



Student Information & Letters

Student ID#: SP105 (To be assigned by ARISE's main office)

Student's FIRST (GIVEN) Name: Nell

Gender:

How old will you be when you arrive in the U.S.? 14

Please choose your home country from the list below. Spain

What is your preferred grade of enrollment?

ARISE cannot guarantee your enrollment in the grade of your choice. This decision is at the sole discretion of the school.

Program Length:

Do you have any brothers and/or sisters?

Please list the number of siblings and their ages.

	How Many?	Ages?
Brothers	1	18
Sisters	0	

Please describe your relationship with your sibling(s)?

Very good

Do you have a religious affiliation?

Please list your religious affiliation below. Catholic

How often do you participate in religious activities?

Holidays/Special Occasions

Do you have any professional/career goals?

Not yet

Have you ever participated in a student exchange program before?

No

SPORTING/ATHLETIC ACTIVITIES: Please select any sporting activities in which you participate by choosing how often you participate in this activity from the dropdown list.

Horseback Riding

Often (Once or Twice a Week)

Swimming

Often (Once or Twice a Week)

OTHER ACTIVITIES: Please select any of the following activities in which you participate by choosing how often you participate in this activity from the dropdown list.

Baking

Often (Once or Twice a Week)

Cooking

Often (Once or Twice a Week)

Drawing

Often (Once or Twice a Week)

Painting

Often (Once or Twice a Week)

Please list any other activities that you may participate in on a regular basis that were not included on the list above.

Reading

Please list some activities that you would like to participate in during your exchange program? (i.e., school clubs, sports, extracurricular activities, etc.)

Horse riding

Do you play a musical instrument?

No

Do you have any pets at home?

No

Can you live with a host family that has dogs in the home?

Yes, but I have a mild allergy to dogs.

Will you need to take any special medication to treat your allergy to dogs? If so, the name of the medication must be included on your Student Health Record.

No

Can you live with a host family that has cats in the home?

No, I have a severe allergy to cats.

Do you have any other allergies (food, pollen, medications, etc.)?

No

Please note that any allergies MUST be noted by your doctor on the Student Health Record.

Do you have any special dietary practices or needs? For example, vegetarian, gluten-free, no pork, etc.

No

What is your favorite food?

Pasta, pizza and sushi

What is your least favorite food?

French beans

Can you adjust to a home where one or more members of your host family smokes?

Only if they smoke outdoors

Are you willing to be placed in a single parent home where there are no other host siblings? (Please note that a female student will NOT be placed in the home of a single man.)

No

How long have you been studying English?

since I was four years old

Student Questionnaire

1) Please provide at least 3 reasons why you wish to become an exchange student in the United States?

The first reason why I want to go to the US for a year is because of its culture; I find their way of living in a family environment very interesting, and also their habits and tastes, how they celebrate the most traditional festivals, what they eat, how they celebrate it,....

On the other hand, I want to live the experience in an American high school, where I have heard that there is a lot of sports culture and that the study method is different from that of Spain and I really want to get to know it.

I also want to meet students my age, in a different environment from the one I am used to, where I feel comfortable, and see in which things we have different ways of living and in which we are more similar.

2) Please describe something you are passionate about (a particular sport or activity, pets, cooking/baking, etc.).

Music is one of the shores that I enjoy the most in my life. It accompanies me at all times, whether I am happy, sad or just want to relax. Every song has something special. I like to listen to different genres, because each one transmits a different energy, but my favorite is pop in English, that has helped me learn the language and become fluent. I have also been able to be part of some fan groups, in which I have felt welcomed, and I have made very good friends. I've always liked it since I was little, and I've gone with my mother to some concerts in Barcelona where I've had a great time.

3) Please describe your relationship with your natural parents/legal guardians.

My relationship with my parents is very good. We are a very close family. My parents work for 2 companies, but many days they work from home, so we spend many afternoons together. They are parents who give me a lot of freedom (to make decisions, to decide what I like, to choose my style, my hobbies, my friends) but who are always by my side to advise me to help me. I'm usually quite determined and have things quite clear, so sometimes I defend my ideas, my mother listens to me and gives me advice, and my father puts the point of humor so that everything is resolved well.

4) How do you hope to share your culture with your American host family? Why should an American host family choose to host you, and how will they benefit from this experience? Do you believe that you can build a long-lasting friendship with your future host family and American friends? Please describe what you will do to achieve this goal.

In my city, that is, they speak two different languages. I'm a curious person who likes to share his culture with other people. I like to cook, I eat potato omelette, bread with tomato, melon with ham, and many dishes that surely in an American family are not usual, so I can show my gastronomic culture to my host family; I would also like to explain how to live in a city with a coast, next to a warm and calm sea, as is the Mediterranean in Barcelona. I live in a welcoming and cosmopolitan city that I'm sure my American family will like to start getting to know and maybe one day visit. It is very likely that the relationship with my host family will be maintained over time.

5) Please describe your personality below. Are you adaptable, friendly, outgoing, etc.?

I am a friendly person and love spending time with friends and family. I like to laugh and make fun plans together and make new memories with them. I'm organized, I've organized some events that my family has done. In addition, I am responsible and creative, I love to express what I feel through art. I am also a very empathetic person, I always care about others and try to help. I adapt easily to everything and I love meeting new people and getting to know other cultures. I'm a curious person who always wants to learn about new things.

