

**Learning Beyond Borders:  
Student Reports from Calgary**  
College of Economics  
Study Abroad Program  
Kindai University  
2025 Calgary, Canada



## **PREFACE**

This year marks the thirteenth edition of the College of Economics' study abroad program with the University of Calgary. In April 2025, the students listed below began a four-month academic and cultural immersion in Calgary, Canada, returning in late July after completing a demanding yet rewarding program that challenged them both inside and outside the classroom.

Throughout their stay, students were encouraged to approach each day with curiosity and openness: to observe the social norms, communication styles, and everyday practices of their classmates, host families, and members of the community. Their reflections demonstrate how they embraced these special opportunities. In addition to developing stronger English communication skills, they gained firsthand experience living in a multicultural environment. They built friendships with people from diverse backgrounds and encountered perspectives that helped them rethink and broaden their understanding of culture, identity, and global citizenship.

A particularly meaningful component of this program is the homestay experience. Living with a Canadian family provided students with an authentic and deeply personal learning environment, something that cannot be replicated in a classroom. The daily routines of family life, shared meals, informal conversations, and participation in household customs allowed the students to experience culture from the inside. These small yet significant moments fostered confidence, intercultural sensitivity, and a sense of belonging, making their homestay one of the most transformative elements of the program.

The success of this program depends on the collective efforts of many people. I would like to extend my sincerest appreciation to the English staff of the College of Economics for their ongoing support and guidance, to the Dean of Economics for his continued encouragement, and to the dedicated staff of the Economics Student Support Center, whose careful management and assistance make this program possible each year. We are equally grateful to our partners at the University of Calgary for their collaboration and care, and to the homestay families whose generosity, kindness, and hospitality provided our students with a home away from home.

It is my privilege to present this thirteenth collection of student papers and to acknowledge all who contributed to this year's successful program.

Peter Ferguson, Editor

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

- |                       |                      |
|-----------------------|----------------------|
| (1) Miho Fukushima    | (11) Rentaro Okumura |
| (2) Aya Kato          | (12) Sena Shimizu    |
| (3) Ryuto Katsuda     | (13) Sho Tachibana   |
| (4) Rina Matsuda      | (14) Akito Takeda    |
| (5) Haruto Matsushima | (15) Chisa Takaura   |
| (6) Rinsei Nakajima   | (16) Ryusei Sakamoto |
| (7) Shiori Nakamura   | (17) Yuji Ueda       |
| (8) Takumi Namikawa   | (18) Yuan Wang       |
| (9) Yamato Narumi     | (19) Maho Watanabe   |
| (10) Chiori Oda       |                      |



# My Trip Memories

Miho Fukushima

During my study abroad, I traveled a lot, and today I'd like to share some of those experiences. Among the school's unique activities, the ones that left the biggest impression on me were the ski trip, Waterton trip, and the trip to Banff.



On the ski trip, I tried snowboarding for the first time. Spending two days snowboarding on several vast and beautiful courses was so much fun and an unforgettable experience. In Waterton, I went hiking many times. It was quite challenging, but on the first day's hike, I highly recommend making it all the way to the top. The view from the top looked as if it were computer-generated. Also, it allows me to witness a kind of natural beauty that is hard to find in Japan. And in Banff, I encountered a breathtaking cobalt-blue lake. I think being able to see something so great just two hours away by bus from the university is so precious.

In addition, I also traveled privately with friends to Toronto, Los Angeles, and Vancouver. In each city, we visited world-famous landmarks such as Niagara Falls, the Hollywood Sign, and the Gastown Steam Clock. When you visit Los Angeles, I highly recommend going to Disneyland in California. It was my very first time at Disneyland, and I truly feel it was the perfect place for my first experience. For those who will join this program in Calgary, I hope you not only explore Calgary but also take advantage of being based there to travel to many places in less time and at lower cost.



# My Wonderful Adventure

Aya Kato

I spent three months studying abroad in Calgary, Canada. It was one of the best experiences of my life, because I was able to improve my English, meet people from different countries, and enjoy the Canadian lifestyle. Every day in Calgary was exciting, from attending classes to spending time with friends and sharing meals with my host family. Among all these experiences, what I enjoyed the most were the trips I took.

