

Dear Family:

I am Lucía Cabanas and I am 15 years old. I live in [redacted] Ourense, a city in the north of Spain, with my parents and my sister María, she is 11 years old.

Our home is in the centre of the town, in front of my school. My home is not so big, but I have my own room, where I study.

My mum is the owner of a [redacted] store called [redacted]. It is a family business and my dad works in a bank as business manager.

In my free time I spend much time with my friends, we always go out together to the cinema, to other houses, and to go shopping. Also I do a lot of sport. Two years ago I did ballet, which was great. Moreover I like running with my dad or my friends. When I was a child I was federated in athletics.

In my school this year I had to choose elective subjects and I chose Biology, Physics and Chemistry, Geography and History as well as English, and French. Last year I made an exchange with a French student, and I had a wonderful experience. I like to travel, two years ago I spent all summer in Norway living with a family and improving my English.

I think that I am a responsible person, as well as being friendly and funny. I am not a fussy eater and I love all types of food.

My routine on a normal day is always the same, I wake up at 7:30, I have a shower, later I have breakfast, and then I go to school at 8:15. The classes finish at 14:15, and I go home to have lunch with my family. In the afternoon I do my homework, extra study and then I go out with my friends or I do sport.

In the future, although I'm not yet certain, but I would like to study medicine or law.

With Best Wishes,


Lucía [redacted]

Dear family,

I address you as the father of Lucia [REDACTED]. Lucia is the eldest of two sisters. The relationship with our daughters is cordial and close. We share our day-to-day life in our local community. We try to get the four of us together for lunch and dinner, taking advantage of those moments to exchange impressions about our daily work and to exchange news about our day at work and school. On weekends we try to meet the grandparents, uncles and aunts. We also make short trips to nearby towns, take walks in the countryside or share the morning with friends in the city centre.

Lucia is a girl with deep-rooted convictions, since childhood she has had very clear ideas, knows what she likes and what not. But at the same time she is quite tolerant with people who do not think like her, but she always tries to convince them.

Lucia is a good girl, accustomed to living with other children of her age, accepts the decisions of the majority although she likes to express her point of view, which is usually accepted by her friends. We could say that she is a leader. Academically she is a good student and very disciplined, showing a great capacity to work hard. She is very responsible in her studies, and likes to obtain the best grades in her class and takes the minor failures in good heart without expecting any special favours that her life has given her.

As I mentioned before Lucia has a good personality as a leader. She does not stop at adversities when looking for new alternatives and solutions to small problems or conflicts from day to day.

In comparison with other girls of her age, Lucia's degree of maturity is higher, perhaps because she is the eldest of two sisters. Also when she was very young had health problems for which she needed surgical operations, during this period she showed great spirit of sacrifice. During that challenging time Lucia studied and did her schoolwork by herself at home. Not only did she not lower her performance, but she got one of the best grades of her class.

It is worth mentioning that two years ago Lucia was in Oslo, living for two months in the home of some friends. She performed very well and adapted quickly in a country totally unknown to her, not only in the aspect of the language, but also in daily life and the city environment. She travelled by herself around the city using the different means of transport, to get to her daily classes. It was certainly a very positive experience that helped her to mature as a person and to live her first independent experience in life.

As parents we are very proud of Lucia, because of her great capacity to adapt and take responsibility, that she demonstrated during the period she was recovering from her surgery. A year later she suffered a fall that kept her bedridden for nine weeks, facing up to adversity and keeping her study tasks up to date from home. We are also very proud of her for being a good person who maintains a cordial and friendly relationship in her social environment. She does not tolerate mistreatment and is always willing to collaborate with others. We really hope that you can agree to this exchange, because it depends upon your wish. It is on her personal initiative that we approve of as parents and believe that we cannot cut her wings. From a very young age she has always had different concerns from other children. At the age of 7 she told us that she wanted to go to a language immersion camp in English and she was determined to find out more information about the different options.

We believe that the experience will help Lucia to grow as a person, being a way to create a great lifelong memory in her life and promise her great potential in her future life. Furthermore she has always had a great concern to get to know and coexist with people of other nationalities and different languages.

To finish we must ask for your patience and understanding because, although she may seem a very responsible and mature girl, Lucia is merely 15 years old and still harbours the usual teenage insecurities experienced at this age.

Yours faithfully,

Juan Jose [REDACTED] and Cristina [REDACTED]

