

Hej dear future host family!!

Jeg hedder Martina,i'm sixteen years old and **Jeg kommer fra** Italy. Something about me is that I'm always ready to help you, determined as I want to carry on my ideas and plans and very empathetic.

I enjoy my own company but I also love staying around people:during summer I did the entertainer in a summer camp with children and it was adorable!

In my life, in addition to family and friends, one very important thing for me is the sport that I practice, artistic gymnastics: I practice this sport since I was 9/10 years old and from that moment I realized it was the sport for me because every time in the gym I am really happy to be there, to train and spend time with my teammates. Doing gymnastics makes me feel good, it makes me disconnect from my daily life making me feel lighter and carefree; I love to train because in this sport despite the difficulties you learn many things about yourself, like going beyond the limits that you put, know how to overcome obstacles and get back up once fallen because if you really want something you have to put everything to reach it 😊

In my free time I really enjoy listening to music especially that of my favorite singers,Taylor swift,Olivia Rodrigo,Gracie Abrams, because it makes me feel at ease listening to it. I also like cooking,especially sweet because I think it particularly relaxing and beautiful, reading, watching movies and TV series that I enjoy a lot because it is as if I tied to the characters during the episodes.

I decided to become an exchange student because it was a dream I had since I was in middle school and ,because I'm really curious and I like knowing something new, I always want to get out of my little town and see

what's in the world. I'd love to learn new things from people who live in a different country, with a different culture and live with people I can create very beautiful relationship.

The school I attend in Italy is a high school of applied sciences: my favorite subjects are math, as I find it interesting to reason and do calculations and English because I really like it as a language. After high school I want to go to university and study politics sciences and international relations: I care a lot about people's rights and social values; I believe that everyone should feel free to express themselves at their best, feel free and be himself in the world. So, what I'd really like to work for in my future, are people's right !

Doing an exchange year for me means an experience where I can learn from the others but also I can learn new things about myself: from this experience I expect to be able to overcome the attachment to the place where I live, then get out of my comfort zone, open my mind to new aspects of life, to be able to learn a new language.

To the people I will meet during my exchange year, I hope to transmit my culture and my knowledge about my home country and cook delicious dishes for them!

I chose **Danmark** for my exchange year because I was always fascinated by the beauty of this country in northern Europe, the lifestyle of people who live there, beautiful landscapes and a good school system. I thought this country could give me something to grow up and live a really good year!

I want to thank you for the welcome you will give me and to host me in your home, I am sure that we will live an unforgettable experience, see you soon and **farvel!**

-Martina :)