One of the best memories was the overnight snowboarding trip organized by the University of Calgary. It was my first time experiencing Canadian ski resorts, and the mountains were much larger and more impressive than those in Japan. Sliding down very wide and snowy hills was so much fun and made me feel great. Also, drinking with friends at night and talking for hours under the starry sky was a moment I'll never forget.



Another unforgettable trip was visiting the Rocky Mountains and Waterton. Since I had never hiked before, the trails were very tough and I quickly became tired. However, when I finally reached the top, the view was unbelievably beautiful. The endless mountains and clear lakes under the sun made all the hard work worth it.



Outside of school activities, I also traveled with friends. We went to Toronto and Niagara Falls. Standing in front of the powerful waterfall was an overwhelming experience, and it was one of the most beautiful natural sights I've ever seen. Later, I also visited Los Angeles, where I enjoyed Disney California Adventure and Hollywood. Disney California Adventure was full of energy. I really enjoyed the rides, food, and parades. In Hollywood, it was exciting to see the Walk of Fame, the famous Hollywood sign on the hill.





My time in Canada was unforgettable. I improved my English, made great friends, and enjoyed many amazing trips. These memories will stay with me forever. I'm truly grateful for this opportunity and all the people who made it so special.

## Life in Calgary

Ryuto Katsuda

I had a lot of new experiences as well as I felt the differences between each culture in Calgary, Canada. What is the best memory for me for this study abroad. I am especially happy to make new friends that come from other countries. I took part in JCC (Japanese Culture Club) at the University of Calgary. I met a lot of people there and made lots of new friends. Moreover, I participated in various events like Craft Night and the Sports Festival at the JCC.



I went to dinner with my Korean friends and Japanese friends. I had a very enjoyable time. As well as we taught our language to each other. I started speaking Korean a little bit as well as I made more Korean friends. Also, I learned about Korean culture. However we drank a lot of beers every time, so we got wasted as well as having a hangover. Not only this, but also I went to an ice cream shop with a Vietnamese friend. We met in the same classes at the University of Calgary. Also, we drove a car and went shopping. Both events were very nice for me.



However, I felt that communication was difficult. We could not use our mother tongue so sometimes we could not convey what we want to say. But we tried to understand what each other wanted to say using gestures to express our ideas. I learned I can communicate using English and I went through what I never experienced again.

While we went to university, we learned about new cultures and new experiences. Studying abroad lasted around four months, but it felt like a short moment. Spending such a wonderful and memorable time with my friends and working hard together was the biggest turning point in my life. I keep in touch with many of my friends and I hope to meet them someday. This trip was a study abroad experience that allowed me to experience the joy of connecting with others.

## Important things to coexist with

Rina Matsuda

During my study abroad experience in Calgary, I learned many things, but one of the most memorable lessons was how difficult cross-cultural understanding can be. In today's global society, it has become increasingly important for people with different backgrounds and values to live together. That is why cross-cultural understanding is a key element for peaceful coexistence. However, before I came to Canada, I never imagined that it could be so challenging.

Canada is known for being a multicultural country, and I saw this firsthand. I met many people from different countries and cultural backgrounds. Even though they all lived in Canada, they maintained their own cultural identities. As a result, I often found myself facing cultural differences that confused or surprised me.

One of the clearest examples was the difference in communication styles. In Japan, people tend not to express their thoughts or opinions too directly. Indirect communication is



considered more polite, and there is an unspoken expectation that others will read between the lines. In contrast, in Canada, if you don't say something clearly, people will assume that everything is fine. They usually don't try to guess your true feelings or intentions unless you express them directly. At first, this communication style was a big challenge for me because I wasn't used to it.

Unlike Canada, Japan does not have as many opportunities to interact with people from different cultural backgrounds. Because of that, Japanese people might not face cultural differences as often. In Canada, on the other hand, cultural diversity is part of everyday life. Canadians seem more used to it, and many are open and accepting of these differences. Inspired by this environment, I made efforts to understand and adapt to different cultures as best I could.

Still, no matter how hard I tried, there were times when I simply couldn't fully understand certain aspects of other cultures. Some values or behaviors remained unfamiliar and difficult for me to accept. But through these struggles, I learned something important—it's okay not to understand everything. What truly matters is the effort to understand. Even if we can't fully adapt or agree, making an effort to learn about others and trying to understand them shows respect and builds connection.

