

**Kindai University
College of Economics
Study Abroad Program
Calgary, Canada
2024 Student Reports**



PREFACE

This year marks the twelfth anniversary of the study abroad program established between the College of Economics at Kindai University and the University of Calgary. In April 2024, twenty students, whose names are listed below, embarked on a four-month journey to Calgary, Canada, immersing themselves in a transformative learning experience that extended through to the end of July.

During their stay, the students were encouraged not only to excel academically, but also to be keen observers of the social customs, manners, and daily interactions of their new peers, host families, and the broader community. Their reflections reveal how deeply they benefited from their time in Canada. Beyond improving their English communication skills, the students experienced life in a multicultural society firsthand. They made friends from around the world, gaining insights into the diverse ways in which people from different cultures live and interact. This unique vantage point allowed them to view Japan from the outside, encouraging introspection about their own cultural identity and what it means to be Japanese. More importantly, this experience empowered them to take their first meaningful steps toward becoming global citizens.

This publication is a compilation of the students' reflection papers, offering readers a personal glimpse into what they learned and how they grew throughout their time in Canada.

This program's success is due in no small part to the vision of Professor Yoshiharu Imanishi, former Dean of the College of Economics, who helped establish this initiative. We are also deeply grateful to Professor Osamu Inoue and Professor Kosuke Sugai for their dedicated efforts in organizing the curriculum, the staff at the Economics Student Support Center, and the faculty and staff at the University of Calgary for their invaluable contributions. Finally, we extend our heartfelt thanks to the homestay families, whose warmth and generosity made this experience truly special for our students.

On behalf of the English Department, I would like to express my deepest gratitude to all who played a role in realizing this incredible program.

Peter Ferguson, Editor

Names of the Participants (in the order appearing in the text)

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|---------------------|------------------------|
| (1) Shota Asano | (11) Ayumi Nagai |
| (2) Itsuki Fujita | (12) Shintaro Nakayama |
| (3) Ryoto Inaba | (13) Kotoko Nitta |
| (4) Ayane Inoh | (14) Mimi Okamura |
| (5) Ryoto Kinoshita | (15) Harua Sakaguchi |
| (6) Tatsuki Kubota | (16) Akira Sakai |
| (7) Mako Makino | (17) Yui Shimono |
| (8) Rui Miki | (18) Yoshiaki Takagi |
| (9) Yuki Mitsui | (19) Izumi Tanaka |
| (10) Ayato Miyano | (20) Saya Taniho |



Calgary With Soccer

Shota Asano

I was thinking about doing as things as many as possible during my stay in Calgary. I went to school activities, travelled, hung out with friends, and even joined a soccer team. Everything offered great memories. The best one was joining the soccer team Vanguard FC. It made my life in Calgary more fulfilling. I found the team at the University of Calgary coincidentally, took a tryout, then joined the team. So, I am going to write three good impacts from joining a local soccer team.



First, I could get in shape. I belong to futsal club in Kindai University, so I wanted to train my body for futsal. This team in Calgary practiced once or twice a week and every week had a match. Practice was not so hard, but I worked out almost every morning with my school friends in the gym which was in the university and the quality was much better than a Japanese gym. In Canada doing exercise is more common than in Japan. I think the proportion of women at the gym was much higher than in Japan.



Next, I could hang out with my soccer team friends. They are local people, so they know Calgary very well. I think if I did not join this team, I could not enjoy Calgary so much. We went hiking, rock climbing, had dinner together, BBQs, and went drinking. Everything was with this team. The BBQs and hiking were two of the best things with them. At they BBQ they brought spike ball, which is a recreation sport that we played. After we felt tired, so we started the BBQ. The Afghanistan kebab was the best BBQ in my life. Hiking was also fabulous. We went hiking near the Rocky Mountains and in total it took about 5 hours. The view was totally

different from Japanese mountains, they were literally, “rocky mountains.” It was long hiking, but it was worth it.

Lastly, I think Canada is a very diverse country compared to other countries, so you can feel not only English spoken language, but also other languages cultures in Europe and South America. During stay in Canada, I did not experience any racism. In the soccer team, people were from India, Nigeria, China, Korea, Afghanistan and other places. It was interesting. They are from different countries, so they were curious about Japan as well, and I talked about Japan a lot. Personality, I was more comfortable there than Japan. They were very kind, and everyone had an open mind. They tried to understand my English and asked a lot of questions. Some of them plan to come to Japan in the end of July, so I will take them around.

As I wrote above, you can get a lot of benefits from joining local community, so I highly recommend joining some community which has local people. Lastly, I have some advice. Apparently, Canada’s sunshine is about ten times as Japan’s sunshine, so I got very suntanned. If you do something outside, make sure to put on sunscreen and you should bring sunglasses. If you like exercise, there is a nice gym and Calgary people like hiking, so you should bring some jerseys and comfortable shoes.

My Studying Abroad in Calgary

Itsuki Fujita

This study abroad experience in Calgary was one of the most memorable experiences of my life. I was very nervous at first because it was my first time going abroad, but thanks to the kind people of Calgary, I was able to have a good time. I would like to introduce two of the most memorable events.

