

Would describe yourself as:

- |  |  |                                       |  |
|--|--|---------------------------------------|--|
| <input type="checkbox"/> Timid               | <input type="checkbox"/> Intellectual        | <input type="checkbox"/> Patient      | <input type="checkbox"/> Talkative         |
| <input checked="" type="checkbox"/> Sociable | <input type="checkbox"/> Artistic            | <input type="checkbox"/> Energetic    | <input checked="" type="checkbox"/> Quiet  |
| <input type="checkbox"/> Independent         | <input checked="" type="checkbox"/> Neat     | <input type="checkbox"/> Affectionate | <input checked="" type="checkbox"/> Mature |
| <input type="checkbox"/> Athletic            | <input checked="" 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"/> <input type="checkbox"/> Fishing                                       | <input type="checkbox"/> <input type="checkbox"/> Bicycling                      | <input type="checkbox"/> <input checked="" type="checkbox"/> Movies  |
| <input type="checkbox"/> <input type="checkbox"/> Sailing                                       | <input type="checkbox"/> <input type="checkbox"/> Hiking                         | <input type="checkbox"/> <input type="checkbox"/> Theater  |
| <input type="checkbox"/> <input type="checkbox"/> Water Sports                                  | <input type="checkbox"/> <input type="checkbox"/> Camping                        | <input type="checkbox"/> <input checked="" type="checkbox"/> Dance   |
| <input type="checkbox"/> <input type="checkbox"/> Jogging/Running                               | <input type="checkbox"/> <input type="checkbox"/> Cooking                        | <input type="checkbox"/> <input type="checkbox"/> Painting/Drawing   |
| <input type="checkbox"/> <input type="checkbox"/> Tennis  | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Shopping | <input type="checkbox"/> <input type="checkbox"/> Baseball   |
| <input type="checkbox"/> <input type="checkbox"/> Golf  | <input type="checkbox"/> <input checked="" type="checkbox"/> Reading             | <input type="checkbox"/> <input type="checkbox"/> Swimming   |
| <input type="checkbox"/> <input type="checkbox"/> Horseback Riding                              | <input type="checkbox"/> <input type="checkbox"/> Photography                    | <input type="checkbox"/> <input type="checkbox"/> Skateboarding/Rollerblading                                |
| <input type="checkbox"/> <input type="checkbox"/> Soccer  | <input type="checkbox"/> <input type="checkbox"/> Computers                      | <input type="checkbox"/> <input type="checkbox"/> Boy Scout/Girl Scout                                       |
| <input type="checkbox"/> <input type="checkbox"/> Basketball                                    | <input type="checkbox"/> <input type="checkbox"/> Video Games                    | <input type="checkbox"/> <input checked="" type="checkbox"/> Other: <u>PILATES</u>                           |
| <input type="checkbox"/> <input type="checkbox"/> Volleyball                                    | <input type="checkbox"/> <input checked="" type="checkbox"/> Museums             | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Other: <u>LISTENING TO MUSIC</u>     |
| <input type="checkbox"/> <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: AGNOSTIC

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 family,

My name is Laia , I am 14 years old and I am from Barcelona, Spain. I am very excited about the possibility of staying with a host family and taking part in your everyday life. I look forward to getting to know your culture and traditions.

I was born in Barcelona, but I have been living for 11 years in Sant Cugat del Vallès, a small city close to Barcelona. I would describe myself as a friendly, kind, responsible, and ambitious person. I like having my own space cleaned and organised, because that helps me to work and study better. I love going shopping, listening to music and reading. I am interested in fashion, make-up and in healthy lifestyles. My goals for this year are to get the best grades I can, and to have a healthier lifestyle.

I have been vegetarian since I was 10. My mother is also vegetarian. We don't eat fish or meat. My sister and my father are not vegetarian, so I am used to live with people who eat fish and meat, and it is not a problem for me.

I live with my parents, my younger sister and our dog. We adopted my dog, Filka, two years ago. She is a rescued Spanish greyhound. I see my grandparents once a week and we play board games or watch movies together. I see my uncles and cousins when we celebrate a birthday or during summer when we spend some days in our house in Costa Brava. Usually with the whole family we have lunch together, especially during Christmas holidays. Some weekends I go shopping with my grandparents or we go to have lunch.

The school I go to is Leonardo Da Vinci, it is a secondary school. It is relatively new, so it has modern facilities. I start at 8 a.m. and I finish at 14.30, so I have lunch at home. My favourite subjects are social studies and the three languages, English, Spanish and Catalan. The school environment is supportive and cares about teaching how to become a mature and responsible person.

My city is charming and welcoming. It offers a big variety of activities to do, it has great facilities and great shops. The *Monestir de Sant Cugat* is a historic monastery located in the center of my city. Schools usually visit it, as it is a very important cultural landmark.

I have a mixed group of friends from school, during break time we sit together and talk about classes or sometimes just gossip. We all hang out together for Halloween and the week after school has finished, during the local festival, and we have dinner together. I also have some close friends from dance and we like to have brunch or to go shopping.

I do some household chores to help at home. I load and unload the dishwasher, fold clothes, sometimes I put on the washing machine or the dryer. I like to clean my bedroom once a week. At school, I am the class representative, which means I represent my classmates when I talk to teachers or when we have meetings with the principal.

About my future career, I would like to do baccalaureate and then study law to become a lawyer.

As I mentioned in the beginning of the letter I am excited to live this experience. I have always wanted to visit your country and learn about the culture, traditions and how people live there. I see staying with a host family as a great opportunity to feel closer to the culture as I would be staying there for a long time, doing what you do, helping with anything you need and celebrating your traditions the way you do. I also love speaking in English and staying with a family will help me to speak more fluently and improve my pronunciation.

I hope this letter has helped you to know me better. Thanks for this incredible opportunity to live with you.

Best regards,  
Laia

A handwritten signature in black ink, appearing to be the name 'Laia', written in a cursive style.



Here we are my cousin, my sister and I, in a restaurant for Christmas day.



This is my family when we adopted our dog Filka, two years ago.



This is me last summer in Monaco.



Halloween night with my friends.



This is me last summer in Milan.

