

# STUDY OVERSEAS


MAY 2023  
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A LIFE OF ADVENTURES

WHY  
STUDY  
ABROAD

FROM

Brazil  
*to*  
Canada



*Have you ever considered doing an exchange?*

# **THE VIEW OF A BRAZILIAN INTERNATIONAL STUDENT**



# — Intro

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My own experience studying abroad.  
My exchange in Kamloops BC - Canada.

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## *editor's note*

This magazine was made for my capstone project. It's not easy to leave your comfort zone and move to another country as a teenager. I made this magazine to tell a little about my experience studying in Canada in order to help people who, like I had, have the dream of doing an exchange and studying abroad.

***Nicole F Zilio***

EDITOR-IN-CHIEF

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# Exchange Program

## WHAT IS THAT?

According to the dictionary, the definition has to do with varied exchanges, from commercial to cultural. The High School exchange is aimed at young people aged between 14 and 19 who want to study a semester or a year of their high school abroad.

*In my words, I would say that the exchange is a period of time, where you leave your family, your friends, your country, your LIFE. To live in a totally different reality, with people you don't know, in a city you may never have heard of.*



It is also during this period of time that you meet incredible people, collect memories, experiences and learnings that you will take with you for life.

The learning you have in this short period of time is much greater than what you would have in 5 years just living limited in your own worldview.



# Reasons Why You Should Do An Exchange In Canada

Canada was elected the best destination for exchange students.

Canadians value cultural diversity, which implies that the population is more welcoming to foreigners.

I confess that this was one of my biggest fears: what if Canadians receive me badly and I am left "alone" for a year?

Before I arrived, I had already contacted my host family. My host sister Katie, 10 years old, called me practically every day for 15 days before my arrival, which helped me partially overcome the anguish before coming. I was well received by all of them.

On my first day at school I was so scared and anxious, but as soon as I arrived, I had the opportunity to meet several other exchange students from all over the world.

*I wasn't alone.*

During the day, some Canadians came to talk to me and were always trying to help me. Some of them, nowadays, are my best friends here.

But because Canada receives a large number of foreigners and they are used to exchange students coming and going every year, many of them will not come to talk to you. Many people think, and I did too, that when new people arrive, especially from another country, Canadians would be curious and interested in getting to know you and ask a lot of questions about you and your country. But No.

Rarely will people come talk to you. It's not that they don't like you, or that they're going to be mean.

They're just used to it.

It's all new, you don't know anyone, you don't know the culture, and it's scary. But don't let it overwhelm you. As much as you are scared, go meet new people. Ask how they are doing, or what their next class is... begin with small talk.

This will be important in your future relationships with friends.



# Reasons Why You Should Do An Exchange In Canada

Canada was elected the best destination for exchange students.

## 2 The transportation system in Canada is efficient.

Both big and small cities, there is the bus system, which has a relatively low cost, and gives you the independence of being able to go anywhere at any time.

In the beginning, I complained a lot about the bus. In Brazil, I don't use the bus system.

To be honest, when I had to take the bus in the winter, when the temperature was - 27°C, all I could think was "I want to go back to Brazil!!!!" or "Why did I come to such a cold country...?", and I even tried to convince my dad to buy me a car here

\*P.S.: obviously I didn't get the car.

The reality is that despite all these difficulties, I'm lucky to have access to the bus. The bus system brought me freedom and the advantage of being able to move around whenever I want to meet my friends, go to the mall, the gym, a coffee shop, etc.



## 3 Canada is a safe country with a high quality of life.

As an exchange student, you need to be independent, and you often need to walk and/or take the bus, and this becomes easier in a safe country.



# Reasons Why You Should Do An Exchange In Canada

Canada was elected the best destination for exchange students.

**4 Opportunity to learn and improve a language.**

Doing a High School exchange in Canada is perfect for improving both English and French (depending on the chosen region).

I've been studying English since I was 6 years old, and I've always loved the language.

Coming to Canada made me improve both my grammar and my speaking skills, and this is something I will use for the rest of my life, both for future work and trips.

Nowadays, knowing how to communicate in English is a privilege, especially referring to my future career and the job market.



