

My experience in Canada

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Last summer holiday, I participated in the Canadian English exchange program. I stayed in Canada for three weeks. It was the first time for me to go to a foreign country to learn English. It was a big challenge, but I overcame it and learned more there.

First, it helped raise my confidence. I rarely speak in English (except during English lessons) in my daily life. So, it was really hard for me to speak in English to talk with foreigners. I had been afraid to talk with foreigners before I joined this program. In this program, we talked to foreigners and host families everyday. English became our mother language during those three weeks. Also, I learned more communication skills. This program encouraged me to not be shy to speak in English. Even though we make some grammatical mistakes, it doesn't matter. Now, I think I can speak in English fluently.

Second, I now comprehend Canadian cultures. Through this trip, I found that there are big differences between Hong Kong and Canada. Common examples are: when Canadians go outside, they drive their car to go anywhere. This is because their homes are far from urban areas. But in Hong Kong, we just choose to take public transports and walk. Also, Canadians don't go out at night. They go to bed early. But Hong Kong people don't really like that. Hong Kong people love to go shopping at night. So, this trip is not only for learning English, we can gain more cultural knowledge without text books.

During this trip, we enjoyed different activities everyday. I tried some new things. For example, mini golf, gymnastics, glow bowling....many sport events and also, we went camping. Physical exercise helps us improve our concentration power and foster our interpersonal interaction. It can make us be healthy. It increases our life quality. We always play computer games ,go shopping and stay at home in our daily lives in Hong Kong, but this trip arranged everything for us. It made our lives more colorful.