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The first part of my experience started on the selection weekend where we all had interviews and activities where we could meet others and show how well we could work together. After the weekend we just had to wait and see if we got to go on one of the international trips or not. Luckily I was one of the 12 girls chosen to go on the Canada trip!

Then a month before our actual trip we had a preparation weekend, getting us ready for everything that was ahead, which included making sure that we had packed all the right things.

Before we knew it, the time for our trip had come.

Our first day started in the airport, we all said goodbye to our parents and then went through security and soon enough we were on the plane to Canada, we had a meal which pasta, and a snack which was a roll. Our flight was 7 hours long and when we landed we caught taxis to the youth hostel, I was in the taxi with Emily, Charlotte, Eleanor and Margaret. When we arrived at the youth hostel we got our sheets and towels and found our rooms, then a few minutes later we went down to the local supermarket to buy our dinner, then we got back ate and chilled until the end of the day.

The second day started out with a lovely breakfast of pancakes and rice crispies, soon after we walked down to the pier, we then went whale watching, some of the guides and I held a lobster but we did not see any whales. After our boat tour we went round some of the market stalls on the pier as we were walking through the market stalls we came across a street performer who walked through a squash racket and later juggled a chain saw, it was quite amazing, we walked down to a inside shopping area and bought a few souvenirs. After this we went to a restaurant right by the water front and had a meal, I had fish and chips, it was really tasty. We then walked down to a museum called Pier 21, it was all about the immigrants coming over during and after the world war. We walked back to the hostel and went to sleep.

Third day is Lesley's birthday, we blew up balloons and went off to breakfast, and we had egg bread and bacon, we sang happy birthday to Lesley and then walked down to the post office and sent our postcards, then walked up to a fort, we had a tour and learnt about the lives of a soldier in Canada in olden times, we had a picture with the guard then walked down to where we were going to have lunch which was subway, I had a turkey melt, it was really nice, we went back to the hostel, collected our belongings then went down to the train station where we were to catch a bus down to the camp, when we arrived at the camp we set up our tents in the rain, put our stuff inside the tents, decided where we were sleeping then went off to have dinner. Then we had the welcome ceremony where they told us some of the rules of the camp and what was going to happen over the week we were staying there, we grabbed a cereal bar to eat and then went to bed.

Fourth day we woke up in our tents and got ready to go down to breakfast, I had a bagel, egg and muffin. After that we did arts and crafts and got to know a lot of the Canadian girls. We then had lunch which was hotdogs, then we wandered down to our tent and met some more girls from the camp. Our next activity was lights, camera, action where we did many fun activities like flying mini helicopters with cameras on and things like that. We then went to have our swim tests, we had to swim from buoy to buoy and then tread water for a

couple of minutes. After this we had our dinner which was ham, vegetables, a little cake and some pretzels. We then had our opening ceremony, listened to a few drumming songs, then we listened to squid, they were a band who made music from drums, it was really entertaining and fun to dance along to. We got back to our tent filled up our solar shower then went to bed.

Our fifth day, Saturday, started off tidying our tent, for breakfast we had scrambled egg, bacon and a nutrigain bar, then we listened to some more of the ladies drumming and some of us got to have a go, not me though. We then got told to stand up and form a line, we were doing something they called the bunny hop, which is like a big conga line, we then got ready for swimming and swam for a little bit, then got out and watched the others, I got a tan! Then we dried off and had lunch which was chicken, beef and a yoghurt tube. After this we rehearsed our ballet just to make sure everything was right. We then went down to the lake again this time I went canoeing and got a darker tan. Charlotte and I had our shower and then we had dinner. Dinner was turkey, gravy, mash potatoes, carrots and for pudding trifle. A couple of hours later we had our cultural evening part 1, our group was second to perform and it was really fun to do.

The sixth day started off with breakfast, I had two eggs, a muffin and a cereal bar. A few minutes later we did our assault course where we got really wet but had so much fun, soon after followed archery, I didn't even hit the board! Then for lunch I had a burger, sausage and some potato salad, we then another activity soon after where we decorated our own lighthouse tiles to go onto a little lighthouse which was covered in other girls tiles, after this we learnt about the medicine wheel it was fascinating. Soon after this we tried some Canadian dancing, it was really fun but rather tiring. We then sat in our tents for a while then eventually went off to the tuck shop. After enjoying our snacks from tuck we then went off to dinner to have meatballs, rice, white beans, potatoes and a lemon cake with cream for pudding. Then in the evening we went along to guides own and sang taps at the end, it was amazing to hear everyone singing it, and then we went off to bed.

