

**"Gaia is a serious and  
determined young woman,  
motivated to learn."**

## Lär känna Gaia

**Gaia är född 2009 och kommer från Italien. Hon kommer i augusti 2026 och stannar under en termin. Intressen är bl. a scoutaktiviteter, dans och bakning.**

Dear future host family, It seems unreal to me to write this letter.

Hi! I'm Gaia, a sixteen-year-old teenager who lives in Italy but dreams of living in Sweden.

In 2022 my family and I went to Sweden for the first time. We visited Stockholm, Kiruna and Luleå. I fell in love with the country: I loved how people lived, how they smiled and how they did fika. When I came back home, I realised that Sweden would be my dream destination once I grew up. After 3 years my mind hasn't changed. I'm currently learning Swedish, I have read a book about Swedish culture and I have tried to bake some Swedish recipes. I would like to spend a semester in Sweden to live like a Swedish girl: I would like to learn more about the culture, the language and the history. I'm open-minded to all kinds of experiences.

Talking about myself, I live in a house in a small village. In my family there are 4 members: my mother, my father, my sister and me. I'm fond of my family but I'm also quite independent. I also have a dog, Lio. He is a chihuahua; sometimes he is very cute but he can change in a second and become a bit aggressive. I also have a cat but he lives with my grandparents. About my personality, I would say that I'm always cheerful and optimistic and I try to always do my best. On the other hand, I am sometimes a little bossy, sensitive and stubborn. I'm a friendly girl, and that's why I have a lot of friends. With my friends we usually go to the library, we hang out together, we go to Florence and we love to eat sushi. If I had to choose the best thing about myself, I would say that I'm a Scout. I spend a lot of time with the Scouts and I consider those people like my second family. I started Scouts nine years ago and it was the best thing I could ever have done. Scouting is not just a set of activities, it's a lifestyle. When you are a Scout, you learn how to live in nature, how to survive in the forest for days, and how to treat people with respect. Scouting taught me responsibility and teamwork. I've learned many songs, activities and games to do with others. You learn how to bring a smile to the people around you, even in difficult moments. Then I will say that I love dance. I'm a dancer of classical and modern dance. I find both courses interesting and inspiring. I like classical ballet because it teaches you how to be elegant and graceful. Modern is more dynamic and you have to make fluid movements.

I also love to bake, especially biscuits and cakes. My grandmother taught me how to bake and when I was little, we used to bake in her kitchen. I like reading; I usually read romantic and crime stories. I don't have a favourite book, but this summer I read *The Duke* and *I* from the *Bridgerton* saga and it was an amazing love story that I loved.

I spend most of my days at school. I'm in the 11th grade in high school. I attend a language course; the main languages are Italian, English, French and German. I also learn Math, History of Art, Philosophy, History, Science, Physics and P.E. My favourite subject is French because in middle school there was this teacher, she was from Paris, who made me love the language. I go to school from Monday to Saturday (unfortunately yes, also Saturday). It is so exhausting but I like going to school because my friends are there. When I come back from school, I have lunch and then I do my homework. In the evening I go to dance school or I stay home with my sister.

When I grow up, I would like to study International Relations, maybe even in Sweden at Göteborg University. After university I would like to have a job that helps other people and solves some of the many problems of the world.

Talking about my exchange program in Sweden, I would like to learn the traditions of my future host family and teach them some Italian ones: I could teach them some traditional Italian recipes like tiramisù, lasagne and many more, and a few words in the Tuscan dialect. It will be an exchange between two different cultures. I can't wait to meet my future host family and spend 4 unforgettable months with them. Thank you for reading my letter.

Best regards,  
Gaia

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