The first was my birthday party. I did not expect to have my birthday celebrated, but at the beginning of my stay, my host mother asked me when my birthday was and promised to hold a party for me. On the day of the party, my host mother and even her friends, the family next door, came to celebrate my birthday. At the party, I ate delicious food and cake prepared by my host mother, who is an excellent cook, and even received a birthday present. After the meal, I played basketball in the rain with my host brothers. I had a very enjoyable birthday.



Next, I would like to introduce the time I bought a wallet in Calgary. Alberta is famous for producing leather products and there were various leather goods stores in Calgary. I saw

people wearing leather goods and I wanted to buy one, so I started looking for a leather goods store in Calgary. Then I chose a local privately-owned leather goods store. When I went to the store, I had a hard time deciding which one to buy because of the variety of products. The owner of the store asked me what I wanted and showed me other items besides those on display. When I finally went to pay for the wallet, we found out that my credit card can't be used at the store system. However, the owner offered me a unique solution to this problem. His idea was that I buy a meal at his favorite restaurant instead, and he could get a discount for the meal when he eats there. I agreed to the proposal. The owner then drove me to the restaurant. And during the drive he told me about the restaurants he recommended and that he had wholesaled his products to Japan. After paying for the meal, he did a very kind thing that he drove me home. It was a very good experience to find a good product and meet a kind store owner.



I had many experiences and met many kind people during my study abroad. At first, I was worried about living in Canada for 3 months, but now I want to live there longer. I will never forget this experience. I want to go back to Canada and meet my host family and the shopkeeper in the future.

My Study Abroad Experience in Calgary

Ryoto Inaba

In the spring of 2024, I joined the study abroad program at the University of Calgary in Canada, spending four months from April to the end of July immersed in a new culture and environment. This experience not only challenged me in acquiring a new language, but also profoundly enriched my life in ways I could never have anticipated.

When I first arrived in Calgary, I quickly realized that understanding native English speakers would be more difficult than I had imagined. The fast conversations and unique expressions commonly used by locals often left me struggling to keep up. Despite my previous English studies, I found myself frequently confused by slang and colloquialisms that were unfamiliar to me. However, these challenges pushed me to engage more deeply with the language, and over time, I noticed significant improvements in my English skills. These improvements were not only in understanding, but also in my ability to express myself confidently.

One of the most memorable aspects of my time in Calgary was the friendships I formed with people from around the world. These are connections that would have been impossible to make if I hadn't taken the leap to study abroad. Initially, the language barrier was difficult, but as we spent more time together, we learned to communicate beyond words. We shared our cultures, traditions, and personal stories, creating bonds that transcended linguistic differences. These friendships broadened my perspective and gave me a deeper appreciation for the diverse world we live in.

Another unforgettable experience was participating in the Calgary Stampede, a massive festival that brings the entire city together in celebration. Unlike anything I had ever seen in Japan, this event was a unique display of cultural pride, with both adults and children genuinely enjoying the festivities. The energy, the community spirit, and the sheer joy that filled the air left a lasting impression on me. It was a rare opportunity to immerse myself in a different culture and see how people in another part of the world come together to celebrate.



My study abroad experience in Calgary was not just about language acquisition; it was a journey of personal growth. I learned to navigate new environments, adapt to cultural differences, and build meaningful connections with people from diverse backgrounds. This experience has expanded my horizons and provided me with invaluable insights that will continue to influence my life for years to come. The friendships I made, the challenges I overcame, and the memories I created will always hold a special place in my heart.



My Life in Calgary

Ayane Inoh

There are so many things which I want to write about, such as school life, school activities, host family and so on. I experienced a lot of things I cannot do in Japan. So, I have decided to write about my awesome friends.

Before I came to Calgary, I was very nervous because I was worried that I would waste the time studying abroad because I couldn't make friends easily at first. But regardless I came to Calgary where there are many people who speak English. Here, I thought I would have to take action myself. At that time, my host mother gave some good advice about going to church to make friends. So, I decided to go to there. Going to the church on Sundays is one of the most precious memories for me. If I hadn't gone there, I wouldn't have been satisfied with my life in Calgary. There were really nice people, and when I couldn't understand what they said, or I when was in trouble, they always helped me. In addition, they taught me a lot of things, so I was able to learn a lot of differences in culture and thinking too.

On Mondays at school, there were some activities which everyone can join: frisbee, kayaking and kickball and so on, so I really enjoyed these activities. But sometimes I couldn't talk a lot with my friends because my English skill was terrible. However, it was also my motivation to improve my English. It's because communicating with people from other countries is a wonderful thing for me. And what is more, the more I learned English, the more I liked it. Thanks to going to that church and becoming friends with them at the church, not only my English progressed but also, I was able to improve my experience points. I really appreciate them.