Through studying abroad, I realized that cross-cultural understanding is not something that comes easily. But precisely because it's difficult, I learned how valuable it is to approach others with an open mind and heart. Even if we can't completely understand or adapt to other cultures, the attitude of wanting to understand is what makes all the difference. Cross-cultural understanding is not only about knowledge or skills, but also about mindset and respect. I believe the lessons I learned in Canada will continue to guide me for the rest of my life.





# My Memories in Canada

Haruto Matsushima

I was staying at Calgary as an international student for three-and-a-half months. I remember when I first arrived at the airport, I felt like I was going to throw up because I was so anxious. However, my host family spoke to me gently just before we met and welcomed me, so I could adapt to a new environment.

While I was staying at Calgary, I experienced many things such as culture, food, and so on. The one thing which changed my life in Calgary was to join JCC. It's like an activity and gives me a chance to interact with the local people who are interested in Japan. I joined their activities many times and made some friends. It helped me to improve my English and made memorable memories. For example, I went to a festival, ate lunch, and played sports with them. Also, while doing these things, they taught me some slang. I wouldn't have learned these slang expressions if I hadn't decided to join the event.



And I traveled to Toronto with my friends. That's one of the most memorable memories in Canada. First memory of Toronto started with unpredictable thing. While we were on the plane, we happened to see the northern lights! We had never seen it before, so we were so excited! And it happened before we arrived at Toronto, so we expected our trip would definitely be fine.

After we arrived at Toronto, we headed to Niagara to see the waterfall. I was so surprised that. The landscape of the waterfall was breathtaking. After we saw it, we headed to a hotel to check in. Then, I wasn't willing to talk with a receptionist to confirm my reservation, but I did it. Before I did that, I was so nervous because I wasn't confident about my English. After all, my English worked, and we could check in peacefully. It was really good experience for me. At night, the waterfalls were lighted up and the colors were like rainbow. It was so beautiful! The hotel we stayed was so good. We stayed at 22nd floor and we saw Niagara Falls from the room. It was fantastic! I want to travel there again someday!

Finally, I could make a lot of memorable memories and experience many things. And I was blessed with great family, friends, teachers, and classmates. Thanks to meet great people, my life in Calgary became more fantastic and magnificent. I really appreciate them. If it's possible, I want to spend the time like dream with them again. Anyway, my life in Calgary was awesome! I'll cherish memories and experiences in Canada forever.



## My Life in Calgary

Rinsei Nakajima

This is one of the best experiences of my life. Before I went to Canada, I had never been to another country. I was nervous about making a life in another country. However, people living in Calgary were very kind and even tried to understand my poor English. I experienced many things that I couldn't do in Japan. I will share my experiences below about Calgary, Alberta, Canada.

At first, I joined the UCAC (University of Calgary Athletics Club). Since junior high school I have been doing track and field. I wanted to experience training with people in Calgary and hopefully compete in a meet abroad. I practiced three times per week and competed in the meet on the fourth time. My coach gave me a lot of helpful advice. Also, the club didn't have any Japanese members on the team, so I had to use English most of the time, which was a great opportunity for me to practice communicating with them while we practiced.



Secondly, I enjoyed staying with my host family. They have two kids. The first one is a five-year-old boy, and the other one is a one-year-old girl. While at home, I always played with them. We went to a soccer field, watched movies, and played many games together. Before I went to Canada, I had not been good at taking care of kids. But with this experience, I can say that I have improved with taking care of the younger ones. Also, my host family is a Canadian Filipinos. They like to party. They hosted a party, and around thirty people came. I enjoyed it because the party isn't common in Japan, and it was my first time attending such a party. We also went on a hike to see the beautiful and amazing scenery of Alberta. After that, I was able to do paddleboarding, which was so fun that it was one of the best memories in Calgary.



Comparing myself to before and after living in Canada, my English has improved a lot. Today, I can communicate with people in English without fear. But my English is still not fluent, and there are times when I can't understand what people are talking about. However, this experience is a trigger for me to practice and improve my English language proficiency. If you are interested in studying abroad, I highly recommend that you do it. This experience will help you to improve your English while learning about their culture and making a lot of friends from other countries.

