

**"Nichaya always maintains a positive and respectful relationship with her classmates and teachers."**

## Lär känna Nichaya

**Nichaya är född 2010 och kommer från Thailand. Hon kommer i augusti 2026 och stannar under ett läsår. Intressen är bl. a filmer, simning, volontärarbete, badminton, bakning och sociala aktiviteter.**

Dear Host Family,

Hej hej! , Jag heter Nicha. När jag kommer till Sverige fyller jag sexton år. I live with my mother, she's a florist and my dad is working as vice president in the Food business in Vietnam. Our main activity is to travel together. My mom loves to go to markets and cafes, and I would tag along. Since my dad is mostly in Vietnam and with my mother working as a florist from home, I help around the house a lot but despite that we all keep in touch, and I feels really close with both of my parents. I have a lot of pets, 3 dogs, a cat and a bird they are like a part of a big family to me. First off, I could do all the basics, cook, clean. To be specific, I enjoy cooking many things.

I'm quite an active person, I enjoy outdoor activities such as swimming, which is my favorite, and I'm really looking forward to snow. People also say I get along with others pretty easily, mainly because I can adapt quickly. My inside hobbies are drawing, baking, reading, lyssna på musik, och titta på filmer. As for outside activities, mainly I love swimming and badminton, but I'm willing to try new and more activities that we don't have an opportunity in Thailand. I have a heavy interest in the sea, animals, medical stuff, museums and aquariums. I want to be a marine biologist. I feel like I'm a hard-working person when it comes to studying. I will always try my best to get good grades. I'm friendly, I have a lot of friends and mutual friends here. I easily bond with other people and know my boundaries. I search for my interests in others so I can bring that up to talk. So, I'm also adaptive, as I mentioned I have a lot of friends because I can adapt to many style that other people like. I have multiple music tastes, but the common thread is indie/alternative pop & rock for example; Radiohead, Tv girl, Conan gray, etc. I love a lot of food, but my favorite is tom yum with sticky rice and I'm also excited to try Swedish foods. And as I have mentioned before I can cook, or bake almost everything that has recipes, but without one I can also cook the basic dishes.

My favorite subject are chemistry and biology mainly because I want to be a marine biologist, and arts because I love to draw and it make me feel relaxed. When it comes to friends, to my close ones they are important to me. They make my school life fun and enjoyable. I used to have a really big group of 13 people. We used to play board games and stay after school together. But due to grade change, some of them moved school. But it's not a problem because we keep in touch. Right now, I have about 3 close friends that are in the same class as me. We often join groups, work together, eat lunch together, helping each other with our studies. I joined quite a few activities. For example, right now I'm in the medical club and have been for 3 years but I also have once changed to math at grade 8, I got back into the medical club at grade 9 until now. In the medical club they will teach you the basics of rescues such as how to tend wounds, take care of choking, and cpr. This also gives me an opportunity to help look after the sport players on sport days. Now for Color sport day, I volunteer as the cutout maker, where we will make boards and props for the cheering team, cheerleader, etc. I also join the basketball team, now I don't know much about basketball but I'm willing to practice and try. These things taught me of teamwork, volunteerism, and confidence in trying new things.

The reason I want to be a student exchange student in Sweden, mainly because of the language. I have been studying Swedish too. I want to exchange my culture such as food, Thai folk culture and lores and clothes. In Sweden, I want to see or do things I haven't before, examples exploring country highlights, like landmarks and culture such as food and clothes. Skiing, northern light, celebrating Swedish Holidays and festivals, is the things I'm interested! Tack så och Hej då!

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