Secondly, I had some difficult things to solve in my life. Feelings of being homesick, my English skills, relationships with people around me and so on. When I faced these things, there were some friends who always listened to my stories and gave some advice. They helped me many times. At the end of my time in Calgary, we all became good friends, and we made precious memories together. There are so many things I wish I had done sooner, but I really enjoyed all of Calgary. They always happily accompanied me on my outings, such as going to a theme Park, buying souvenirs, eating at restaurants that I really hoped to go, going on picnics

and even going down by the river. Even if it was time just in the café, we enjoyed talking. They spent time with me until just a few hours before I returned to Japan. Moreover, we still keep in touch almost every day. There was not long time to be together, but they always encouraged me, and I learned many things from them. I really appreciate them. I will definitely go back to Calgary someday, and I want to go out with them again!

Time flies so quickly, I already miss everything in Calgary. I gained valuable experiences and wonderful memories. There were so many interesting things which I had not experienced in Japan, so even if bad things occurred to me, that's alright. Everything was a great experience! If you are reading this essay, please have fun in your life in Calgary.

Meals in Calgary

Ryoto Kinoshita

Through my studying abroad experience, I learned about the food culture of Canada, which is completely different from that of Japan. As a basic rule, all meals are served on one plate. Food is eaten with a fork and knife, but I was used to chopsticks. So, it was very difficult for me to eat small items such as rice.

The biggest problem regarding food is the lack of fresh vegetables. Many meals contained only about one type of vegetable, and I thought it was not tasty compared to Japanese one. When I went to the supermarket, I was surprised that the price of vegetables was so high. During my homestay, rice and pasta are the most served at dinner. My host mother cooked a wide variety of dishes, so I never got bored and enjoyed every meal. Next, I'll write about eating out.

I visited several ramen shops in Canada and the one thing worth mentioning is that they are expensive. Basically, the price was twice as expensive as in Japan, and the quality of the noodles was often low. However, the soups were good everywhere. Many of the non-ramen menus were subtle. The only restaurant owned by a Japanese national had a very good chashu-don. The ramen at JINYA was excellent, but it was very expensive.

When I turned my attention to the supermarket, I found huge sized food there. For example, snacks often weren't packaged individually. Even if they were quite large, they just told me to eat them all in one time. Seasonings and other items were sold in crazy sizes, and



when I saw customers, they bought huge carts full of products. I felt the sense of shopping was also different from Japan.

I was happy to be able to eat a lot because I like eating very much, but it was not a healthy 15 weeks in any way. The pictures here are of the ramen I highly recommend from Jinya and Siki Menya.



My Beautiful Days

Tatsuki Kubota

I lived in Calgary Canada for almost 4 months. At the beginning of this study abroad, I felt very nervous, and I worried about adopting to life in Calgary. But I met some new friends who came from Asian countries on the first day. I felt comfortable because they are nice and friendly. For example, two of my friends are Korean and one friend is Taiwanese. However, the first two weeks of the program didn't have variation of countries. Almost all the students were Japanese and Asian students only. During these weeks, I had school activities and made many friends. Of course, we all studied hard to communicate with everyone in English.



Finally, our main study, English Learning Program began. In that program, I met many new friends from various countries and even their ages were different. Some of my new friends were from Mexico and Columbia. I met also students from Panama and Chile. There were also Vietnamese, Ukrainian, and Iraq students. I was surprised at my Mexican friend was in his 50s. But he is the most serious and enthusiastic student in the class. So, I could learn about the differences of cultures and ways of thinking way. It made me become mature and I got many experiences with them by taking class and joining activities together. In some school activities, we had overnight trip and we had to stay in the same room with international students. I stayed

with to Korean man, one in his fifties and another in his twenties. Communicating with them in the same room was special and one of the greatest memories for me. In Calgary, there some festivals or events that were opportunities to hang out with those friends and we could share the same memory.

One big event that I felt even if we are from different culture we can be good friends, was at the graduation party that was held at one day before we went back. I asked almost everyone who took the same class with me to write a message. They accepted it and said many things that hoping my future would be happier. It made me cry and understand that they think about me seriously. I was so happy, and I thought if this study abroad is successful and that I have grown up. If I hadn't gone to Calgary, I would not have felt that.



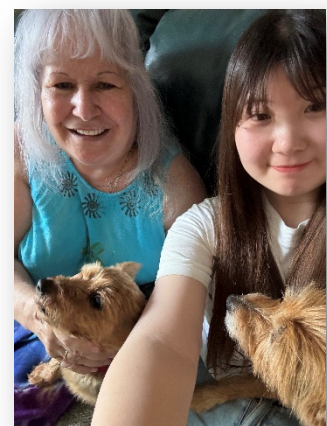
At the day we left, there were many friends who came to the airport to say goodbye. I couldn't help crying and we promised to meet again in the future. I found one new goal of my life and motivation to achieve it. I and my Kindai classmate got stronger relationship. I am 20 years old now and I have many friends around the world. And this experience helps me to think strongly that I want to go around world and make more friends.

My Homestay in Calgary

Mako Makino

This was the second homestay I had ever experienced at my studying abroad. This time was the most memorable and wonderful. My host family was only mother. She is Canadian. There were two dogs in the house. After arriving home from the airport, she showed me the rules for the homestay. I am sure that is why I was able to have a good homestay.

We had a daily routine. When I came back to home, we ate dinner while watching quiz shows on TV, and walked the dogs on a sunny day, or played games at home on a rainy day. After that, we watched movies on Netflix. She gave me a lot of thought for my English study. I was able to enjoy studying while deepening the relationship with her. On holidays, she often took me for a drive and bought me something. She was like a real mother and was too kind.



