Personal Information



Address:

Education

Institution Name: Northwest University of Political

Location: No. 558 West Chang'an Street, Chang'an District, Xi'an, Shaanxi 710122, China

Institution start date: 09/2023

Field of Study: Radio and Television Directing

Classes Taken at School/University Relevant to Desired Training:
Chinese and Foreign Documentary Studies, Introduction to Communication Studies, Introduction to Network and New Media, Fundamentals and Art of AIGC, Ethics and Laws of Journalism and Communication

Work Experience

Title: Fitness coach

City, Country: Xian, China

Dates: From 09/15/2025 to 12/25/2025

Description:
Provided one-on-one personal fitness coaching for clients of different ages and fitness levels. Designed customized workout and nutrition plans based on individual physical conditions and goals including weight loss, muscle gain and physical rehabilitation. Instructed correct exercise movements to prevent sports injuries. Tracked clients' training progress and adjusted training programs regularly. Communicated effectively with clients to keep them motivated and achieve fitness targets.

Please describe any skiing, snowboarding, or swimming experience you have:

Local instructors taught me basic water skills there, and I want to pass on that helping spirit as a lifeguard.

Do you prefer to work alone or in a group? Why?

I prefer working in a group. I played American football, so I learned teamwork and communication. But I can also work alone—I've traveled abroad by myself and solved problems independently. So I'm comfortable both ways, but I prefer a team.

How do you best learn a new task?

I learn best by doing. First I watch a demonstration or read clear instructions, then I break the task into small steps, practice hands-on, and ask for feedback. I focus only on what the task actually requires. For example, I learned English and AI tools by using them for real goals, not just memorizing. So I can learn new tasks quickly and safely.

What will be your greatest challenge in the U.S.?

My greatest challenge will be fast, clear English in emergencies. But I've traveled alone and learned English by using it. As a lifeguard, I'll focus on safety vocabulary, ask when unsure, and practice daily—safety first.

Skills/Miscellaneous Information

Computer skills: **Email, Google Docs, Google Sheets, Notion, AI tools, basic**

Other Languages: **Chinese (native), Spanish (a little)**

Do you have an international driver's	**No**
Have you ever worked in US?	**No**
Can you swim?	**Yes**
Have you ever visited US?	**No**

Hobbies, Interests & Activities

My indoors interests and activities: AI Agent deployment, coding, video editing, content creation, digital product design, learning English and Spanish, watching YouTube/podcasts, listening to music, indoor gym workouts, meditation.

And outdoors I prefer to do as follows: Swimming, snorkeling, diving, traveling, exploring beaches, hiking, outdoor workouts, American football, and vlogging.

What are your future career goals and how will the Work & Travel USA program help you to reach these goals?

My goal is to build a globally mobile career, working across different countries and cultures. The Work & Travel USA program helps me improve my English, gain international work experience as a lifeguard, and develop teamwork, safety, and communication skills. It also broadens my worldview and prepares me for future global opportunities.

What was the hardest or best thing about your job?

clients improve and reach their goals. Both taught me patience, communication, and teamwork.

Have you traveled for vacation, work, or study?

Please tell us why you want to participate in the Work & Travel USA program.

I want to join to improve my English, learn American workplace culture, and build safety and teamwork as a lifeguard. With my swimming and diving experience abroad, I'm comfortable in water and with international people. This helps me grow and prepare for a global career.

What do you hope to achieve by spending your summer living and working in the U.S.?

I hope to improve my English, experience American culture—especially American football culture—and gain real work experience as a lifeguard. I also want to build teamwork, safety, and communication skills, make international friends, and grow more independent.

What cultural activities do you want to experience in the U.S., and why?

I want to experience American football culture most—watching a college or NFL game and feeling the team spirit, because I played football myself. I also want to join local events like 4th of July and try traditional food, to understand daily American life and connect with locals.

What do you plan to do upon your return from the U.S.?

After the program, I will return to China to finish my university degree. I plan to continue developing my AI and remote work skills, create content about my experience, and prepare for a career in digital media. I also want to keep practicing English and stay connected with international friends.

SELF-RECOMMENDATION LETTER

Dear Program Coordinator,

lifeguard.

discipline and teamwork, and I hope to experience American football culture in the U.S.

My skills include swimming, diving, fitness coaching, hotel service, email, Google Docs, Sheets, Notion, AI tools, basic troubleshooting, quick learning, native Chinese, a little Spanish, and a Chinese driver's license.

I am safety-focused, independent, and a strong team player. Thank you.

Sincerely,