

"Luzia is a very open-minded and friendly student. She is always polite and well behaved."

Lär känna Luzia

Luzia är född 2009 och kommer från Tyskland. Hon kommer i augusti 2026 och stannar under ett läsår. Intressen är bl. a friidrott, dans, musik (sjunger), bakning och skidåkning. Luzia är vegetarian.

Dear Host Family, I am very excited about the opportunity to spend a year in Sweden as part of the exchange program. I would like to take this chance to introduce myself and tell you a little about who I am.

I live with my mom and our dog in Germany. I also have an elder sister who lives in Switzerland working there as a teacher. Unfortunately my father died three years ago because of cancer. I enjoy spending time with my family, but I am also looking forward to experience a new culture and becoming part of your family.

Currently I visit the 10th grade at a Gymnasium and I have another three years to go until graduation. I am a good and responsible student. I like going to school most of the time, but mostly because of my friends. I am gifted in languages, therefore my favourite subjects are French, English and Italian, but I like science also.

In my free time I love to do track and field, where I am specialising in shot put and discus but also the hurdles or 4x100m are fun. I attend training three times a week but training sessions will increase during winter up to 6 times. On the weekends I often participate in competitions and I would love to continue my track and field journey in Sweden too, but I am also willing to try some different sports. Besides sport and school I love to meet with my friends. We often cook together and play board games. Sometimes we also have sleepovers, go to the movies or go shopping. My friends are very supportive and also interested in different cultures. Some of them are also planning on going abroad for 11th grade.

This summer I spend my holidays in Spain and France. I like to challenge myself by using the languages I have learnt in school. I love being at the sea and experiencing the Spanish culture. Even though I am a vegetarian the amount of food choices I get here are impressive. Sometimes I am a little sceptical when it comes to trying new things like food or hobbies, but I hope that the exchange year will help me to broaden my horizon and make me even more open minded. In September I am going to Ireland for a four week exchange. I am going to stay with a host family, where I will learn to adapt to different circumstances and daily family lives and structures. My host sister and I will attend classes together and I am looking forward to discover a new school and a new hobby because I will play basketball with her. In November she will come to Germany and I am very excited to share my culture with her.

I think the exchange program is a once in a lifetime opportunity for me to come out of my comfort zone, learn a new language and make a lot of unique experiences and also friendships that will last a lifetime. I am hoping very much that my host family will welcome me as a fully accepted family member and share all their traditions as well as their ups and downs with me. In preparation I already started to learn some Swedish with Duolingo passionately. I believe Sweden is a great country especially when it comes to its lifestyle and education. It is also really rich in culture and has got beautiful landscapes. I can hardly wait to discover all of this with you by my side. I believe we will all have an amazing time together and can learn from each other and grow further. I am excited to get to know you soon!

Best wishes from Germany, Luzia

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