As for the meals, she prepared something for me every morning, noon and night. Breakfast was pancakes, fruit, yogurt and English breakfast tea. For lunch, she made me sandwiches and some snacks, and for dinner, hamburger, pasta, *ramen*, *udon*, fried rice, and so on. The rice was Thai rice at first, but she changed it to Japanese rice for me even though it was expensive. All the dishes she cooked were very delicious and various foods, so I was looking forward to the meal every day.



It was essential that I let her know the time I was going home every day. It means I had to tell her that I was safe. It was actually very effective. I often fell asleep on the bus and passed the house, so she wondered and contacted me and occasionally came to pick me up.

I was very happy to be able to do a homestay at her house. I think my English has improved not only because of classes and self-study, but also because of homestay. I am very grateful to her. I will never forget this experience.

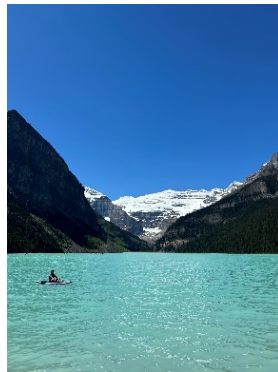
My Fantastic Life in Canada

Rui Miki

In this essay, I'm going to write about my life with my host family. My host family consisted of 3 members, my host father, Rick, my host mother, Sherri and their child, Stephen. Stephen is full of energy, and he is so active. So, my life at home was very busy, but it was also enjoyable, and I could have a lot of chances to make conversation with native English speakers. Spending much time in such life, I was able to get different word and phrasing.



I went to a lot of places with them and sometimes with my friends. There are many fantastic places that I went to. I will choose the two most impressive memories. One is heritage park. The other is Lake Louise. First, at Heritage Park, I could board on a steam locomotive. It was for the first time to board on it. Additionally, there is car music. So, for me as a car lover, it was a wonderful time to look around different types of cars such a classic car, racing car and so on. The picture below is the one of car museum. I felt like I did time travel. Second, at Lake Louise, I saw an incredible landscape like that I have never seen. The picture below is Lake Louise. As you can see, the color of that is turquoise blue. It is well known as one of the most beautiful lakes all over the world. It looks not so cold because of the color. However, my friend pushed my behind and I was about to die when I fell into the Lake. It is because the water in lake is snowmelt water on the Rocky Mountain.



I had so fun and memorable time in Canada. I never forget everything I did in Canada. There are a lot of other great things. However, I couldn't introduce those. So, I highly recommend you go to Canada! Good luck!

Life in Calgary

Yuki Mitsui

I would like to write about my host family and friends. I've never studied abroad and done a homestay, so I was so nervous before I meet my host family. They were so kind and accepted me as a family member, so I could feel comfortable quicklier than I expected. There are six people in my host family, my host father, my host mother, their son, their daughter, my host grandfather, and my host grandmother.

One of the problems I worried about before I went to Calgary is food. However, my host father is good at cooking. He is best chef I've ever met, and he can cook many kinds of dishes. My host family are Filipino, but he cooked not only Filipino dishes, but also other country dishes like Korean food and Chinese food. I often talked with my host mother and

grandmother. Especially, I talked with my host grandmother almost everyday when we had dinner. I liked the time very much and I'm missing that time even now. I was really happy to meet them and to stay with them about for four months.



I could make friends in Calgary. My host family are Christian, so I went to church with my host family and then I could meet many Filipino people there. They are very kind and taught me about Christian. We made a candy salad, a bracelet and played a board game together. It was wonderful time for me, and I want to say thank you for being my friends to them.



Finally, I could really enjoy the life in Calgary thanks to everyone I've met. I appreciate you all. Especially, thanks to my host family and friends, I could make grateful memories. I'll never forget these memories and I definitely will meet them again someday. First, I went to Calgary to study English, but I could learn not only English, but also very important things. It is a lifetime memory to me.

Precious Experiences in Calgary

Ayato Miyano

Before I went to Calgary, I decided to make foreign friends and experience something that I could only do there. About 20 students from Kindai University studied together and a lot of Japanese students came. This is unavoidable due to the difference in term between Japan and other countries. However, in my opinion, spending time with Japanese student is a waste of time. I tried to talk a lot with my teacher, eat lunch my foreign friends and hangout with them many times. If you want to study abroad, I highly recommend that you do like me.

One of the best experiences I had was playing softball. My English teacher invited me to join her team. The games were every Monday, and I got home after 11pm every time. Of course, in the beginning I didn't have any set position. I had to get my position with limited opportunities. Also, I had to communicate with my teammates in English during the game, so it was very hard for me to use my brain. I was active in each game and finally, I participated last game batting fourth and playing shortstop. I became a key player on the team. I could feel my softball and language skills were both improving. It was an invaluable experience for me.

