



## Association for Teen-Age Diplomats

Rochester, New York



International Student --- 2024-2025 School Year

CONTACT: Sue Isgrigg 585-703-7326

Name: Polina

From: Russia

Birthday: 10/21/2006

Mother: Doctor

Father: Business Owner

Siblings: None

English: Five years

Academic interests: English, Biology, Chemistry

Other interests: Piano, Dancing, Volleyball, Reading, Photography

Polina is a 17-year-old girl from Novgorod, Russia. She says that her friends describe her as kind, easy-going and reliable. She describes herself as shy when she is in the company of people she doesn't know, but is working on becoming more open. Polina loves to read. She says reading gives her wings and that you can live a thousand lives when you read! Her career goals are either to become a Doctor like her mother or enter into international law. She enjoys spending time with her family. Her dad likes to grill and she enjoys helping her mom cook. They often spend time as a family taking care of their garden and orchard. Polina does not have siblings, but is close with her aunt and helps take care of her cousins. She also enjoys spending time with friends in which she has strong bonds with. They enjoy going to the movies and attending festivals. Polina also works part-time as a waitress at a cafe.

Her teachers describe Polina as very active in school and in extra curricular activities. She is always prepared and actively participates in coming up with new ideas. Polina works well with others (of all ages) and is very respectful. She is self motivated and adapts well to new surroundings. Her teachers highly recommend her for an exchange program and feel she will have great potential for success as an exchange student.

Polina is looking forward to studying in the US. She would like the opportunity to dispel the myths about her country, share her traditions and also learn about US culture and traditions. She is looking forward to learning to adapt to new surroundings and becoming more independent. In school she would like to help organize school events and maybe join the cheerleading team because of her dance experience. Polina thanks her future host family for the opportunity to stay with them and looks forward to forming a close relationship with them.