

SO, YOU'RE HOSTING A STUDENT FROM SWEDEN.



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Thank you for hosting with AYA!

We understand that this is not only a very exciting time for you, but you may also be feeling nervous. Fear not! **Here are some helpful hints to help make your year a successful one.** *(Please note: while this information is mostly typical of a culture, it does not apply to all students. Every personality is different, so keep that in mind!)*

Please be Aware...

- Swedes often appreciate personal space and quiet time, especially when adjusting to a new environment.
- Students may initially find American portion sizes, sugary foods, or frequent dining out surprising.
- Coffee breaks (*fika*) are an important social tradition in Sweden and often involve conversation over coffee or pastries.

1 Independence

Swedish teens are often raised to be self-sufficient and responsible. Your student may be comfortable making decisions independently and helping with household responsibilities.

2 Quiet Confidence

Swedish students may seem reserved when they first arrive. This is often a sign of thoughtfulness rather than shyness. As trust develops, they typically become warm and engaging.

3 Equality & Respect

Swedish culture places a strong emphasis on treating everyone equally. Students are accustomed to sharing responsibilities and having their opinions heard, both at home and at school.

4 Balance & Moderation

The Swedish concept of *lagom* means “just the right amount.” Students may value balance, moderation, and routines rather than excess or overly busy schedules.

5 Nature & Outdoor Life

Many Swedish families spend a great deal of time outdoors year-round. Your student may enjoy hiking, walking, camping, or simply spending time outside, even in cooler weather.