I was a participant in the Canadian Exchange Trip last year. What a great trip. I really enjoy the time in Canada, and all the things we did, and the people were nice. I have gained a fantastic and unforgettable life experience.

The life in Canada is absolutely different to Hong Kong, living in a big house with a garden, travelling everywhere by private car, speaking in English. Shopping in supermarkets is not a special thing for the local people, but I do favor this. Shopping in a supermarket which is 5 times or so larger than that in HK is novel to me. However, it's a pity that we only had limited time to do this.

Apart from experiencing the life style, we needed to have an English class each Monday to Friday as well. In the class, we learnt some daily vocabulary and phonics. It wasn't serious. Also, the teachers had planed a series of activities for us, such as baseball, horse riding and golf. Teachers taught us patiently and arranged our schedule properly. I would like to show my heartfelt gratitude to them.

My host family also treated me well. Although I always spoke some improper English and I didn't know what they said sometimes, they didn't mind. They prepared meals for me and brought me to travel around. They spent a lot of time on me. The relationship built between us is treasuring. We told jokes and played. Even though we separated, I still sometimes think of the time we shared.

It is a rare opportunity to broaden our horizons and make friends with other races. I want to urge all of the students to grip this chance. You will definitely agree that it is deserved.