## My Memories of Calgary

Shiori Nakamura

I learned a lot and had many experiences through studying abroad. I was so nervous before this program started because it was first time going to other countries. The activities at University of Calgary were especially memorable for me. There are many activities at the University of Calgary. Most of the things I experienced were new to me, and they left a deep impression on me. I visited Drumheller and Royal Tyrrell Museum. My friends and I were

surprised to find that no one was around us because we took our time looking around, but we learned a lot and had fun joking around in English together.

We also went skiing in early May. It was my first time skiing, but I was able to learn how to ski well. I also became closer with students from Kindai, so I really enjoyed it. The starry sky I saw at night was very beautiful. I tried to see the aurora several times, but I was never able to see beautiful aurora with the naked eye. In mid-June, I went to Waterton. The hiking was very tough and so much. I ended up disliking hiking. But I was able to see a lot of beautiful nature, and it was really enjoyable! In early July, I went to the Stampede Parade with my roommate. She was an African from Quebec, and she was very kind and had a great sense of humor. She and I went to the gym in the university together because she was professional basketball player. We joked with each other and watched movies together. One of my memories is that I became good friends with my roommate.

In addition to school activities, I explored and experienced a lot by myself. For example, I went to a Movie Night and visited a farmers' market with international students. I not only improved my English-speaking skills but also could know the and cultures of other countries. Some of the students had come from Ukraine to escape the war. One of them remained in her home country. It was even more shocking than seeing it on the news, and she also told me about the support Canada is providing to those fleeing the war in Ukraine. When I went to a farmers' market with Chinese international student, she told me about differences in fruits and public transportation between our countries. I also traveled to Montreal by myself. Before the trip, I was very nervous, but since I was traveling alone, I made more detailed plans than usual. Although French was mainly spoken in the region, I was glad that I could communicate in English. I also gave instant photos and communicated with local tourists and visited several large churches, which became a very memorable experience. I think I have improved my English skills, enhanced my communication abilities, and become more independent than before. I'm also deeply grateful to my parents, who provided financial support for my study abroad, and to my friends who gave me medicine and encouraged me.





# Canadian Cultures

Takumi Namikawa

I learned many things from my study abroad in Canada, such as about family, culture, society, and of course English. The biggest influence on me was culture, so I would like to write about Canadian culture.

First, I will write about my host family, because I spent a lot of time with them and they taught me many things about life. My host family was one woman named Kim. She is Canadian, has purple hair, and is a humorous and talkative person. Every weekend, I visited my host mother's son's family for "family time," and we enjoyed dinner together. I felt that in Canada, people value spending time with family even more than in Japan. During Easter Egg day, they also invited the son's friends and their families, and I was able to spend a very warm and wonderful time with many people.

On the other hand, I realized that in Japan I did not spend much time with my family, and I felt that I should increase such time. In fact, my host mother told me, "Even a little is fine, but make time to be with your family." She also kindly pointed out, "Recently, you have been focusing too much on work."

Next, I would like to write about Canadian society. This also left a strong impression on me. Before going there, I imagined that Canadian society would be very different from Japan. However, after living there, I found that the basic parts are similar to Japan, and it is very comfortable to live in Canada. Of course, there are also "foreign" aspects that are different from Japan. For example, some people play loud music from a speaker on the train, and in downtown, there are beautiful streets and a lively atmosphere, but at the same time, I also saw people using drugs. These scenes made me feel the special atmosphere of being overseas.

About Canadian people, I felt that they are considerate of others but also keep a good distance, and they talk only when it is needed. When someone talks to you, they never make a bad face and answer sincerely. This made me want to respond in a friendly way too. Also, in class, I learned the importance of "short conversations," such as small talk, and I realized that these small daily chats help bring people closer.





# Life in Calgary

Narumi Yamato

I have a lot of things which I want to write because I had a great time and made a lot of memories in Calgary. Actually, I was worried about my life in Calgary, so I was nervous before I came to Canada. However my study abroad experience is great, that's why I didn't need to worry. In this essay, I'm going to write about school activities. I registered for many activities in Calgary. I would like to write about some of them in this essay.