6) If you are placed in a host family with TEENAGE HOST SIBLINGS, how do you plan to build a positive relationship with them?

To build a positive relationship with my siblings in the host family, I plan to be able to put together a player's team, take an interest in their hobbies, studies, and favorite activities, while also sharing aspects of my culture and personal experiences in a close and friendly way. I will respect their space and routine, also understanding what there are sometimes when they need it, but also today I will be open to participate in activities that they like such as sports, music or games. My goal is to find common interests, and thus build trust over time, today with patience and empathy.

7) If you are placed in a host family with YOUNG CHILDREN, how do you plan build a positive relationship with them?

If I was placed in a family where there were young children, I would try to get along with them by being kind and patient. I'd like to know what they like and do fun things together. For example, we could go to the park, ride a bike, play board games, draw, read stories, helping them with the homework or do crafts. I would also like to teach them new things like making easy recipes or learning how to play a game. I think that if we spend these times together we could generate more trust and enjoy our company.

8) As you know, many people from around the world face a variety of challenges each day. For example, some do not have access to clean water, others do not have food to eat, others might be facing a chronic illness, etc. If you could solve one problem in the world, what would it be and why?

If I could solve a problem in the world, I think I would choose diseases. I would like people not to have to go through things like virus, cancer or any other disease that causes suffering. It would be amazing to be able to find a cure for everything, or at least something that makes no one have to be sick and that we can all live better. In addition, people could enjoy life more without worrying about their health all the time. If diseases did not exist we could focus more on the important things such as our future, so that's why I would like to be able to help with diseases.

STUDENT LETTER:

Hello, my name is Nell, I'm fourteen years old, and this experience is one of my dreams. I've always loved the USA, I've actually been there twice: the first one in Florida, which by the way was amazing, and the second one in NYC. It was brutal how big and pretty the city was. I loved both trips so much! And that made me love America, as well as the multitude of TV shows from your country that I often watch... I started to inform myself and asked my mother if it was possible to go and study there for a year as my brother did four years ago having a lovely experience. A few months later she came to me and told me that I was going to go... And I am so happy! I really want to go to the USA for a year, to study and experience the culture.

I think that the main thing I can contribute to the program is cultural diversity, but I can also contribute by cooking some spanish dishes (because I love to cook) or showing them some of my family traditions.

I love being with my family and friends, they are the most important people in my life. We always have so much fun together! I love going shopping with my friends, we laugh a lot trying on funny clothes and chatting. I also enjoy when we go to amusement parks, I absolutely love it! I also love going to dinner somewhere out with my family and then arriving home and watching a movie or playing some table games together. We have a lot of fun! I usually do so many activities with my grandmother (because we get on really well) like: cooking, going shopping, visiting museums or going to the pool in summer. Being with them is super important for me because they're my life.

I have a lot of hobbies, some of them are outside to enjoy the environment, such as horse riding. (Luckily I have one riding school near my home, and another near the place where I spend my summers). And some of them are inside. I'm really creative and I love organizing things, and some of the things I like to do are: Painting, writing stories (I'm actually writing a book where two teenagers fell in love), Cooking (as my grandmother teach me), designing clothes, watching movies or series (all type but my favourites are the romantic ones), reading books (but only romantic books), spend time with my friends, but the thing i like the most, is without a doubt listen to music, I normally listen to pop in english, and I love to go to concerts too.

Thank you for spending your time reading my letter and giving me an opportunity to learn about the USA through my experience living in a family home there for a year, and also allowing me to experience learning in an American high school to get to have more knowledge.

Do you certify that the information included in this application is true and correct to the best of your ability?

Yes

Please type your name below as an electronic signature.

First (Given) Name

Nell

Date:

Tuesday, December 16, 2025

PARENTS LETTER:

Dear Host Family,

I am writing to share a little about my child so you can get to know her better before welcoming her into your home.

She is a 14-year-old girl, tall, long brown hair, green eyes.

She is a girl with a confident and balanced personality. She approaches challenges with determination and a calm attitude, which makes her very reliable in any situation. One of her greatest strengths is her ability to concentrate easily, allowing her to stay focused and complete tasks efficiently. She is responsible and organized, always meeting her commitments and managing her time well.

Nell is polite and respectful, she treats others with kindness and empathy. At the same time, she is very creative and loves expressing herself through activities like drawing, writing, listening to music, or other artistic projects, are among his favorite hobbies. She enjoys coming up with new ideas and exploring different ways to learn and create.

She has a wide range of interests, plus of artistic things. for instance, horsing. She loves ride a horse on weekends. She has been long time learning to ride.

She also use to go swimming, at least twice a week or three times a week.

Friendship is very important to her. She is loyal, caring, and loves spending time with her friends, whether studying together or simply sharing fun moments. Her positive attitude, maturity, and openness make her a pleasant and trustworthy person to be around.

She is also warm, and friendly. She enjoys meeting new people and learning about different cultures. She adapts easily to new environments and will make her stay with you enjoyable.

In a typical day, she balances schoolwork with leisure activities. She is responsible and independent for her age, but she also values family time a lot.

We thanks the possibility Nell to have a kind experience that allow her to grow and share cultures with your family. Thank you for opening your home to her.

Warm regards,

Please sign your name(s) below by typing in following boxes.

Legal Guardian #1's Electronic Signature: Nuria

Legal Guardian #2's Electronic Signature (if applicable): Roger

Date Tuesday, December 16, 2025

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