semester I thought long about where to go. I considered many options. Even though Sweden was one of my first thoughts, I always dismissed the idea and focused on another country for a few weeks. But in the end I always came back to Sweden and when we went there for summer vacation I was sure that I wanted to spend my semester abroad here. Everyone we met was very friendly, helpful and welcoming which are probably the best conditions for an exchange year. I also have a personal connection with Sweden. We have been there several times and also in different regions. I've always loved it, the landscape is really beautiful and most importantly I've always felt very at home. On top my Grandmother used to tell me many stories about Scandinavia but especially Denmark because she went there a lot in her childhood and lived there for the holidays. Another reason for my interest in different countries is because of my family. Through my parents' new partners I now have family in Hungary and Romania and the rest of my family is also spread across all the places. My sister and I have been living with our mother and her partner. When I'm visiting my Dad we spend a lot of time in the garden or go on camping or day trips. At home, my day to day live revolves a lot around sports, but I also enjoy school, especially the foreign languages. I am learning English, French and Spanish in school but I also started a Swedish course recently. After school, I usually go home or meet my friends in the city. When I'm at home, I do my homework and relax a bit before I head to practice. The sport I do is called Rhönrad in German, which can be translated to Wheel Gymnastics and is a mix of acrobatic, circus and gymnastics. I've got practice four times a week for three hours and on Fridays I coach the kids in our club which I really enjoy. Wheel Gymnastics is a rather big part of my life and I like it a lot which you probably have to if you train four times a week. I train with passion and excitement. When I'm not training I meet my friends or study if there are any exams coming up. On the weekends I'm either at competitions, with my dad or do something with my friends or family. In my family it is tradition to eat dinner every night together and talk about our day. I really love this tradition because it brings all of us together. My siblings and I also have different chores in the household of course I will take on such chores in my host family too. My sister Leonie has moved out three years ago and is now studying in the Netherlands where I sometimes visit her. Me and my sister are very close even though we don't see each other a lot but we talk a lot on the phone. My stepsister Paula comes over once during the week and every second week for the weekends. We get along very well and do a lot together, especially with our shared friend group. For me, having some time for myself is important, particularly after an exhausting day at school. I like to relax while listening to music or watching a show. But still family life is important to me and I enjoy doing things together. I also bake a lot for me and my family and like to try new recipes. I love baking as a hobby because for one you can easily do it together and for two you can sit afterwards together and eat. I am excited to try out many Swedish recipes and meals. When I bake I like listening to music of almost any kind except maybe "Schlager Music". Also I really enjoy watching TV or reading. I recently read "Girl with a Pearl Earring" which I really loved. I am very excited to meet you and hope this letter helped you getting to know me a little.

Greetings from Germany,

Emma

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