

How many years have you studied English? 12 YEARS

Level of English: Excellent Good Fair Poor

Are you learning another language: Yes No If yes, which one(s): _____

Would describe yourself as:

- | | | | |
|-------------------------------------------------|--------------------------------------------------|--------------------------------------------------|-----------------------------------------------|
| <input checked="" type="checkbox"/> Timid | <input checked="" type="checkbox"/> Intellectual | <input checked="" type="checkbox"/> Patient | <input checked="" type="checkbox"/> Talkative |
| <input type="checkbox"/> Sociable | <input checked="" type="checkbox"/> Artistic | <input type="checkbox"/> Energetic | <input type="checkbox"/> Quiet |
| <input checked="" type="checkbox"/> Independent | <input checked="" type="checkbox"/> Neat | <input checked="" type="checkbox"/> Affectionate | <input checked="" type="checkbox"/> Mature |
| <input type="checkbox"/> Athletic | <input type="checkbox"/> Studious | <input type="checkbox"/> Witty | <input type="checkbox"/> Other: _____ |

Check one box for the activities you enjoy, and check two boxes for your favorite activities:

- | | | |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Fishing | <input type="checkbox"/> <input checked="" type="checkbox"/> Bicycling | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Movies |
| <input type="checkbox"/> <input checked="" type="checkbox"/> Sailing | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Hiking | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Theater |
| <input type="checkbox"/> Water Sports | <input type="checkbox"/> <input checked="" type="checkbox"/> Camping | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Jogging/Running | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Cooking | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Painting/Drawing |
| <input type="checkbox"/> Tennis | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Shopping | <input type="checkbox"/> Baseball |
| <input type="checkbox"/> Golf | <input type="checkbox"/> <input checked="" type="checkbox"/> Reading | <input type="checkbox"/> <input checked="" type="checkbox"/> Swimming |
| <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Horseback Riding | <input type="checkbox"/> <input checked="" type="checkbox"/> Photography | <input type="checkbox"/> Skateboarding/Rollerblading |
| <input type="checkbox"/> Soccer | <input type="checkbox"/> Computers | <input type="checkbox"/> Boy Scout/Girl Scout |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Video Games | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> <input checked="" type="checkbox"/> Museums | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Musical Instrument (which do you play): _____ | | (<input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced) |

What is your religious affiliation, if any: LAM NOT RELIGIOUS

Would you accept to go to religious service with your host family? Yes In theory no, but I'm okay to try (it will not be mandatory but it usually is an important part of the American family life)

THIS PROGRAM IS A NON-SMOKING/VAPING PROGRAM

Dear Host Family,

My name is Nahia Carrera, and I am 15 years old, though I will turn 16 on January 27th. I am so excited to have this opportunity to introduce myself to you and share a little bit about who I am. Participating in this exchange program and staying in California this July feels like a dream come true, and I am incredibly grateful for the chance to become part of your family. 🌟😊

I come from a small and lively town in the Basque Country called Tolosa. I live in the old part of the town, where the houses are colorful, the streets are full of life, and we are surrounded by beautiful nature. 🌳 I absolutely love how vibrant my town is—it's always bustling with people. I live with my mum, my dad, and my cat, Lia. Lia is very playful, affectionate, and adventurous, although she can also be a bit shy. She loves sleeping in my bed and always keeps me company. 🐾❤️

I would describe my family as fun and adventurous. We enjoy spending time together doing outdoor activities, like going on trips to the mountains, going to the cinema, or simply exploring new places. My best friend is Uxue, and I love spending time with her because we always have the best plans together. We often go to the beach to try paddle surfing 🏄, watch movies at the cinema, or even travel together. 😊

In my free time, I have many hobbies that I'm passionate about. I love listening to music—my favorite artists are Olivia Rodrigo and Lana Del Rey, and my favorite genres are pop and country. 🎵 I also enjoy painting, reading, traveling, and spending time outdoors, whether it's riding my bike 🚲, hiking in the mountains, or spending the day at the beach. 🌊 Animals are one of my biggest passions, and I also love horseback riding. Another thing I enjoy is watching movies, as I'm a big fan of cinema. 🎬❤️

At school, I am in grade 10, and my favorite subject is English. I find it very relaxing, and it's a subject I'm naturally good at. In the future, I would love to study either psychology or fashion, as both fields inspire me and fit my personality and interests. 👗🧠

Going to the United States has been my dream since I was little. I've always admired the landscapes, culture, and unique lifestyle, and I hope that one day I can live

there. Becoming an exchange student is a big step toward fulfilling this dream, and it's something that excites both me and my loved ones. 🇺🇸 😊

During this experience, I hope to improve my English and develop a more fluent accent while collecting unforgettable memories that I can look back on as some of the best moments of my life. I believe this journey will also teach me to adapt to new situations, become more independent, and grow as a person.

I can't wait to share my culture with you as well! I would love to cook Spanish dishes like paella 🍲 for you, introduce you to some traditions from my country, and enjoy this incredible time together. ❤️

Thank you so much for considering me as part of your family. I am truly looking forward to the opportunity to share wonderful experiences with you and create lasting memories. 😊

Best regards,

Nahia Carrera

Link to Video presentation : https://drive.google.com/file/d/1-sam20XZMvJGzEk60fg8At_IZ8NI90E2/view