A trip with some of my Korean friends is good memory, too. During this semester, I spent a great time with them. We went to the gym after the class. We drank at a bar until the last train. All my time with them were so nice. Especially, travelling was a precious experience. We stayed at an Airbnb, and they made Korean cuisine for me. It was so delicious. After dinner, we talked about private topics. Sightseeing was also good, but more than that, I was glad that I made foreign friends who I could open-up to.

In conclusion, I really enjoyed Canadian life because I did a lot of things which I could only do in Canada. They have improved my English skill more. I could spend an irreplaceable time. I'll never forget these memories. I want to apply what I learned in Calgary to my future life.



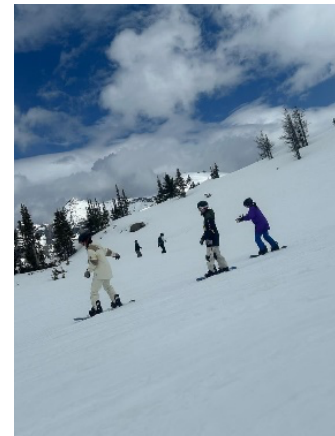
Activities in Calgary

Ayumi Nagai

I experienced a lot in Calgary. All of them were valuable for me. I introduce three activities of the program. First, we took a day trip to Banff. Banff is a popular sightseeing spot. I wanted to see the emerald-green Lake Louise, but it was frozen! I walked on the lake, and it was very exciting experience. After that, we took a gondola to the top of the mountain and had special lunch! The view from the restaurant was great. We also did some shopping at Banff Townsite. I bought a beautiful postcard there.



The second activity is a ski/snowboard trip. It was an overnight trip. I didn't have all the equipment, so I borrowed some from my host mother. We could choose whether we liked skiing or snowboarding. I had never snowboarded before, but the lesson gave me the opportunity to give it a try. The instructor was so kind, and his English was easy to listen. Snowboarding was a little scary but fun. I was very tired at the end of the first day. I enjoyed the hot tub in the hotel and found it very relaxing. I got along well with my roommates, and it was a great trip.



The third trip was to Waterton. This was also an overnight trip. There was a problem with the bus breaking down on the way there. But another bus came, and we were able to depart. We hiked Bear's Hump Trail which was rugged mountain. The hiking was so hard but the view from the top was amazing! I was glad I didn't give up. On the second day, we took a cruise to the border between Canada and the United States. After that, we went to Waterton Townsite. I ate Beaver Tail which is popular Canadian sweets. I loved it! There was a problem, but overall, it was a good trip.



I only introduced three activities, but there are many more great activities. Through these activities, I learned about the beauty of nature and the joy of trying new things. I was able to see many sights that I would never have seen if I hadn't participated in this program. I will never forget them all.

School Life in Calgary

Shintaro Nakayama

I got great memories with my fantastic friends in Calgary! Many international students, whose native country, age, and hobbies are different, studied in University of Calgary. I was exciting through studying, school activities, and hanging out with them. In U of C (University of Calgary), we had 3 classrooms. Grammer class, reading and writing class, and listening class. When I entered the university, I was worried about that my English skills was not enough to keep up with classroom level, so I was always nervous and studied too much. However, after I got used to learn English in classrooms, I noticed that I don't have to be nervous about learning English



because the exams were not too difficult, and I could bring some textbooks and handouts into some tests, so I shifted my mind about studying from serious to flexible. Studying too much on the desk by myself is not good because I came to Canada to improve my speaking skill! That's why, I stopped to study too hard and chose improving my speaking skills through conversations with my friends and teachers! So, if you read this essay and then you join this program, don't be nervous about studying! The most important thing is enjoying studying abroad! It's not only learning English hard! Also, if you are worried about making new friends, please relax. In my case, I was also afraid to make a mistake like that I cannot keep talking with other students because of lack of English skills, but they were also not good at using English at first, so we could have respectability and cooperate each other for improving our English skills!



I really enjoyed everything with my awesome friends. Especially, I loved workout in the school gym! One of my new friends, who came from Korea, taught me authentic muscle training! It was very hard workout, but thanks to him, I got more strong muscles. When I could lift heavy barbell, he congratulated me as same as he succussed, so I was very glad and I could keep workout even if it was very tough! I experienced a lot of things in Canada. I went to see beautiful natures, eat delicious cuisines, and attend to original events! But the best experience is seeing to my new best friends!! Thank you for everything, everyone!!!

Exciting Experiences in Calgary

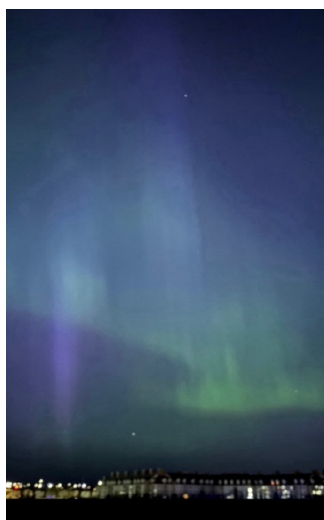
Kotoko Nitta

I stayed in Calgary from April 6 to July 20 to study English. I made many wonderful memories in there, for example, making new friends, taking classes, and participating in activities. And I would like to introduce about our activities on this essay. Our program was included 3 daytrips and 2 overnight trips. We could enjoy beautiful and significant views through these activities. Also, these were good opportunities to talk with people from all over the world. In those activities, we had an English-only policy that we couldn't speak mother language. Instructor encouraged us to speak English, and we could learn English while having fun. I liked all the activities, but I want to introduce the activities which I loved.