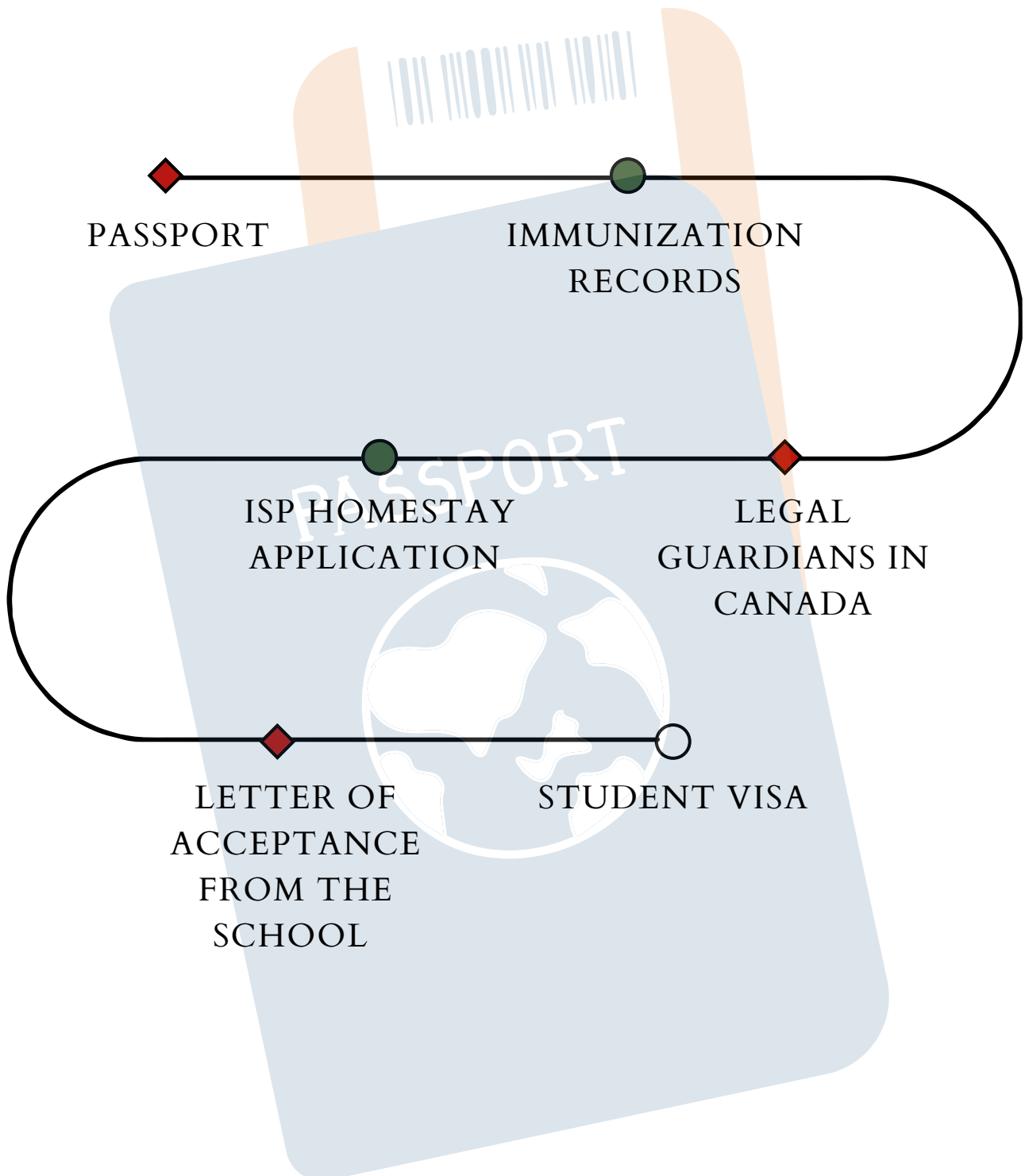
***The knowledge of the English language has become a must for the most desirable and well-paying jobs.***





# NECESSARY DOCUMENTS

TO BE AN  
INTERNATIONAL  
STUDENT IN CANADA





# The Choice Of A Country

*The choice of country involves several variables, such as your personal, professional and financial goals, your cultural preferences and your level of ability in the language of the chosen country.*

*It's an opportunity to live something new and step out of your comfort zone.*

I would say choose a country that is totally different from your country of residence.

If you, like me, live in a tropical country, choose a country where you have the opportunity to experience snow and cold.

# How To Choose A City?

*For high school exchanges, smaller cities are more suitable.*

When we compare small towns with big cities, the quality of life in the countryside is undoubtedly higher. How much time would you spend commuting between your accommodation, school and extracurricular activities? Put that time over a week... a month... You could use that time to have fun, couldn't you? After all, we are here to take advantage of everything possible.

You will have more time to do your personal things, the daily journeys can take between 10 and 15 minutes and the best: you can do a lot walking! You will need to walk a lot, and in a smaller city, where everything is very close, it saves you time and leg.