First, I joined a ski trip. It's an overnight trip to Banff that we could skiing and snowboarding. I chose snowboarding. On the first day, I took a lesson on how to ride a board in the morning. In the afternoon, I could freely glide down the snowboard course with my friends. I really enjoyed snowboarding, but also I was so tired. After snowboarding, I enjoyed time with my friends. For instance, we roasted marshmallows over a bonfire and ate dinner at the restaurant. On the second day, I glided down the snowboard course in the morning with friends. This was my first activity in Calgary.



Second, I registered for a trip to Waterton. This trip is also an overnight trip. I did a lot of hiking on this trip. On the first day, we went hiking. And it was so hot on the day, so we were very tired, but we could see great views at the end of the hike. In the evening, my friends and I went to the restaurant to eat and drink. We really enjoyed our time. On the second day, we rode a boat on the lake. We saw the border between the US and Canada. In the afternoon, we went hiking. It was hard for me. On this trip, I could feel nature. Finally, I could learn many things about Canada through this trip. I felt happy to register for these activities. I will never forget these experiences.

## Wonderful experiences in Calgary

Chiori Oda

I had many wonderful experiences in Canada. I met many people from various countries and learned many cultures from them. There were also many activities that was

prepared by university of Calgary, and I traveled three times individually. Everything was a good experience.

Firstly, I'd like to write about the best memory. All activities and trips were great, but Calgary Stampede was the most memorable for me. The Calgary Stampede is a famous large festival in Canada. It was held for 10 days in July. During this festival, there were many events such as free breakfast in Calgary. On the first day, I saw a parade and it was exciting. Many foreign people and many kinds of companies joined the parade, and many people were dancing and playing musical instruments. Moreover, I saw many horses because it was cowboy festival. On other days, I also enjoyed festival in the venue. There were unique booths that sold crazy food and some attractions in the festival venues. I ate pickle pizza! When I saw it for the first time, I was so surprised because there were many pickles on a pizza, but it was delicious! In addition, I watched the Stampede evening show. I could watch fireworks show, so I was very happy.



Second, I was impressed by Moraine Lake. I went there for an activity program. The lake was as beautiful as a picture. I went hiking a few times and saw view, but Moraine Lake was the most beautiful for me. I was able to feel nature in many ways because of the activity program. I had many good experiences and learned many things in Calgary. I met a lot of people through a variety of experiences. I love Calgary's nature and friendly people. These experiences have become precious memories.



# My Life with Family and Friends in Calgary

Rentaro Okumura

I met many people who treated me kindly and carefully during my time in Calgary. I appreciate everyone, my host family, room mates, and friends. I stayed with my host mother, father, their son, and four roommates who are from Korea and Japan. I have two impressive things with them. First, my host parents gave me and my parents Canadian red wine and some kitchen stuff when I returned to Japan. The red wine name is “See ya later.” It impressed me. Second, my roommates invited me to go climbing soon after my Calgary life began. I was nervous about starting a new life, but they treated me kindly, so I could enjoy



myself and the nervousness went away. Every time with them, dinner time, walking along the river, workout and so on, are my awesome memories.

I have a lot of Japanese and foreign friends who I met in Calgary. Everyone has a good humanity. I was always with two Japanese guys and we always encouraged each other. Actually, Calgary life was not easy because of the differences with life in Japan, such as the language barrier, numerous university classes, and lots of homework. But I was able to enjoy every day and overcome those challenges because of them. The people who are from overseas are also kind and funny. I went to festivals and some activities with them, I always felt happy and had fun when I was with them. I want to meet again some day.

In my Calgary life, I have a lot of memories that I will never forget. Everything in Calgary was good for me—studying English, activities, time with friends on holidays, time with my host family—were all wonderful. I think I will be able to live my life better because

of this experience, and I want to become a person I won't be ashamed to be when someday I meet again with my host family and friends.

## Snowboarding Activity

Sena Shimizu

During my study abroad program at the University of Calgary, I went on a one-night, two-day snowboarding trip to Banff Sunshine with members of my class. The ski resort was incredibly wide, and it offered many different courses—from easy practice slopes to long, steep runs. When we took the lift all the way to the top, the view was so huge and beautiful that I was completely amazed. Snowboarding down from that height made me feel excited and free, and it became one of the best moments of my stay in Canada.

