

"Jonas is a very wellbehaved and attentive student, who shows great interest in many fields."

Lär känna Jonas

Jonas är född 2009 och kommer från Österrike. Han kommer i januari 2026 och stannar en termin. Intressen är bl.a löpning, meditation, boxning, tennis, spela gitarr och piano. Han är en både en sportig och musikalisk person.

Dear Host Family,

My name is Jonas, I'm 16 years old and from Austria. I live with my mother and my older brother, and even though my parents are separated, we have a strong sense of family and always share meals together. Family, connection, and meaningful time with others are very important to me.

I am passionate about sports, health, and personal growth. I play football, tennis, volleyball, and table tennis, and I work out regularly to keep both body and mind balanced. I also meditate daily and enjoy reading as part of my effort to live more mindfully and with intention. Another big passion of mine is content creation: I love writing, editing videos, and finding ways to inspire others to live healthier and more meaningful lives.

Sweden first impressed me when I visited Stockholm with my family. Since then, I've admired the Swedish culture and the education system, especially the focus on independence and responsibility, which I believe fits my way of learning.

For me, this exchange is not just about living abroad, but about growing as a person and becoming part of a family. I would love to contribute my energy, positivity, and openness to your home—whether it's through conversation, shared activities, or simply helping out in daily life. I truly hope to connect with you and to leave a positive impact that lasts even after my stay.

Best regards,

Jonas

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