*Choosing small towns can also be an amazing way to get completely immersed in the culture and tradition of your destination.*



One factor that makes cultural immersion in small towns during the exchange even greater when compared to big cities is that they are not very popular.

Avoiding a destination with a lot of people from your home country will not only give you a greater dimension of the culture of your destination, but it will also boost your language learning, since you will be using it much more often !



## Opportunity To Save



Doing an exchange program in a small town can be a good opportunity to save money.

Smaller cities have a much lower cost of living than large cities or capitals.

# Kamloops

Kamloops is a city that offers an incredible experience. It is a middling city with an estimated population of 106,664.

The International Student Program here offers an ongoing activities program with several activities every month keeping students connected and assisting them in making friends while enjoying sports, nature, and cultural experiences.

There is an emphasis on nature-related activities during all months of the school year highlighting the distinct four-season climate of Kamloops.



## *THE BEST DESTINATION FOR INTERNATIONAL STUDENTS*



PICTURES | PHOTOS

During the time I'm here I've had the opportunity to participate in various activities and trips that the program offers, including hiking, ice fishing, gold panning, snowshoeing, etc.



**PUMPKIN CARVING. OCT 29, 2022.**

SEPTEMBER 2022 -  
MAY 2023



# isp activities



**ICE FISHING. DEC 29, 2022.**



**SNOWSHOEING. JAN 21, 2023.**

# FUN & *Activities*

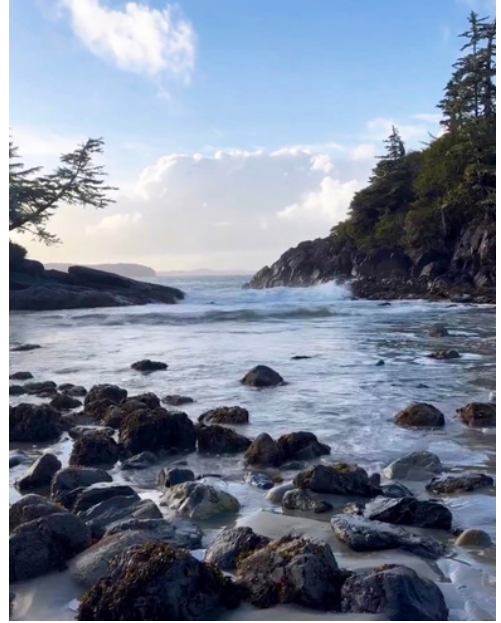


**GOLD PANNING. APRIL 15, 2023.**



## Trips

Bella Coola, Tofino and Banff.



# Relationship Host Family & Student

A host family is a family that receives a student from abroad in their home.

They will be an important part of your year abroad.

You will share everything with new people whom you've never seen before. There may be some hiccups along the way, as is common when individuals live together, and it will take some time to get used to everything. Come with an open mind to make the most of your time with your temporary family.

Attend family meals. Eating together is a great opportunity to meet people, and conversing at the dinner table is a fun way to learn new vocabulary and improve your communication skills.

Even if you paid for your stay, you are still part of a family that it's not yours. Be considerate of their routines and curfews.

Accept the differences; you'll probably need to get used to new ways of folding laundry, different food, and different house rules from back home.

Different and new do not always mean bad. It is one aspect of the process of learning. Being more open-minded and mature involves expanding your horizons and learning to recognise and appreciate cultural differences.

Mind your manners, engage in activities, spend time with your host family, gain from everyday interaction, and get to know them.

But... sometimes things don't go as planned. Sometimes you don't fit in your new home and need to move. Sometimes your relationship with the host family is not very good. Sometimes you miss your family.

Some friends did not adapt to their new families and had to move to new families. And problems like that happen, after all we are living with people from a totally different culture.

The important thing to remember is that this is temporary. This is only your temporary family and they have their own way of doing things. You will return to your old home, and you will have many stories and experiences to tell your friends.



# *My Host Family*



## *I am lucky !*

I don't know if luck is the right word, but I have a wonderful host family.

Since I was a little girl, I always wanted a sister. I got two in Canada. My relationship with my host family is amazing.

They are so much more than the people who host me for a year. They became family to me.

They are people I want to take with me for the rest of my life. I had incredible experiences with them, I learned new customs, games and a new way of looking at life.

I am extremely grateful to have the privilege of spending everyday life with such wonderful people.

*My host family was a gift that life gave me.*



# Your Letter...

Before a host family accepts you, it is necessary to write a letter telling a little about yourself.

