

I have so much to say about my stay in Canada, but above all, I can say that it was an amazing experience. Despite all the difficult moments I had to go through, life is full of ups and downs. I will never regret moving abroad. I discovered a new culture, met incredible people, and adopted a different lifestyle, all of which will benefit me in the future. I saw a part of the world that I would never have known existed if I hadn't dared to leave my old life behind. I will always remember the relationships, activities, and conversations that helped me grow and shaped me in a positive way.

To tell you a little about my trip, I knew I would have to make an effort to build friendships with Canadians, but I was scared because I wasn't confident in my English at the time. I worried that I might end up with no friends or no one to talk to, and I thought it would be sad and unbearable to spend so many months feeling alone.

However, I was pleasantly surprised. The people in my grade came up to me without me even having to introduce myself or start a conversation. They immediately accepted me as one of their own and treated me with kindness and respect, even though I was only an international student who would be leaving after a few months. Their warm welcome made my integration into Canadian society much easier and lifted a huge weight off my shoulders.

One of the biggest change was the scholar schedule : 4 periods each semester and staying at school from 8 to 2pm. Having a schedule like this is a real game-changer. School wasn't too exhausting, and since we finish early, we can use the rest of the afternoon for our other activities. I was also able to explore other subjects like cooking and theater—things I didn't have access to in my home country.



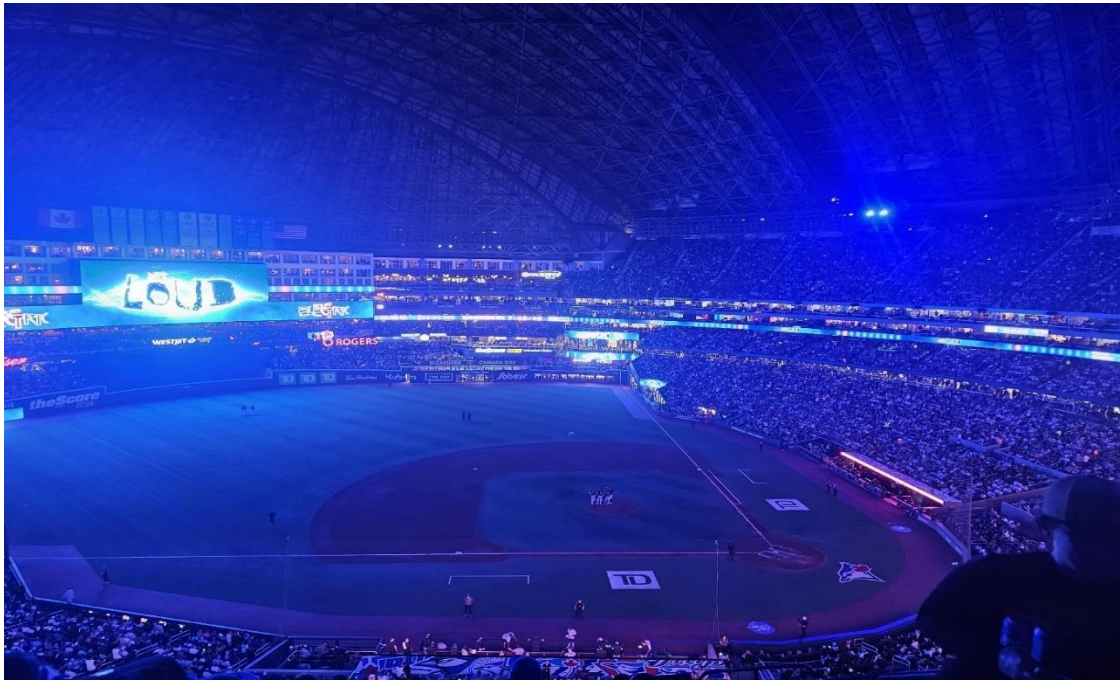
Spending the winter in Canada was very challenging; I never would have imagined having to endure such temperatures, which also introduced me to “snow days.” The coldest day was -31, and I had the brilliant idea to go for a walk with my host brother. Needless to say, we headed back inside very quickly. But despite the bitter cold, I was able to see—and even walk on—the St. Lawrence River.



What I enjoyed the most was the sport at school, i was able to play manys of them like track,badminton, cross country, ect... I never would have thought I'd try so many different sports in my life—especially since I'd only ever played soccer—so it was really cool to mix things up a bit. In addition, I even got to compete for OFFSSA, and the atmosphere was amazing and one-of-a-kind.



I also had the chance to visit the major cities in the area, such as Ottawa and Port Hope, but mainly Toronto, which is a vibrant and lively city both day and night. In May, I took a trip to Toronto to watch the Blue Jays play, and they pulled off a big win. The last three days at the university were great too.



I recommend taking a trip like this at least once in your life; it's completely different from spending a few days on vacation somewhere. Being away from your home country is very mentally taxing, but in the end, you learn a lot from the experience, and the memories I've made will stay with me forever.