Day seven, we had to do for breakfast early because of our day trip, I had froot loops with milk and we grabbed a cereal bar for the trip. We got on the bus and had a long journey to the Mi'k Maq heritage centre. We learned all about the Mi'k Maq people and their history, we even made dream catchers. Then we got on the coach to go another place and had our lunch on the coach and I had Turkey sandwich, crisps and my cereal bar. Then we arrived at our second destination, where we decorated mini stain glass windows and looked around the glass shop, where I bought a couple of miniature glass fishes. After this we got on the coach again but this time to go to a proposed 7<sup>th</sup> wonder of the world, which was a lighthouse where the sea levels were the highest in the world, the rocks were a beautiful red like colour, we walked along the beach and a small group of us went into a dip that looked a bit like a cave. We had a long journey back to the camp and arrived just in time to have dinner but not early enough to go to the tuck shop. For dinner we had chicken wings, potato, carrots and for pudding brownies. Because we missed tuck Lesley kindly bought us a pack of smarties each. We got back to our tents then went off to the campfire songs evening, there was no campfire but it was really fun learning campfire songs from Canada, New Zealand and England. Then we went to sleep.

The eighth day we went to have our breakfast, I had froot loops and a chocolate muffin, we then caught the coach to Halifax where we started our 'Amazing race' which was a hunt to find different points around Halifax, half way through we had a 20 minutes shop for last minute gifts and souvenirs then we went to a church hall so we could eat our lunch, for lunch I had pizza, a packet of pretzels and a sprite can. After this Lesley treated us to an ice

cream, then we caught a ferry across the water to where we had a mini scavenger hunt which we completed by each taking a little bit of the quiz and completing it on our own. We then caught the ferry back and went back to our meeting point so we could catch the coach to go home. For dinner, when we got back, we had pork steak, mash, vegetables and a rice crispies square then went to bed.

Our ninth day was Wednesday and that was our free day. I had a lay in, then woke up and tidied our tent. We had our lunch and I had Burger, Potato salad, a rice crispies square and cheetos. Charlotte, Emily and I had a shower and then Charlotte and I went off to the Ham radio which is where you communicate to people from around the world by using special equipment. After this we went to the tuck shop and then met a Canadian guider who taught us how to do a friendship knot. We then had dinner and I had lasagne, vegetables, garlic bread, salad and for pudding apple crumble. Then we had cultural evening part 2 which was very entertaining and interesting to listen to. Then we went back to the tent and went to bed.

For breakfast on our tenth day I had cornflakes with milk and also bacon then got taken to our first activity of the day which was an archaeological dig and I was partnered with Ellie, when we were digging we came across a pots lid and two of our guiders came across a campfires wall. Our second activity of the day was 'Aquatic roots' where we tested some of the water from the lake to see how polluted it was, then we looked at some of the waters life, we saw a baby dragonfly, a water boatman and many more little creatures. We then went off to lunch and I had a burger and potato salad. Our third activity was three mini activities the first of the three was building catapults where we built our own catapults and fired sponges as far as we could from them. Then we built a walking bridge from one tree to the other in small groups of around five. After this we went and made our own fires to boil water on, it was really fun. A few minutes later we went off to the tuck shop and then Charlotte, Emily, Ellie and I had a game of 'what' which is a bit like Uno but slightly different. Later for dinner I had meat, gravy, jacket potato, sweet corn and for pudding cake. Then we had a night walk which was organised by the Canadian army, where each group had little tasks to complete in a certain way. It was very hard, and then we went off to bed.

Our second last day (day eleven) for breakfast I had cornflakes, a fibre 1 bar and a strawberry toob. Shortly after this we went to our first activity, sisters in guiding, it was really fun and then we went and did a WAGGGS badge which included making paper. We then went off to lunch, I had Burger and potato salad. Then we tidied our tent and went swimming, when we got back from swimming we had to tidy some more (which was a bit of a rush) then we went to tuck shop. Later we had dinner, I had Pork, potatoes and for pudding cookies a then we went down to the closing ceremony, we sang songs at the ceremony, had some cake and said goodbye to our friends from Canada.

The last day, Saturday, We started by packing up all the last of our things and went off to breakfast and I had cornflakes, when we got back we finished all of the packing, took our bags to the pickup point, took down the tents then got on the bus to the swimming pool. We then went swimming and had a long hot shower. For lunch we had Wendy's and I had a burger fries and Oreo shake. We sat on the hill for a little while and then caught the bus to the airport. Our flight was around 7 hours. I had so much fun on the trip, made many friends, enjoyed the experience and shall never forget the memories.