Here are some tips on how to write that letter!

- Begin with the salutation “Dear Family”
- Provide information about yourself, your personality, your activities and interests, and your goals.
- Do not use last names, birth dates and/or addresses in your letter.
- Describe your family and your relationship with your family members:  
How much time do you spend with your family and what kinds of things do you do together?  
Do you live in a house, an apartment, a ranch, or a farm?
- Describe your school, the community where you live and your friends
- Describe your activities and responsibilities at home, school and in your community.
- Describe your future job or career plans.
- Explain why you want to go to Canada and why you want to live with a Canadian family.
- Tell your hosts anything else you think they should know about you.
- Express your enthusiasm and interest in them by asking about their activities and interests, their family, their community and the school you will attend.
- Say a direct “Thank you” for the opportunity to live with them. This is very important to your future host family.
- End by typing your first name.



# My Letter...

Dear host family,

My name is Nicole, I'm a Brazilian sixteen-year-old girl. I live in a medium-sized city, in the countryside of São Paulo state, called Marília. I have three older brothers (Vinicius, Guilherme and Raphael) but they don't live with me anymore since they study in São Paulo. My parents are Silvio and Elaine. My father is a business man and my mother graduated in medicine but she doesn't work as a doctor, she takes care of all needs in my house and of me, my siblings and our pets. I admire them so much because they work really hard.

I'm very sociable and dedicated and I always put my best efforts to get the things that I want.

I like sports and exercises in general. I like to travel, spend time with my family, go out with my friends, and generally try different things as hobbies. When I go out with my friends I like to have a good time with them. We usually go to the mall, play sports, hang out at someone's house and sometimes have dinner together in a restaurant to relax from our exhausting week of studying. Most of my friends and I study in a demanding school in my city where we have seven classes per day and three exams per week.

Every day I wake up, go to school that starts at 7:20 am and stay there until 1:30 pm. After that, I have lunch in my house then I go to my extracurricular activities. I go to the gym three times a week, twice a week I have English classes and dance classes and once a week I go to pilates, artistic gymnastics and I have started taking piano lessons. And after all, I come back to my house to study and do my obligations. On the weekend, usually I stay with my family and go out with my friends. Sometimes I like to visit nearby cities too. I get along very well with my parents and brothers. I always help my brothers with their needs and take the dogs for a walk. We have seven dogs and some cats. As usual, in Brazil we have one maid that helps us with housekeeping on work days. However, on the weekends I take care of my bedroom by myself.

Traveling is something that I really enjoy doing. My family travels more or less twice a year, mainly during our summer vacation. We usually go to the beach in Brazil.

In 2017, I went to the USA to visit my brother, who was on exchange in Minnesota, then I went to Canada and stayed a week. At that time, I went sightseeing in Toronto and Ontario (Niagara Falls) and I loved it there.

All of my brothers did an exchange program so my parents and I already know how things work.

And also in 2019, I went to California in a study & vacation program, I spent a month with my friends there and studied English at Long Beach University.

In my exchange I hope to make a lot of friends, have new experiences, know more about Canadian culture, and mainly improve my English.

I don't have many dietary restrictions, I just don't eat red meat for healthy reasons.

I'm very excited to live this amazing experience because I think it will be unforgettable in my life and could contribute to my personal development. I will do my best to make it awesome.

I look forward to hearing from you and I thank you for your time and consideration.

Sincerely,

Nicole.

— *School*

# South Kamloops Secondary

Schools in North America



Comparing the school I studied in Canada (South Kamloops Secondary School) and my school in Brazil (Criativo) there are many differences.

To begin with, the Canadian government invests a lot in education, which means that most schools here are public, whereas in Brazil the quality of public schools is not good, so many parents choose to place their children in private schools.

The academic year in Canada starts in September, while in Brazil, in February.

In Brazil I had 21 classes throughout the year. Here you have the option of choosing 4 classes per semester, which is less burdensome for the student.

Teachers care about your physical and mental health and are more tolerant. The Canadian schools have quality education with quality professionals.

# Inclusion, Clubs & Education

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Another thing that I think is wonderful here in Canada is inclusion. Talking to some Canadians, I noticed that there is a great desire for children to get to know other cultures, other social classes, other religions, other languages, the other in themselves from an early age.

In addition, there are several activities planned for the development of emotional, social, cognitive and motor skills.

My school here has many clubs, both for activism and for student fun. These clubs promote school activities for all students. It's a wonderful opportunity to meet and help people.