This trip was a truly special experience for me, and I am very glad I had the chance to join it. It also reminded me how valuable the entire study abroad program was. I learned so much, made great memories, and felt that coming to Canada was one of the best decisions I have ever made.





# My Awesome Life in Calgary

Sho Tachibana

This study abroad program gave me the opportunity to travel overseas for the first time in my life, which was both exciting and challenging. I was really nervous before starting this study abroad program, but I got used to it quickly. This program has been a great experience for me. During my stay, I participated in various activities and trips that made the experience unforgettable. I would like to introduce two activities and a trip to Vancouver.

First, I had a chance to visit Waterton for a two-day, one-night trip. The view from the top of the mountain was breathtaking, and it was the most beautiful scenery I had seen during my time in Canada. That night, the sky was so clear that I could see countless bright stars above me. The next day, I woke up early to watch the sunrise, and I was lucky enough to



see it clearly as the warm morning light spread over the mountains and lake. It was a peaceful and unforgettable moment that made the trip even more special.

Next, I was able to visit the Calgary Stampede. As an animal lover, I really enjoyed this festival, which featured various events and shows. The thrilling race, called the chuckwagon race, had the whole crowd cheering, and it was unlike anything I had ever experienced before. The night ended with a spectacular fireworks display, making the experience even more memorable. Experiencing this unique festival gave me a deeper understanding of Canadian culture and traditions. On the other hand, participating in this festival made me feel a little sad because my study abroad life was coming to an end.



In addition, I spent time with my friends in both Vancouver and Victoria. I was both excited and a little nervous because, unlike my friends, it was my first time traveling just with



friends. Thanks to my friends' planning, the trip turned out to be a great memory, and I really appreciated it. In Vancouver, we visited a museum and saw the world's first steam clock, which was really interesting. In Victoria, we ate delicious Eggs Benedict at a place called Blue Fox, which made the experience even more memorable. Spending time with friends while exploring these places made my trip even more special. Both cities were enjoyable to explore on foot, and personally, I preferred Victoria.



Finally, my study abroad experience was invaluable for improving my English skills. While exploring beautiful places like Vancouver, Victoria, and Waterton, I also had many opportunities to practice speaking and learn about Canadian culture firsthand. This program not only helped me grow in terms of language but also gave me confidence to communicate in diverse situations. I am grateful for the support and memories that made this study abroad so meaningful.

## My Study Abroad in Calgary

Akito Takeda

I joined the study abroad program at the University of Calgary in Canada for four months from April to the end of July. For me, this trip is very good and memorable! One of the most memorable aspects of my time in Calgary was the friendship. In university, there were not only Japanese students but there were other students from other countries such as India, Korea and France. After class, we had fun playing UNO and frisbee together, and we often went to a market every weekend.

During this study abroad, I traveled to Vancouver with my friends. It was a very refreshing experience to book hotels and flights in a foreign country by ourselves. It was also a good way to practice English. In Vancouver, I ate some seafood because Calgary is inland, so it's hard to get fresh seafood there. In addition to Vancouver, I also went to other

sightseeing spots with my friend. I would like to write all the details of my trip, but I don't have the space. So, I'm going to pick one trip and write about it.



I went to Waterton in for one of the university activities. There we climbed mountains, saw a waterfalls, and went on a boat ride. We were also able to see the US-Canada border from the boat. Time flies so quickly, and now I miss everything in Calgary. I had so much fun and such a memorable time there. I will never forget this experience I had in Canada. I highly recommend joining to the study abroad in Calgary.



## My Memory in Calgary

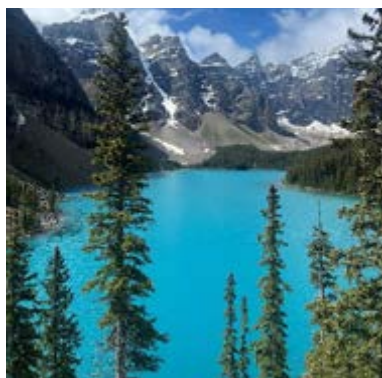
Chisa Takaura

I had many wonderful experiences during my study abroad in Canada, and through this experience, I came to truly love the country. In this essay, I would like to introduce one of my favorite things about Canada: the beautiful nature in Calgary. I studied at the University of Calgary, and the school offered us various activity programs. I participated in two overnight trips and many day trips while I was staying there.