I loved the trip to sunshine village to ski and Banff. First, I would like to talk about the skiing overnight trip. It was first time for me to ski. However, the instructor gave us detailed instructions and we had great time skiing. The view from the top was amazing. Second, I want to introduce about Banff trip. Banff is the most popular destination for tourist in Calgary. Banff is famous for beautiful mountain and lake. We went to Lake Louise in May and the lake was still frozen. So, we were able to walk around it.

Besides the package, we were also able to enjoy the natural beauty of Canada. It was the Northern lights. I didn't expect to see that in Calgary. Seeing the Northern Lights was one of my dreams, so I so was excited. It was more beautiful and moving than I had imaged.

In conclusion, I was able to see a lot of fascinating nature in Canada, and it was all wonderful and magnificent. I made many friends through these activities, so I would like to keep in touch with them and I'll definitely come back here someday.



My Life in Calgary

Mimi Okamura

The University of Calgary is in Alberta Canada, and the English classes were divided by proficiency level. Students from various countries come to study abroad, so I think that you can grow not only in English, but also through experiences in a multicultural environment. Classes are held from 9 am to 3 ~ 4 am, which is not much different from the schedule in Japan.

In Canada, it's okay to have a drink or eat sweets during class. If you answer the quiz correctly in class, the teacher may give you sweets. In addition, let me give you some advice in order to help you. First, you will have to check how to get to the university. You will get on the trains or buses. Buses run at 30-minute intervals and it is good to show your ticket when you get on the bus. When you want to get off, press the button when you see the stop sign and say thank you to the driver. Getting the wrong train or bus is a good memory. Also, you must show your ticket when police officers tell you to show it. Next, when ordering at a restaurant, do not call the waiter. Wait until they arrive or make eye contact with you. Staff and customers are equals so please use polite language and correspondence. Overseas, Asians are often thought not to pay tip, so if you try to pay at tip, about 10% to 15% of the price.

Second, be careful when you go out alone, especially at night. Asians might be considered short and weak, which makes them easy targets for criminals. As much as possible, do not carry large sums of money and luxury items, and do not open money in public. Also, some people are prejudiced against Asians, so if you feel unsafe, move to a place where there are many people and ask for help from those around you. Don't get me wrong about Canadians, of course there are kind people in Canada. Someone dropped off my suitcase at the airport or opened the door for me. I was very impressed.

There is beautiful nature here, and if you sign up for an activity at the University of Calgary, you can enjoy it for less than the market price. If you want to take a picture with your phone's camera, you should attach a strap to your phone. This is because when you climb a high mountain or cliff, you may drop your phone. I stayed in Canada for about 4 months, but sometimes I missed the taste of Japan. Some people brought Japanese food with them and tried local Japanese food. If you are coming abroad for the first time, you may be nervous, but the people around you will always be helpful. Don't worry. It was my first time to go abroad, but I was able to overcome various difficulties and become stronger. This study abroad experience will definitely be your strength and will be an irreplaceable memory.

Life in Calgary

Harua Sakaguchi

Life in Calgary was the best moment in my life for me! At first, luckily my host family was greatly kind and super friendly, so it wasn't hard for me to become member of their family. How getting on well with host family was one of the worry things, so I could spend very comfortably. Since everyone in my host family was interested in Japanese culture, so I always told them it and exchanged culture information. It helped me improve my speaking skill. Me and my host sisters are interested in ballet, and there was "Alberta ballet concert" during I was

in Calgary, so we went there with wearing dress! Even ready for that, I really enjoyed it! With younger host brother and I watched movies a lot! I was happy that I could understand well without subtitle. I spent with them as my real house, so I invited my friends and cooked Japanese dinner! Me and my friends cooked Sushi, Karaage as well. I was so glad that my host family was happy to eat! I was very lucky to spend my life in Calgary with such a wonderful host family.



Second, was my school life.

Surprisingly, there were

numerous Japanese students to take class together, however there were some rules to prohibit to speak own language. At first, it was strange to speak in English with Japanese friends, but the more I talked in English with them, the more I got comfortable. Among making new friends who are different country, I realized that it was hard for me to catch up their English who speak Spanish as a first language. Especially during conversation with someone who speak Spanish was very challenge to get their words. I would like to

interact with people from different countries, so I wanted to meet more people and understand their accents better. I had the opportunity to make use of the English presentation I gave in my university class, and I once again realized the importance of daily practice. I actively participated in the class, so I was able to exchange opinions with various students, and I learned a lot.



Third, I was able to make some of the best friends I've ever had. Even from the first day we were such best friends! There were many activities from University of Calgary, through activities our relationship was getting closer! Even though we were at school on weekdays, we went to various places on weekends. It was great experience to know about Calgary.

