



HERITAGE **ib** NEWSLETTER



March 2023

Letter from the Coordinators

Many of our senior IB students participated in the YMCA Canada Youth Exchange Trip to Saskatchewan this year. In this newsletter, Lara Archambault (IB Secondary 4), shares her experience out west as well as her experience sharing her culture and home with the exchange students when they visited Montreal.

Tessa Barrans & Sebastien Porco

AN UNFORGETTABLE MOMENT

by Lara Archambault - IB Secondary 4

The YMCA Canada Youth Exchange Trip to Saskatchewan consisted of living in your twin's house, the person you were paired with, and then welcoming them to your own for a week. We were able to discover the small town of Luseland, which has less inhabitants than there are students at Heritage; quite a shock! The exchange allowed us to experience a different reality from what we know - whether it was environmental or cultural. We got to meet new people, and experience what their day-to-day life is, whether on a farm or in a small town. A few of the activities we did over there were: horseback riding, visiting a cattle auction house, listening to cowboy poetry and, an all-around favourite, family day.

The exchange helped us take a break from our everyday lives and experience living in a closely knit community, which we wouldn't have been able to experience anywhere near home. As for when the Saskatchewan students and teachers came here, we did our best to show them the big city as well as certain aspects of our economy. We went to downtown Montreal; visited Evlo, a Hydro-Quebec research facility (thanks to



Giovanni Giumarra); went hiking at Mont St. Hilaire; visited the Biodome; and took the REM and the metro, where some of their reactions were priceless.

The trip was an opportunity to share pieces of our cultures and homes. It also made a few of us step out of our comfort zone and meet new people. Needless to say, I sincerely hope everyone can experience something like this in their lifetime!

