

The background of the entire image is white, decorated with various abstract splatters and brushstrokes in shades of red and black. These marks are scattered across the frame, with some concentrated in the corners and others more centrally located. The red marks range from light, airy washes to thick, dark, textured strokes. Black marks appear as small, sharp dots and larger, more irregular blotches.

A Year Abroad In Canada

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An experience that
changes everything !

The background features abstract red watercolor splatters and brushstrokes in the corners. A large, light red circular shape is positioned behind the '01' text.

01

Introduction

Context of where, when and why

Introduction

Why

The main reason to do this experience was that I wanted to improve my English. The other one that really helped me make my decision was that I wanted to see what it was like to leave my home country at seventeen years old for 10 months without my parents and the people who surrounded me daily

Where

I got placed in the city of Barrie. It's a modernizing city about half an hour by train from Toronto to the north.

When

I arrived on August 26th and left on June 27th. In total, I spend 10 months in Canada





02

Language

Goals and Success



My Linguistic Progress



Difficulties encountered

The biggest difficulties I encounter was at the beginning of the year when I didn't know anyone and I was in a whole other country with people who didn't speak the same language as me. Making the first steps is really hard in general and it especially was in this situation.



What helped me improved my English

What helped me the most was that I did my best to immerse myself as much as possible in the language. For example, I only listened to English songs and only watched movies and shows in English. I didn't care of the mistakes I could've done and most of the time people either would correct you or they wouldn't care as all as long as they can understand you.

My progress in English

(from my point of view)

Not very
confident but
excited about
the new
language

Starting to get
tired of the foreign
language because
it requires a lot of
energy

Very tired and not
confident at all

Starting to get
more confident
and more use to
English

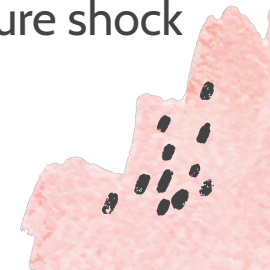
September October November December January February March April May June



03

Culture

Cultural immersion and culture shock



Traditions

There are a lots of little traditions in Canada that are different from my home country. It felt a bit wrong and awkward to be a part of it at the beginning but after a while, with keeping an open mind, I got used to them.

An example of traditions is the national anthem which is put on every morning at school and students have to stand up, this wasn't common for me because I don't even know the one from my home country. In general, I feel like Canadians were proud to be Canadians.

There is also the Land Acknowledgement which comes after political speeches and more. It acknowledges that the Native people were the first people on the land and that they were colonized.



Cultural Hobbies / Holidays



Cottage culture

Where I stayed, almost everyone that I knew had a cottage as a second house. It's usually a smaller house next to a lake and close to nature.



Hockey culture

Hockey is considered as a national sport, it's a strong symbol for Canadian culture. Weather at school or as an extracurricular activities, most of the boys are playing it.



Thanksgiving

Thanksgiving is a Christian holiday very famous in North America. It consists of thanking God for the year and it's celebrated on the second Monday of October. On that day people are reunited with their family around a huge meal.

School Spirit

The school pays special attention to their Spirit. During the year you can join clubs, events are set up (by the school or by the clubs).



Cheerleading

Cheerleading is very popular in Canada and the States. A lots of girls are doing that sport. There was also a school team to cheer the football players



St Patrick's

St Patrick's is a Christian and Irish holiday which honor St Patrick. This holiday is now celebrated all around the world with parades, rallies and celebrations in pubs.





Cuisine

The food habits weren't the same as my home country. First, the dinner is eaten between 04:30 pm and 06:30 pm compared to Switzerland where I used to eat more between 07:30 pm and 08:30 pm. The lunch was a little bit earlier, around 11:00 am. Honestly, I've never really got used to it but I still tried my best.

However, the food that we ate consisted of pretty much the same sample ingredients: potatoes, cheese, meat, fish. The meals were still a bit different, for example there is the famous Poutine from Quebec or the Maple syrup.



