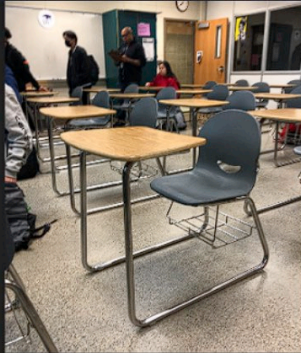
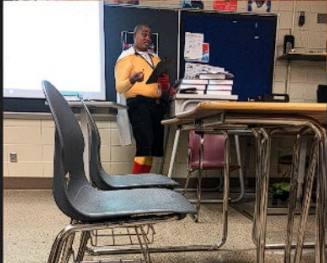


Champlin park High school



Period and working time

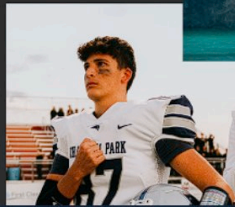
1

School time:
from 7:40 am to 2 pm



2

Sports or activities:
2:10 pm to 6 pm



How was the school meal?

Classic menu:

- Milk
- Sandwich
- Potatoes
- Fruits
- Juice



First trimester

Algebra: I ventured into the realm of mathematical equations and problem-solving.

Graphic Design: This class allowed me to nurture my creativity through visual arts and design.

English: I honed my language skills and delved into the world of literature and communication.

Biology: My scientific curiosity led me to study life and living organisms. (Pig dissection)

Social Media Marketing Design: I explored the fusion of marketing and design in the digital era.

Second trimester

Biology (Part 2): I continued my exploration of the fascinating world of biology.

Ceramic: I got hands-on experience in crafting ceramics as an art form.

US History: I delved into the rich tapestry of American history and its pivotal moments.

Video Game Design Marketing: I explored the world of video game design and its marketing strategies.

Video Art: This subject allowed me to express my creativity through the medium of video.

Third trimester

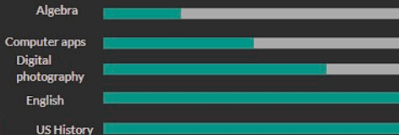
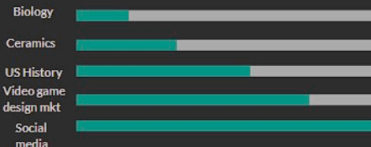
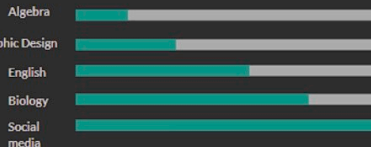
Algebra: I revisited the world of mathematical concepts and equations.

Computer Apps: I learned about various computer applications and their practical uses.

Digital Photography: I explored the art and technique of digital photography.

English: Continuing to refine my language skills and communication abilities.

US History: A deeper dive into the historical events and narratives of the United States.



Joining Sports Teams

During my school days, I explored a wide range of subjects and activities. I was at school from 7:40 am to 2 pm, and right after my classes, I had to practice a sport from 2:10 pm to 6 pm. I played a lot of sports, each corresponding to a different season.

2

Sports or activities:
2:10 pm to 6 pm

1

American Football

2

Wrestling

3

Track and Field

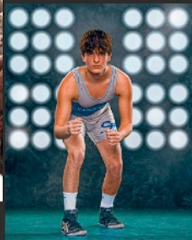


Joining Sports Teams

2

Wrestling

I switched to wrestling during the winter months, engaging in the challenging world of grappling and physical competition.



Track and Field

This sport involved athletes competing in various running, jumping, and throwing contests, resembling a miniature Olympic competition.



CHURCH

1

Cultural events.

2

I was part of a church group where we openly discussed life's challenges.

3

Volunteering activities (sucking up leaves)



Volunteering Activities:

- In collaboration with my host dad, we repaired cars for those in need within the community.
- We cleaned up neighbors yards.

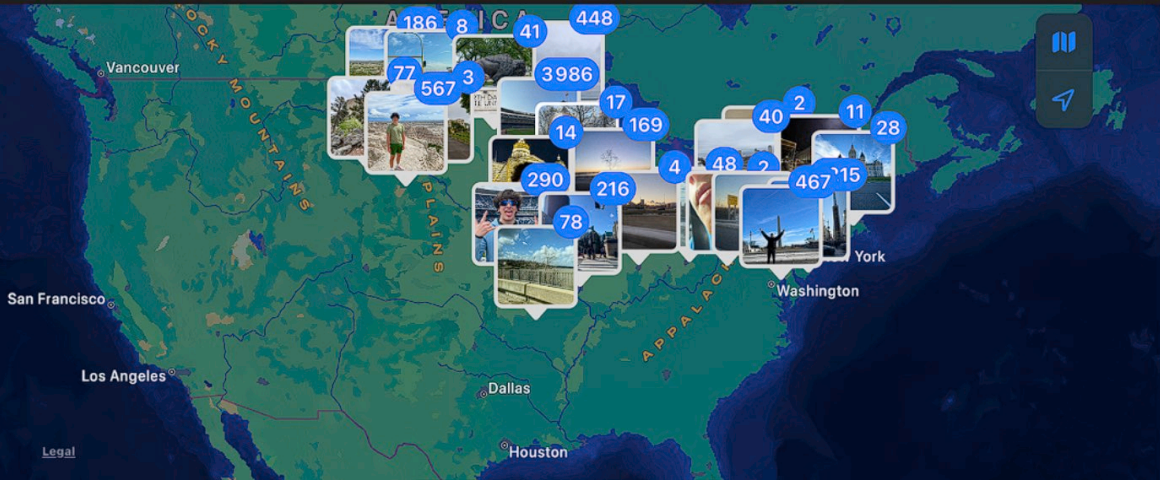


My Role and Tasks within the Host-Family:

- 1 Learning English
- 2 Forming a new relationship with my host family was another substantial challenge.
- 3 Adjusting to living with a family you initially don't know requires patience, open communication, and a willingness to understand each other's perspectives.



I visited 25 states



United states where I been:

Minnesota

Indiana

Illinois

Wisconsin

Ohio

West Virginia

Virginia

Pennsylvania

Maryland

(Washington DC)

New Jersey

New York

Delaware

Connecticut

Massachusetts

Iowa

Missouri

Kansas

Oklahoma

Arkansa

North Dakota

South Dakota

Montana

Wyoming

Rhode Island

Michigan

1. Skills put into place (both soft skills and hard skills)

- | | | | |
|---|-----------------------------|---|-----------------------------|
| 1 | English | 5 | Culinary skills |
| 2 | Adaptability | 5 | Ability to solve problems |
| 3 | Intercultural communication | 5 | Time management |
| 4 | Autonomy | 5 | Open-mindedness |
| 5 | Financial management | 5 | I had to build a 3D printer |
| 5 | Empathy | 5 | Flexibility |

● New skills acquired (both soft skills and hard skills)

- In collaboration with my host-dad we repaired cars for those in need within the community
- Adapting to a new environment
- American Football that is the national sport
- I learn how to drive a car
- How teenager's life is in USA
- How to shoot guns
- How to play baseball
- How engineer's life is in USA
- I visited 25 states
- Cultural experiences
- How live sporting events are in USA
- US history
- Minnesota's flora and fauna ecosystem