Finally, we went to LA together! The weather was everyday cloud however our trip was the best moment! I was in dream because, I watched Dogers game closer seat, enjoyed in Disney Park!! For me, especially Disney Adventure was the best! I could ride attractions which I couldn't ride in Japan. Every moment I could not believe that I am in LA for real. These grateful memories made my life in Calgary enjoyable! I will never forget this experience and my friends! Over 3months was not enough for me!!!



My Friends in Calgary

Akira Sakai

I spent a gorgeous time in Calgary with my friends. You can make a new friend in not only the university of Calgary but also downtown. In the university, you can communicate with so many foreigners such as Korean, Mexican, and Columbian. It must be an amazing place to improve your English. In downtown, there are many people of different origins. It is going to be a great experience to talk to local people.



First, are my friends in the university. I spent a lot of time with my Korean friends. We had lunch at the university and sometimes we hung out together. We discussed our cultures as well as languages. Then we got culture shock many times even though we are the same Asians. Actually, we often talked about our perspectives toward love, and I felt my lack of vocabulary. Moreover, I was very glad they came to Calgary International Airport on my last day to say goodbye.

Second, were my friends who live in Calgary. I made new friends in Calgary. Canada has a lot of immigrants, and everyone has their own nationality. Among them, I made Ukrainian friends. We got to know each other in downtown Calgary. We often played Polish games with cards, and I joined in the Ukrainian and Polish teenager's community. Then, I listened to their opinions toward Ukraine and Russia. They are very interesting and totally different from what

I thought. Listening to their opinions made me think more about my country. In fact, it is the most important aspect to learn English in another country. However, learning about immigrants' backgrounds and opinions about their countries can have a big impact on your life. It is difficult to talk to foreigners because you need to respect them properly. However, I might want you to try it if you study abroad in Canada.

In the end, I highly recommend studying abroad in Calgary. This program was my first to travel abroad, so I was very nervous about my life in Calgary. However, I did not have to be



worried because everyone helped me, and they were very kind to me. In fact, I did not feel homesick in Calgary because I did not have time to feel it. In Calgary, everything seemed new, and I was busy getting used to the new environments. I was finally happy to make new friends and we are still keeping in touch with each other. I believe that this study abroad experience will make my life better.

My wonderful memories!

Yui Shimono

I had a great time in Calgary. It was just for four months, but I could go to many beautiful places. The university prepared many activities for us like school trips, parties and so on. These were included in the program, so the rule was we must use English. I can't write about all the activities, so I'd like to tell you my favorite school trips.

The first one was the ski trip. The name is ski trip, but we could choose skiing or snowboarding. I chose snowboarding. It was my first time to try snowboarding, so I participated in the beginner class. In this class, the instructor taught us kindly, and we could be



better. The mountain was huge, so we could enjoy very much. Also, the hotel was very good. At night, we could see aurora! I felt like I returned a high school student at that time.

The second trip was the Calgary Stampede. It's a big festival in Calgary. Many people were wearing cowboy costumes because it's like a cowboy festival. The Calgary Stampede lasts almost one week. During this festival, we could eat free breakfast! And an amusement park is built for this festival! We could go to the amusement park even if it's midnight. We also watched a big show and fireworks. In this week, some famous singers came for this festival, and I could listen some famous song of Benson Boone!

I really enjoyed Calgary. It was very busy life because we had to go to school every week, and we went to like these activities on weekend. But thanks to all these activities, I could experience a lot of new things!!



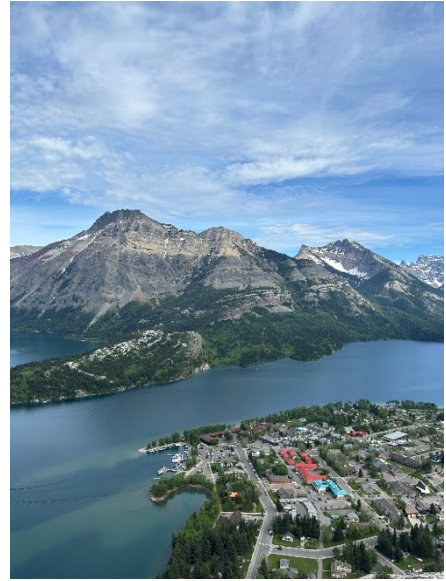
Precious memories

Yoshiaki Takagi

I had many wonderful experiences in the four months spent in Canada. I met many people in Calgary. They are all very kind and interesting people. Every day was so much fun that I no longer wanted to go back to Japan. I would like to introduce school activities. That's like a normal trip organized by the school. That is cheaper than the usual price and we can practice our English during the trip because we had an English-only policy.

First, I would like to introduce the ski trip. This trip was an overnight trip. The morning meeting was very early because it was very far from the school to the destination. The place was called Sunshine Village in an area of the Rocky Mountains. This trip allowed us the free to ski where we wanted to ski, so I went where I wanted with my friends and enjoyed skiing. When I bought lunch, I felt that all the stores in the ski area were overpriced, just like a Japan. The hotel had a jacuzzi and sauna which were very nice. I was able to go to the sauna and bath

for a long time, so it was very relaxing. If you want to go in too, you will need to bring your swimsuit. This is because Japan and Canadian cultures are different. On this trip we were able to see the Northern Lights, which I never expected. I was very impressed because I never thought I would be able to see it in Calgary. I had never seen it before in my life and always wanted to see it. I will never forget seeing that. I enjoyed the second day with everyone. I was amazed at the size of the Canadian ski slopes. This was because it was so large compared to Japanese ski slopes.



