

"Lara is a very reliable student, who has been a member of the student council for six years."

Lär känna Lara

Lara är född 2009 och kommer från Tyskland. Hon kommer i januari 2026 och stannar under en termin. Hennes fritidsintressen är bl. a handboll (även som barnledare), bakning, lyssna på musik och sociala aktiviteter.

Hello dear host family,

I am very happy to have the chance to spend my exchange year in Sweden and with you. To give you a first impression of who I am, I would like to introduce myself and tell you a little bit about me, my daily life in Germany and what I am looking forward during my time abroad.

I am Lara and I am 16 years old. I live in a small village in the west of Germany with my parents and my two rabbits. I am currently visiting 11th grade in a German high school where the school year started recently. My favourite subjects are mathematics and English but I also enjoy art and history. I am involved in many school activities like in the first aid club or in the students council and I am the main student representative since March. My task as the representative includes a lot of work in various parts of school life.

My family consists of my parents and me because I am an only child. I have three aunts, one uncle, one cousin, two grandparents and a lot of faraway family. If possible I eat dinner with my parents and we talk about our day. Because I am the only child in my family I have a close relationship to my family members.

I spend a lot of time in school or in my handball club. I coach two little kids teams and I try to teach them basic handball. I spend about 5 hours with them during the week and even more on the weekend because of our matches. It's important to me that the kids have fun and enjoy the sport maybe as much as I do because it has a high value to have something like that. I don't just coach, I also play handball myself since 12 years and it's an important part of my life.

In my free time I like to meet with my friends and go somewhere or just hang out and talk. I often spend time with a friend of mine who lives in my neighbourhood and we watch a series, play a game and talk. If possible, we drive to school together and sit together in our breaks in school.

Now let's get to some reasons why I want to participate in this exchange program. My number one reason for this exchange are the experiences I will get in my time abroad. It will definitely form my personality and it's a once in a lifetime experience. Of course it is also a dream of mine to go to school in another country and meet new people. Of course I am really excited to live with a family and be a part of it for my time abroad.

Maybe you are wondering why I want to spend my exchange year in Sweden. It is because I think Sweden is a very interesting and exciting country with a cool language that I really want to learn. I also think Sweden has an interesting culture and I am very excited to get to know the Swedish personality. Sweden is also kind of close to my home country and I have never been to Sweden before but I heard a lot of good things about it.

Surely I have some plans of what I want to experience in my time abroad. As I already told you, I play handball for a long time now and if it's possible I would love to play in a nearby club and experience the Swedish handball but I am also open to various other activities. I am also very excited to go to school in Sweden and learn there and meet new people. I really want to adjust to the Swedish life and make friends through school or sports. Last but not least I would love to make many memories and activities with you as my host family, I am very excited to get to know you.

Thank you so much for your interest and for considering me as your future exchange student.

Best regards
Lara

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