I confess that I had a certain prejudice in relation to North American education, I thought that the classes would be very simple and I would not learn anything. But what I have to say is that I am more and more in love with Canada every day.





# Be Part Of A Team

**Joining a sports team can open a lot of doors when it comes to making friends and being included in activities both in and out of school. It is an opportunity for socialization.**

I made the Field Hockey team in my first month here and joining that team was one of the best choices I made.

I had never heard of Field Hockey before, but I still went for the try outs and made the team. Practices were in the morning, from 6:30 to 8:00, every Monday and Wednesday, and right after that, we went straight to class. It was October, it was already starting to get cold, and many times I just wanted to be able to sleep in the warm weather, and not have to wake up at 5:10 in the morning, in the cold, to go play Field Hockey.

Many international friends gave up because it was so early, and because they were too lazy to wake up at that time. But I don't regret for a second that I continued. I met amazing people who welcomed me. To be part of a team is to be part of a family. People will encourage you, support you, smile and cry with you. And that support is very important when you are alone in a country.

# Drama Club

## My First Experience Acting



Spring Play. May 4, 2023.

I insisted on participating in all the activities that the school offers and that I know I will no longer have the opportunity to do.

My first semester, one of my classes was drama. I participated in every possible play, including the Halloween play, Remembrance Day, Scroogemel (Christmas play), Romeo and Juliet and Keeper of the Forest (Spring play).

## What I Improved ?

This class helped me to improve my English pronunciation and to develop my voice projection and public speaking skills.

Furthermore, I met incredible people within the theatre, people that I am very grateful for. Theater gave me a new way of seeing the world and accepting all the differences.



Remembrance Day Ceremony. November 10, 2022.

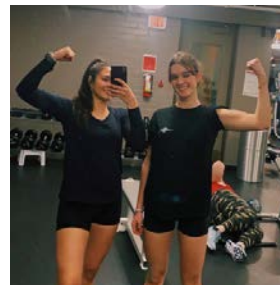


## Is It Normal To Gain Weight Studying Abroad?

That was my biggest fear. But gaining weight during your exchange is normal. When we're in a new place, it's hard to resist so much newness, so much delicious stuff. And we're lonely and anxious, which we sometimes take out on food.

I've gained 20 pounds since I got here.

— *Discover and be the best version of yourself.*



In my first month here, I thought the food was quite different.

In Brazil I was used to eating a lot of salad, fruits and vegetables. I had a specific diet and it was really hard to follow it here.

I had a different routine in Brazil.



North America has the ease of fast and cheap food, which are generally not healthy choices, and as much as we try to avoid it, it's hard to deny hanging out with friends at Starbucks.

The thing is, it's okay. Different place, different routine.

The thing is, it's okay. Different place, different routine.

Enjoy your time to the fullest and try a little of everything (no need to exaggerate).





*"I am not the same  
having seen the moon  
shine on the other side of  
the world."*

*Mary Anne Radmacher*

You feel butterflies  
in your stomach  
before you come,  
thinking about how  
your new life will  
be and in the blink  
of an eye, the best  
year of your life  
has come to an  
end.



Why Did I Decide To Do A  
Magazine As My Capstone  
Project?



## What Career To Pursue?

# Being an International Student & Marketing

Other than deciding to do an exchange program to improve my English, another reason was the fact that I didn't know which career to pursue and I thought that coming to another country could help me and bring me more opportunities.

After almost 1 year of experience, I decided that what I want to do is business. My first choice had always been administration, followed by economics.

But the real thing is, I want to pursue my career in marketing. The art of marketing involves developing the strategy behind any product or service, creating the tools to sell it, and then getting that product or service to people who will want it.

I really admire creativity and designs, and I wanted to be able to do something that would combine this wonderful exchange experience that I'm living with my future career. And that's exactly why I chose to make a magazine in which I can combine my creativity with my life as an international student.

*Dear*


# **INTERNATIONAL STUDENT**

Being an exchange student means having a hard time, crying, missing your old life, and sometimes even wanting to go back "home"...

But it also means being independent, creating new bonds with people all over the world, knowing how to laugh even in the worst moments, learning to enjoy your own company, getting to know another culture, playing new sports, being part of another family and enjoying every second in this new country, because... you know how much you will miss everything when you return to your home country.



*"Leaving home to go home is such a weird feeling."*



**“STUDY ABROAD IS THE SINGLE  
MOST EFFECTIVE WAY OF  
CHANGING THE WAY WE VIEW  
THE WORLD” - CHANTAL  
MITCHELL**

By Nicole Franco Zilio

