

Hello, my name is Frankie. I'm a 15-year-old girl in year 10.

I live in an inner suburb of Melbourne in Australia with my family. My little brother is named Alby – he's 11 but despite the four-year age gap we have a great bond and love doing silly things together. I have a mum named Larissa who is a travel journalist and food writer, and my dad Ben owns a few pubs. Finally, I have a dog named Sibyll who I absolutely adore.

As you can probably tell I have been brought up around the food and the travel industry and it is a big part of my family's identity. We all love eating good food and hanging out together and with friends. When the weather is warm like it is right now, my family especially loves going on picnics - we go and ride our bikes down to the river where we eat a platter. I also like going out and exploring the landmarks around the city central, like the art gallery and the museum. I love reading at home and finding out about different cultures and lifestyles in general.

I've been playing basketball since I was little and play with a local team called the Collingwood Allstars. I was rowing for a while but gave it up because of all those early mornings – ouch! At the moment I go to the gym a few times a week to use the cardio machines and weights.

On weekends I hang out with my friends a lot. We have a swimming pool so that's a big attraction. We also go a lot to the cinema near my house to see new release movies. I recently saw Taylor Swift perform here in Melbourne, which was a life highlight for me. My aunt once lived in Denmark and expressed nothing but positive things to say about her time there. I think that's partially the reason why I would love to go on a 5-month exchange to Denmark. The lifestyle and culture that I have been told about and seen online seems like something that would fit me a lot. I love the whole idea of hygge! It seems like a very appealing approach to life.

I have done a lot of research online about Denmark and I admire the way that everyone gets around by foot and cycling. Travelling has always been a big part of my family I have been fortunate enough to have visited a few different countries in my life and I look back on it as some of my fondest memories. The closest I've come to living in a new country is when my family and I lived in the Cook Islands for 4 months in 2019. I went to the local school, helped cook meals, swam in the clear lagoon and went to the beach bar to get a soft drink and fish and chips every Friday night. I'll never forget it.

I'm so excited about potentially going on this exchange. I want to gain independence, push and challenge myself out of what is normal and comfortable for me, and immerse myself in all the different aspects of a new culture. If I go on this exchange, I will definitely apply myself in all aspects by putting my best foot forward. For me I really want to do something that makes me proud and helps me become the best Frankie possible.

Thank You!