Summer life in Montreal

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This internship had a significant impact on me. Over these four months, I realized that I should simply follow my heart and pursue what I truly want to do. I think we tend to make decisions based not only on what we want, but also on what others expect of us — on what counts as a "normal" life. The people I met during the internship all had a clear vision for their lives; they knew exactly what they wanted and what it would take to get there, something I rarely see in Japan. Since I made this realization, I have been trying to follow my heart, and I believe it will lead me to a more fulfilling life.



Another benefit of studying abroad is the chance to experience different cultures and encounter things you've never seen before. In Montreal, there were students of many different nationalities, and I had countless opportunities to engage with different cultures, which enriched who I am as a person. I also loved being able to speak frankly with my professor — not because professors in Japan aren't approachable, but because of the language itself. I could talk with him almost as an equal, which gave me a lab experience very different from what I was used to in Japan. Another cultural surprise was seeing people praise a bus for arriving late after a long wait. I found myself irritated by the delay, but the people around me saw the situation completely differently — they seemed to simply be enjoying the moment. Experiences like this taught me that when you live in one place for a long time, you start to see your own way of life as the standard, even when it isn't, and it's hard to notice that on your own. This internship made me realize that.



My favorite parts of Montreal, though, were the weather and the nature. Even in summer, temperatures rarely rose above 28°C, which felt like heaven to me — I found myself wishing I could spend every summer there. The natural scenery was just as remarkable, with breathtaking landscapes that have stayed with me ever since. There are also many well-known sights nearby, so you can enjoy some great travel experiences along the way (of course, only after putting in the hard work on your project!). I would highly recommend this internship to anyone interested in studying abroad.



Finally, I want to say thank you to everyone who was involved in making this program possible.

P.S. For food, I highly recommend trying poutine!!