The first overnight trip was a ski trip on May 2nd and 3rd. At first, I was surprised that we were going skiing in May because in Japan, May is already too warm for skiing. However, Sunshine Village is located at a high altitude, so there was still plenty of snow. The weather that day was very warm—it was too hot to wear a ski jacket! Many people were skiing in short-sleeved shirts or even tank tops. That's something I had never seen in Japan, and I found it very interesting.



One of the most memorable trips was a day trip to Banff. My host family and teachers highly recommended that I visit Banff, saying it was the best place to go. So, I was really excited about the trip. Finally, on June 28th, I got to visit Banff! I was amazed when I saw Moraine Lake—it was a stunning turquoise color. I had never seen such a beautiful lake before. I'd love to go there again someday! I also took a gondola to the top of the mountain. The view from the top was breathtaking. I even saw many wild goats, including some baby goats. I was so happy because one of my dreams was to see wild goats in Canada. That dream came true!



Thanks to this program, I was able to experience Canada's beautiful nature and make many friends from different cultures. We shared unforgettable moments together, which made my study abroad experience truly fulfilling. I will never forget these amazing memories.

# Amazing Life in Calgary

Ryusei Sakamoto

First, I would like to appreciate the people, such as my friends and family in Japan and Canada. Thanks to them, I had unforgettable experiences in Calgary. I'll always be proud of them. I would like to share some parts of my life in Calgary. The thing that I want to tell you most about is about school trip. I joined lots of activities, and they changed my thought from various perspectives.

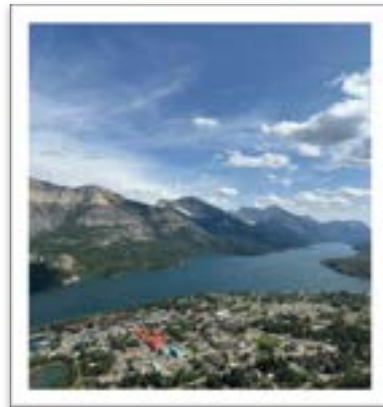


I'm going to write about ski/snowboard trip. It was in the beginning of May, but the mountains were covered by beautiful snow. We could select either to ski or snowboard, and I selected to go snowboarding. To be honest, it was the first time in my whole life to go snowboarding, but in the first day, I got used to it right away. However, an accident happened to me. On the second day, because of tough and slippery course, I fell while snowboarding and I injured my left shoulder. It was a crack in my left collar bone. At that time, I was disappointed in myself, but I was excited as well. I thought that most people don't get experiences like me, so this will definitely help me grow. For me, this experience is a big part of life in Calgary.

Second, I would like to write about the trip to Waterton. During this trip, after about one hour of hiking, we came across a spectacular view. Everything was perfect. I was able to learn about the beauty of the world. When I went there, I had just one month left until the end of the study abroad trip. At that moment, I decided to do everything I could for the remaining days. Moreover, this trip to Waterton had one overnight stay. I drank with my friends from Kindai University, and we talked a lot all the night through. During this trip I learned how big the world is and how great my friends are.

Anyway, In Canada, I had a lot of experiences, respectful friends, and wonderful days. The things that I've had here will definitely be used in each phase of my life and I'm excited for myself in the future. That was fun.





## My Life in Calgary

Yuji Ueda

This was first time for me to go abroad so I was nervous at first. This time was one of the most memorable experiences in my life. My host-family members were father, mother and brother. They are Haitian. After explaining the rules of the house, they took me to church. They recommended me to go to church because they thought that I can communicate with various people and improve my English skill there. Almost every day, after I come back home, I ate supper with my family. After that, I usually watched hockey or basketball games with my brother. I sometimes watched drama programs on TV with him. While we were watching that, he taught me some phrases. As for the meals, they prepare supper every day. I eat cereal for breakfast, and I bring sandwiches for lunch every day. They don't eat white rice, but they cooked it for me. And they cooked delicious food for me every day. On holidays, they took me to many places. For example, they took me to church for event. That was multi-cultural food event. I could eat some country's traditional food, such as India, Philippines, Haiti and so on. It was good experience for me because I tried some food and ingredients for the first time. I was glad to be family of them and lived with them for 3 months. I think that I could improve my English thanks to them and I want to keep in touch with them from now on.





