

Hello! It's been a month now since I started off my study abroad journey in Walpole, MA, USA. I have already spent a fulfilling time with my host family, who are my host mother, father, brother and sister. So, time is passing more quickly than I expected! In this report, I want to share some of the things I experienced as an exchange student in the United States.

I go to school by taking the yellow iconic school bus every morning. The school building is enormous, and finding the right classroom felt like I was in the maize on my 1<sup>st</sup> day of school. Since I was nervous, I had hard time speaking up with the other classmates. However, I strongly thought I couldn't be like this, spend my very first day of school with silence. So, I gathered the courage to talk to the girl in my study hall, which is like a class you can study independently. Successfully, I was able to eat lunch with her! She was so sweet and nice. From this experience, I strongly felt the importance of being brave and having a positive mind to stay socialized, because these emotions can lead you to new connections and experiences that you can't imagine a minute ago. It will make life so much fun and exciting.

Moreover, this experience encouraged me to try new things like joining a girl's cross-country team! I'm not going to lie, the practice is harder than I imagined, but I got to meet wonderful people like my friends and my coach. I love them so much and I don't want to imagine myself not being in girls' cross-country team! We have a Meet every week and run a race with a team from another town. We tie our hair with ribbons of our school color and wear glitters on our cheeks. Cheering them and giving a high-five after the race is fun and heartwarming. Besides the Meet, we usually have practices on Monday through Saturday. Our training is very authentic, and we use dumbbells and ropes for our workout. I was very happy when I naturally started counting in English in my head when I was lifting the dumbbell!

Like this, I have been enjoying my study abroad in the USA. I want to keep it up and stay brave to make the rest of the 9 months to be a full of learning and growth.

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