

Sono Anna, vengo dalla Sardegna e ho trascorso un anno di scambio a Halifax, in Nova Scotia. All'inizio ero spaventata e mi sentivo persa, ma grazie alla scuola, ai nuovi amici da tutto il mondo e alla mia *host family* sono riuscita a integrarmi.



Ho vissuto esperienze indimenticabili: attività con altri *exchange students*, feste, un Natale “da film americano” e ho iniziato a giocare a rugby. Il momento più speciale è stato il Prom, sicuramente.



Tornare a casa è stato difficile, ma questa avventura mi ha cambiata e mi ha regalato ricordi preziosi e una seconda famiglia. Consiglio a chiunque sia indeciso di partire: ne vale davvero la pena.



Anna ha preferito scrivere in inglese (e che inglese!!) riguardo la sua esperienza. Segue la versione completa originale!

Hey I'm Anna and I'm from Sardinia. Last year I did my exchange year in Nova Scotia in the capital of the province Halifax, let me tell you how my experience was.

I arrived at the airport in Halifax the 31st of August and I was so scared when I got off the plane. The fact that I was on the other side of the world all by myself terrified me, and not knowing anyone and barely speaking the language made it even worse. But in the end I gathered my courage and walked out that door. In front of me there were so many students, and right there in the middle of the airport I saw my host family for the first time. That's when the best year of my life began.

I won't lie, the first days before school started weren't easy. I had been thrown into a new life, leaving mine five hours away. I didn't really understand things and felt lost and out of place. I often called my mom in those days, asking her why I had left and if I could come back home. But luckily, I held on. Soon school started, and my whole perspective changed. I made so many friends and met people from all over the world. School went great from the very first day the teachers were so nice, and I really enjoyed the subjects.

That's how an amazing year began. I did lots of activities with the exchange program: a camp by the lake, a boat trip, Halloween and Christmas parties. I met students from many other schools, and those friendships turned into lifelong bonds. Even today, even from far away, we still keep in touch. I also got to experience Christmas like you see in American movies. It wasn't easy being far from home, but that was part of the experience and my host family made it wonderful making me feel 100% part of their family.

After the holidays, the second semester started. It was tough saying goodbye to exchange friends who were only there for the first semester, not knowing when I'd see them again. But at the same time, I was excited to meet the new ones. That semester I joined the school rugby team and grew very close to the Canadian girls. The weather slowly got better, so we spent more time outside, but every month that brought us closer to the long-awaited prom also meant getting closer to the day I'd go back home.

When prom finally arrived – after more than two months of choosing dresses, nails, and hairstyles it turned out to be one of the most beautiful experiences of the year. Everyone was so dressed up, and especially after receiving my "promposal" on the rugby field from the guy who is now my boyfriend, I was so happy. It was a beautiful night I'll never forget. But I won't tell you too much about prom, because everyone should have the magic of living their own.

After prom, the days flew by as we all tried to hold onto time and then sadly came the day of departure and goodbyes it was really hard. But in the end, if it's so difficult to say goodbye, it means the experience was truly worth it.

When I got back home, I was exhausted, sad and it was all so strange to me but I carried inside me unforgettable memories and the certainty of having another home in the world. If you're unsure whether to go or not, do it because it will change your life forever. And even when it gets hard, hold on and keep going, because in the end, when you look back, you'll be grateful you chose this adventure.