# Life in Calgary

Yuan Wang

From April to July, I participated in a school English program in Calgary. I went there with my school classmates. Although we were in different classes, this program has taken our relationship a step further. We lived with a host family when we were in Calgary. My host family is very warm and friendly. They're Filipino, and I enjoy their food. Sometimes I got to experience Asian food, which I missed. At school, even though everyone in my class comes from different countries, we all got along well, and I made a lot of friends. In this essay, I would like to write about my school activities.



First, I want to write about our first overnight trip in Calgary, which is called the Sunshine Village Overnight Trip. We went to the Rocky Mountains to learn how to ski or snowboard. Before each activity, we attended a meeting at the school, where the teacher explained some precautions and the schedule. This time, the skiing trip was divided into two days: the first day was devoted to technique learning, and the second day was largely free time. I chose snowboarding, so on the first day, I took lessons with the instructor there. However, during the lesson, an accident occurred. I collided with someone and injured my right calf, requiring stitches at a hospital. The instructor accompanied me to the hospital, so I didn't have to worry much. Because of the accident, I spent most of the second day at the hotel, but I also went out to enjoy the scenery. The natural scenery there is truly stunning, and I envied my classmates who were able to ski in the mountains. Next, I would like to introduce the overnight trip to Waterton. This was also a group trip. We first went to see a waterfall and then had around 30 minutes of hiking. The road wasn't steep, but the altitude was a bit high, so it was tiring. However, the panoramic view of the town from the top was stunning. We took lots of photos and then had free time in the town. The next morning, we took a boat tour, followed by a hike with the school guide. On the way back, we were lucky enough to spot a

bear on the roadside. While the trip was physically demanding, it was a great way to experience nature. We also had plenty of time to wander around the town, giving us plenty of time to relax and enjoy the surroundings.

Finally, I want to talk about the Stampede Festival. This event isn't included in the initial event package; students must pay extra to participate. As a renowned Calgary festival, I highly recommend signing up for it. There's a free parade with international performances, horse racing, and evening fireworks and singing performances. During the Stampede, the subway and buses work until late in the evening, so don't have to worry if the show ends late.

In addition to the activities mentioned above, there are many other interesting activities that are very interesting and worthwhile. Through these activities, I learned about the unique local customs and landscapes of Calgary, which are different from those in Japan. This trip had a profound impact on me, and I will never forget it.

## A Home Away from Home

Maho Watanabe

The experiences I had in Calgary helped me grow and mature. Before my study abroad began, I felt anxiety because it was not only my first time studying abroad but also my first time living independently, apart from my family. However, I was able to spend a wonderful four months thanks to the support of my amazing host family.



My host family included a humorous host father, a warm host mother, and their adorable one-year-old daughter. I still laugh when I remember a funny moment with my host father. He likes rock and heavy metal music, and when he picked me up at the airport, that

music was playing in the car. I felt a bit awkward and wondered if he might be a scary person. I was nervous and unsure how to start a conversation with him. However, once I started talking with him, I realized he was kind and funny. He often joked around and playfully teased me, which always made me laugh. As for my host mother, she was always kind and an excellent baker. She usually made me delicious sweets once a week, and I looked forward to them every time. And then there was the adorable baby. Every morning when I left for school, she waved to me with a smile, and when I came home, she greeted me at the door. We played with toys together and made a lot of memories.

On my birthday, they made sushi for me. It was so beautiful and I was truly touched. Whenever we sat around the table together, we shared many stories and enjoyed meaningful conversations. On holidays, we went on a picnic, hiked in Drumheller, and watched the Stampede Parade together creating unforgettable memories. One of the most special experiences for me was witnessing the baby's growth over the course of about four months. When I first arrived, she could only crawl. But during my stay, I saw the day she first waved "bye-bye" to me, the day she kissed me on the cheek, the day she slept through the night for the first time, and the day she took her very first steps. Being there for all those moments and sharing them with the family made me truly happy.



Living with my host family in Calgary gave me countless precious memories and taught me the importance of kindness, connection, and sharing daily moments together. Their warmth and support made my first study abroad experience not only enjoyable but also deeply meaningful. I will always treasure the time we spent together and carry the lessons I learned into the future.