

My ideal person

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I've been studying abroad for four years now. I have gone through so many difficulties that I needed to overcome. And through these four years I've changed a lot in a good way. And I really like myself after changing. The most life changing impact that I got from the first year in Canada was meeting my host mother. Her name is Stacey. She was hosting me for a year and a half. And I learned a lot from her and today I want to focus on three main things that I learned from her. That is communicating, being independent and staying active.

The first thing is to communicate with people. She's been hosting exchange students for years. So she knows how to communicate with exchange students. At the beginning I couldn't open up myself and I could only speak a little bit of English. And there were some miscommunications and misunderstanding. However she never gave up on communicating with me. That's how I learned most of the phrases that we all use in general communications these days. And I realized how important it is to communicate with people.

The second thing is how to be independent. She had two little kids when I was with them. She is a teacher in elementary school. I was quite surprised by her time management skills to balance both family time and her business time. She must've been busy since she was a teacher but she still made time for us to do activities together and herself to spend time with her family and friends. This is something that she can do because she is independent and knows how to balance those things.

The last thing is how to stay active. Besides, she still made time to work out, cooking, baking and doing some volunteer work. It was my first time ever working out and doing some exercise and she taught me how to use all the equipment that she had. She also taught me how to

bake as well. It is one of my hobbies to bake nowadays. She took me to try horse riding, ice skating, skiing, paddleboarding and other activities that I had never tried. Staying active makes your life good. Since I started doing some actual activities my life became more fun to live.

Those are the things that I never knew how to do until I met her. I wouldn't say that I can do all of those that she did at this point but I'm hoping I can have those skills in the future. And she is my ideal person that I want to become in the future. Before I came to Canada I didn't have confidence in myself but through spending time with her I started liking myself even though there are still things that I want to complete. And she made me realize that I can still like myself, even though I am still not my ideal person. This is how I changed through these four years including meeting her and learning from her.