# COVER PAGE:

## About Me:

My name is Michael Calvert and I am a recent graduate of the University of Connecticut. I began writing html with the purpose of creating this page which will act as an archive for me to host some of the highlights from different areas of my life. Be it projects I work on, adventures I take, as well as my approaches to fitness. I find each of these three aspects to be incredibly important to making me who I am.

In other aspects of my life I am a lover of culture. I have a degree in German Studies and through that was afforded the opportunity to spend a year of my life living, studying, and working in Germany. Through this experience I met international students from all over the world and was able to share parts of our cultures with each other. Some of my favorites include learning how to make “the real” carbonara with Italian students who grew up in Rome, or simply having a cup of tea with a good friend who brought it all the way from his hometown in Iran, to even sharing a Thanksgiving meal with people from 7 different countries and the list goes on. I think it is important to keep your mind open and learn from other cultures because you can always take bits and pieces of these other cultures into my own life as a means of growing as a person. Plus who doesn’t need a killer Carbonara recipe?

I hope to be adding a section soon where I can share some of these aspects of other cultures, so stay tuned!

## Projects:

Welcome to the projects section! If you’re anything like me you always have some type of project going on and more likely than not, a few of them! I created it this page to showcase some of the projects I have worked on over the years. I typically like to work with hands on with wood, but these projects have a wide range, even making this website has been an ongoing project!

## Adventures:

Ever since I was a child I have always loved being outdoors. You used to be able to find me building forts in the woods, fishing, or even catching frogs and snakes. Now I prefer a different kind of adventure. I absolutely love to travel, see new places, try new food and everything in between. I also really enjoy things like hiking, skiing, or even camping. This page is going to hold some of my favorite pictures and experiences from my adventures.

## Fitness:

Fitness has always been a massive part of my life. I played nearly every sport you can imagine, but focused on Lacrosse, Wrestling, and Football by the time High School rolled around. I have a strong competitive spirit and love to push myself and naturally that continued beyond organized sport. Lately my fixation has been calisthenics. It all started when I found out I lived just one mile from a beautiful free calisthenics park in Dusseldorf, Germany. I began going to the park a few times a week and learning from the other people there. I find this sport particularly interesting because most people can perform the most basic calisthenics movements and if not, there is a variation that they can perform. As you improve you can gain new skills for example your first pull up may turn into a muscle up some day, or your first push up into a planche. I do not exclusively work with calisthenics, because I think it is important to keep your workouts fresh and exciting, but I do love that it is free to start and anyone can do it.

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# ADVENTURES PAGE:

# FITNESS PAGE: