

**"Larissa stands out not only for her intelligence but also for her kind and polite personality and strong work ethic."**

## Lär känna Larissa

**Larissa är född 2010 och kommer från Tyskland. Hon kommer i augusti 2026 och stannar under ett läsår. Intressen är bl. a tennis, teckna/måla, språk, bakning och shopping.**

Dear Host Family,

I have wanted to spend a school year abroad for quite some time now and Sweden has a special place in my heart. I find the idea of being part of a Swedish family for a while, experiencing everyday school life and immersing myself in the life of another country incredibly exciting. I have always been fascinated by other cultures and the way people in different countries think, live and interact. Sweden fascinates me particularly with its impressive nature, society and an education system that promotes creativity and personal responsibility. I am looking forward to improving my language skills, making new friends and stepping outside my comfort zone. I am also curious to learn more about Swedish traditions, holidays, food and to see how people celebrate and spend their free time throughout the seasons. I can already imagine myself walking through the snowy streets in winter or enjoying the long summer evenings that Sweden is so famous for.

At home I have a loving family who supports me and gives me stability. We do a lot together, laugh a lot and sometimes argue. This mix has shaped me. I am independent, good at approaching others and have learned to compromise. Family time is very important to me, and I always appreciate moments when we all sit together at dinner and talk about our day. Those moments remind me how valuable it is to have people who care for one another, and I hope to experience something similar with my host family in Sweden.

Playing tennis is an integral part of my life. I have been training regularly at the club for a year now with a lot of joy and ambition. Tennis has shown me how important perseverance and concentration are. It has also taught me to deal with defeat, not to get discouraged and to work on myself. Its not only about winning for me but about feeling the progress and being proud of the effort I put in. Sometimes I play matches with friend just for fun.

In addition to sports I enjoy traveling, discovering new places all around the world is so much fun to me. Thats one of the reason why I decided to do an exchange year. I want to be a part of another culture, but also hope to share a bit of my own. I also enjoy baking and sometimes cook new recipes I find online for my family to try.

On weekends, I love spending time with my friends or watching movies. Of course, I have my weaknesses too. I tend to overthink things and can be a little reserved at first, especially when I am still feeling unsure. But once the ice is broken, I am open, warm and happy to get involved in the community. I also see the exchange as an opportunity to grow in these areas, to become more confident and to trust myself more. I believe that every challenge I face abroad will teach me something valuable, not only about the language and culture but also about who I am as a person. I know that there will be moments when I might feel homesick or overwhelmed, but I see this as a part of the experience. Overcoming these feelings will make me stronger and more independent. I am sure that I can count on my host family to help me through such moments, just as I will always try to support and respect them. From my exchange year in Sweden I hope not only to learn about the language and culture but also to understand myself better. I want to gain experience that will stay with me for life. I hope my host family takes something away with me but also gives me something back, my energy, my humor and my kindness. I am looking forward to new friendships, different perspectives and a lot of shared laughter. I would love to help with family activities, maybe go for walks, play games together or cook dinner as a team.

Tack så mycket- I am looking forward to everything that is coming.

Larissa

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