Another thing that marked me was the frequency that people were used to order or go eat fast food. It can usually for some families go up to two times a week. The diversity of fast food at a pretty reasonable price was obviously a motivation.





04

Learning

What I learned from this experience

The most striking thing for me

This year allowed me to improve my English, experience something new, be more independent, but the most important was to find myself.

Obviously there was some hard times when I was homesick but compared to what I was living, the homesickness was nothing.

I met so many people during this year that I'll never forget about, like my friends and my host family that were always there for me.

Remember you can feel like you're alone but you're never truly are.





05

Advices

Practical advices for future participants



Practical Advices



Go talk to people

Don't wait for people to come talk to you, go talk to them. It's hard at the beginning but the sooner you'll go talk to them the less you'll be and feel alone.

Talk only in English

It'll probably consume a lots of your energy. However if you really want to improve your English, try to prioritize listening, talking, watching movies in the language



Keep an open mind

Don't judge others on their traditions and culture. You'll meet people from everywhere so it's important to keep an open mind.

Participate in the school spirit

Join clubs, sports team or even participate in school events will help you a lot on being include.



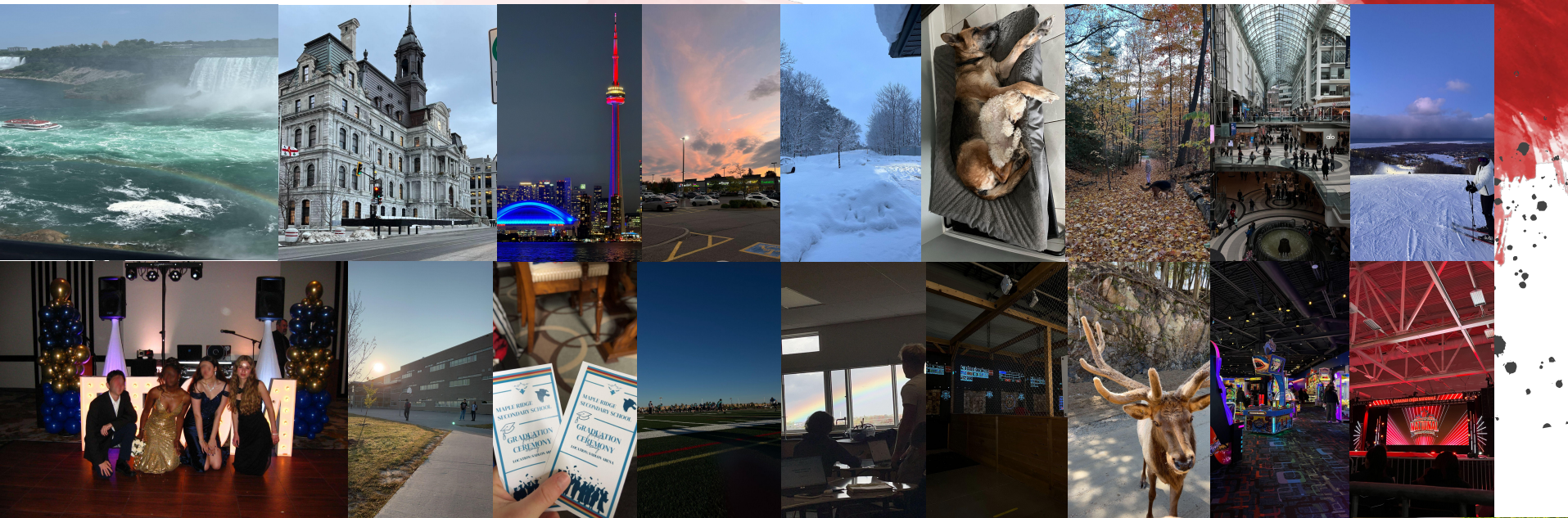


06

Conclusion

An experience that changes everything!





**Pictures are
worth a
thousand words**





**An experience to live if you
have the opportunity. There will
always be a flight home but
never a second chance to do it !**