Next, I would like to introduce Waterton. This activity is also an overnight trip. The first day we went to a place called Red Rock. As the name suggests, the stone's color is red and very mysterious. The water of the river flowing there was very clean and cold. After that, we moved around a bit and hiked about 30 minutes. When we reached the top of the mountain, we could see a very beautiful view. We could see the many lakes and the city of Waterton. There was a wild squirrel there that was very cute. The second day was spent cruising. The cruise took us to the US and Canada border. I was very excited because it was my first time crossing the border by boat. I was surprised to learn that the way the borders were delimited was also very innovative. The town of Waterton is very fashionable. The pizza I had for lunch was the best pizza I have ever had in my life.

Finally, I would like to thank all of you and first and foremost my parents. I feel very happy to have had this valuable experience. I will keep this in mind and continue to study English hard and I would love to visit Calgary again if the opportunity arises.

My wonderful experience in Calgary

Izumi Tanaka

It was an awesome experience I had in Calgary through the study abroad program. I met lots of people from all over the world in my classes. Sometimes I struggled with studying, but my teachers were very kind and flexible, so I was able to learn at my own pace. I had many things that I super enjoyed in Canada, but I can't write down everything here, so I will focus on activities I have done. I saw lots of beautiful views that we can't see in Japan. I had two overnight trips, some day trips. Among them, I want to introduce 3 trips I had.

One was the day trip to Banff. This trip was the first time to go away with many people from university. As you know, Canada has lots of trees, mountains and wild animals. Literally, the view was just amazing. The lake was frozen, many squirrels were running in the trees. I will never forget the view that I saw in Banff.

Second trip was an overnight ski trip. I really wanted to ski in Canada, so I was so excited. On this day it was not too cold, so that was the perfect day to ski. Of course, I enjoyed skiing, but also, I enjoyed the moment at night with my friends. We assembled in one room, talked a lot, and played some games as well. Thanks to this trip, our relationship was getting stronger.

The third trip was also an overnight trip to go to Waterton. The purpose of this trip was hiking. We hiked lots of mountains for the whole day. We were exhausted, but the view from the top of the mountain was so nice. On the next day, we rode a boat to see the border between the USA and Canada. This was a valuable experience I had, because Japan is an island country.

These 3 months were totally the best months of my life. Not only participating in the activities, but also the daily life in the U of C was also my favorite time. I made many memories with my friends every single day. I enjoyed learning about Canadian culture in the first 2 weeks as well. After these 2 weeks, I had lots of homework every day and learned lots of complicated grammar. But once I had some problems, my friends and teachers helped me a lot. I want to say thank you to the people who supported me through this difficult time. I will never forget such a lovely precious time in Calgary.

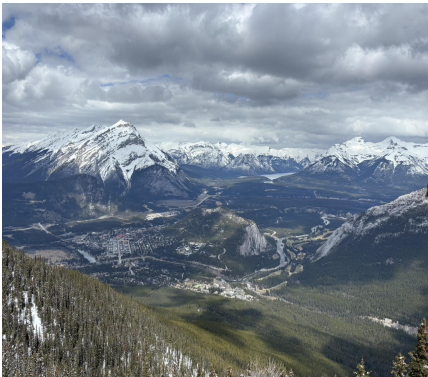


Activities in Calgary

Saya Taniho

I had a lot of wonderful memories in Calgary. Also, I had many great experiences through this program. I made a lot of friends from various countries and made many memories with them. I would like to introduce some great activities from among my many wonderful experiences. Actually, a few activities were boring for me; however, I was able to enjoy most of the activities and had a very valuable experience.

The first good activity was a day trip to Banff. Banff is a tourist destination rich in nature and we visited several Banff attractions. At Lake Louise, we walked on the frozen lake. This lake is very beautiful when you go there when it is warmer. After that, we took the ropeway to the top of the mountain in Banff. The view over Banff was spectacular. Also, the buffet lunch we had there was very luxurious and delicious. My favorite place to visit is Townsite. We did some shopping there. Townsite has many very cute and nice stores that I enjoyed. Banff is one of the places I would recommend when go to in Calgary.



The second activity that I enjoyed was a ski/snowboard overnight trip. I tried snowboarding for the first time during this activity. Snowboarding was difficult, but many friends taught me how to snowboard well and helped me along the way. Thanks to them, I was able to enjoy snowboarding. Additionally, my friendships deepened through this activity. Luckily, we were able to see the Northern Lights that night!

The last activity I would like to introduce is the Waterton overnight trip. We visited several places of natural beauty. Several destinations were changed on this trip, but I enjoyed this trip very much. My fondest memory is of the Waterton Shoreline cruise. Amazingly, we crossed the U.S-Canada border on a boat. This Calgary program offers a lot of fun activities to learn about Canada and to get to know your friends. I gained a lot of valuable experiences and important friends in Calgary.