

About 2 weeks ago I dislocated my shoulder doing Jiu Jitsu. It was a total accident, not my opponent's fault or mine, I just rolled over on it the wrong way :/ It seems like everything in my shoulder is alright, I'm gonna give it another week or two before going back to practice (taking it very easy of course). I'm thankful I have such a good coach, he gave me some numbers of physical therapists and he knows that once I come back to practice I'll need to take it really easy.

In October, I went on a rotary trip to Prague, Dresden, and Berlin for 4 days which was absolutely amazing! It's crazy to see how different all of these cities are! It's also amazing to see how much bigger America is compared to these European countries - we drove through 3 countries a total of about 6 hours!! It's also really nice to meet with all of my other exchange student friends - they're definitely some of the coolest people I've ever met and they're making my exchange amazing.

I feel like my German is really starting to get more fluent. I can follow most conversations and speak fairly well, but I still can't understand most of what my teachers are saying in class. Nonetheless, it's really satisfying to be able to converse with German speakers without having to keep switching to English.

I'm also happy to continue learning Spanish with my school's Spanish class. It's pretty easy, but it's better than nothing. I also get to practice my speaking with other Spanish speaking exchange students regularly, in addition to watching TV shows and such in Spanish. I'm still more fluent in Spanish than I am in German, but my German is catching up quickly.

I'm learning French in school as well - I'm mostly studying on my own and trying to catch up with the class as I've never studied French before, but in June we're going to southern France for a week and attending a French school there. I'm really excited to put what I'm learning to use, and hopefully keep studying French back in the States.

I've attached some pictures from our trip a few weeks ago, which are also on my Instagram.

Cheers,  
Cole

You can follow Cole's adventures on Instagram: [https://www.instagram.com/trinkwasser\\_austria/](https://www.instagram.com/trinkwasser_austria/)