

"Marta has a mature and balanced relationship with the people she works with."

Lär känna Marta

Marta är född 2009 och kommer från Italien. Hon kommer i augusti

2026 och stannar under ett läsår. Intressen är bl.a matlagning, böcker och filmer.

Dear host family, my name is Marta, I'm 16 years old and I have decided to study abroad because I believe it is a unique opportunity to grow both as a person and as a student. I have always been curious about the world and about how people live in other countries. Studying abroad will allow me to discover a new culture, improve my language skills, and become more independent. I think that living in another country for a whole year will help me step out of my comfort zone and learn important life lessons that I could never learn by staying at home.

I chose Sweden as my destination country for many reasons. First of all, I am very interested in Swedish culture and lifestyle. Sweden is known for being a safe country, for caring about nature, and for having a high-quality education system. I like the idea of living in a place where people respect the environment and where there is a good balance between school, free time, and personal well-being. I am also very curious about the Swedish school system, which focuses a lot on cooperation, creativity, and critical thinking. Another important reason why I chose Sweden is the language. Even if Swedish is not easy, I find it very interesting and I am motivated to learn it. I also know that many people speak English very well in Sweden, which will help me communicate at the beginning and feel more comfortable. A typical day in my life usually starts with school. I attend classes in the morning and after school, I usually do my homework, relax a bit, or meet my friends. Sometimes I help at home or spend time with my family. In the evening, I like watching a series, listening to music, or preparing for the next day. On weekends, I enjoy resting, going out with friends and doing something fun and relaxing with them.

During my exchange year, I hope to learn many new things. I want to improve my English and learn Swedish as much as possible. I also hope to become more independent, confident, and adaptable. Living in another country will teach me how to face new situations, respect different habits, and solve problems on my own. I want to learn how to live with a host family, follow new rules, and adapt to a different daily routine. My favourite school subjects are languages. I attend a language high school, and I really enjoy studying foreign languages and learning how to communicate with people from different countries. Languages help me understand other cultures and ways of thinking, and this is something I find very interesting and useful. I like studying English and other languages because they make me feel more connected to the world and open many opportunities for the future. In the future, I would like to become a flight attendant. This career interests me because it allows me to travel, meet new people, and work in an international environment. I believe that languages are very important for this job, and studying abroad in Sweden will help me improve my language skills, my communication abilities, and my self-confidence. This exchange year will be a great opportunity to prepare myself for my future and better understand my goals. With my host family, I hope to share my culture, traditions, and everyday life. I would love to cook some typical food from my country and talk about Italian traditions and lifestyle. I also hope to share my language and, at the same time, learn theirs, creating a real cultural exchange. I would like my host family to see me as part of their family, not just as a guest. Finally, there are many activities and experiences I am excited to try in Sweden. I am really looking forward to experiencing the different seasons, especially winter and snow, which are very different from my hometown. I would like to try typical Swedish activities, celebrate local holidays, spend time in nature, and live like a local student. I am excited to make new friends, attend a Swedish school, and discover a new way of life. I truly believe that this exchange year will be one of the most important and beautiful experiences of my life.

Thank you for hosting me, best regards,

Marta

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