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Pax academic exchange

PAXPRESS

The Newspaper for Exchange Students, Host Families, and Schools

Fun and Sun in Bean Town

Our tour of Boston is a day our New Hampshire cluster—15 of us from all over the world—will forever remember. We started via water taxi before moving on to the USS Constitution Museum and the ship where the Boston Tea Party took place.

After bonding over pizza for lunch, we visited the Old North Church. This was a new experience for most of us, as we all come from different religions. The atmosphere and history amazed us all, but the best part of the day was when we happened upon a lovely floor fountain.

Given the 90 degree heat, none of us hesitated to run right through (without thinking twice whether we had spare clothes)! After catching a street performance, we wrapped up the day with ice cream and lemonade at Quincy Market. I LOVE AMERICA!

—Ifreet (YES, Bangladesh), hosted by the Van Nest family (NH)

Aimen (YES, Pakistan), Jule (Germany), Ifreet, Shaima (YES, West Bank), Morgane (France), and Yosephine (YES, Indonesia) jump for joy in Boston.

America

Sometimes a word has more than one meaning. America: the doors were opened to new cultures, new friends, and new experiences. For me, America is a meeting point of different cultures and different colors. It is the place where I found much more than I hoped—the happiness that comes with excitement.

—Omer (YES, Turkey), hosted by the Morgan family (AK)

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Omer with his daily view of the magnificent Alaskan mountains

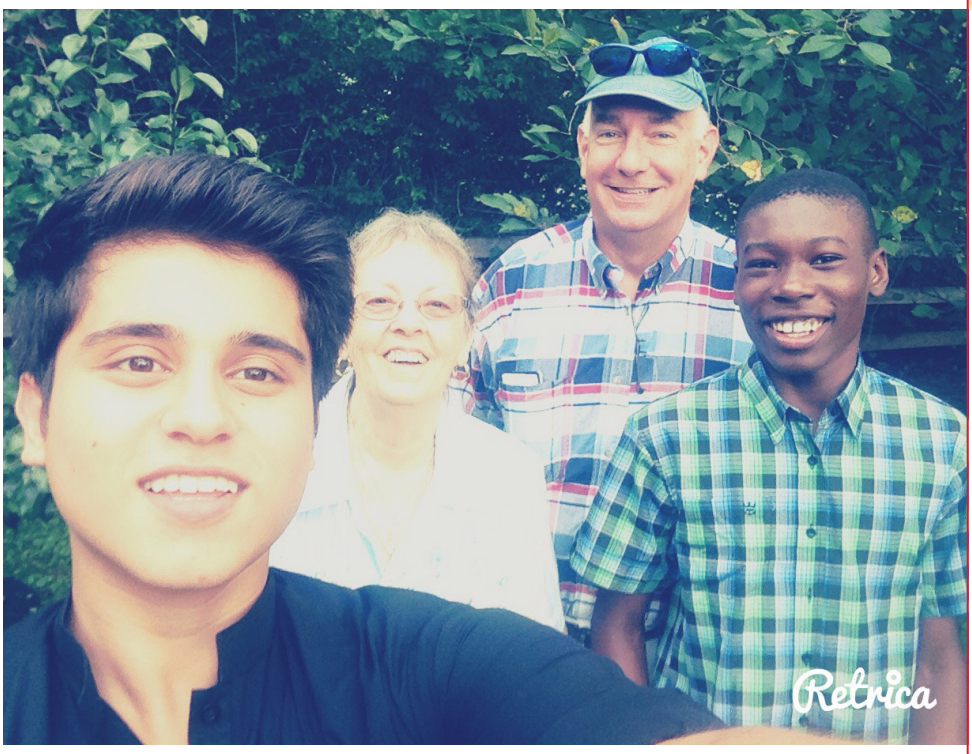
Hoping for the Best

Moving from a city with 10 million people to a small town was quite different for me, but I'm finding that both the town and my family are quite lovely.

Labor Day was very nice. It started with a walk to a nearby stream. Later on, we did a cook-out and grilled some steak, which Dad interpreted as a "typical American dinner."

As for school, my first day was quite uneventful until I told them that I'm an exchange student. Their attitude changed quickly! So far it's going great. I am hoping for the best and planning to make the most of this year.

—Danish (YES, Pakistan), hosted by the Butler family (VA)



Danish snaps a retro shot with his host grandmother Ella, host dad Jim, and exchange brother Chesron (YES, Suriname).

Russian cowgirl

Three Weeks as a Texan

There are always key moments in life. In Russia, we call them "turns." An important turn is when you meet your host family—just how you've been imagining them (or not). Luckily, my hosts are perfect! My host mom is a journalist (my dream job); my host dad is a former law enforcement officer; and my nine-year-old host sister is the sweetest. The first day she jumped from topic to topic. I couldn't quite understand, but it certainly broke the ice.

Texas is a wonderful, close-to-nature place. Seeing deer, roadrunners, and other wildlife every day is an unexpected present for me. I feel at home—joking, waking up excited for the day, making culinary experiments, and trying new things. This year is going to be fabulous and full of "turns!"

—Elizaveta (FLEX, Russia), hosted by the Cline family (TX)

Meet the Press!

My name is Yuliya, and I am an exchange student from Russia. This year, I live with the Millers, a nice family who live in a beautiful house in Utah and have four little doggies.

The first day of school was exciting but difficult at the same time. I didn't know anyone, and no one was interested in exchange students. So, it was time for me to take initiative and talk to people.

One of my favorite things at school is clubs. The most interesting one for me is robotics, where we will make a robot and participate in a city competition. We meet twice a week and try to find a way how to raise our budget and get new sponsors. I am even working on an article for the school newspaper to attract more students to the club!

—Yuliya (FLEX, Russia), hosted by the Miller family (UT)

Yuliya shows off her press ID.

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Get Involved!

Yana (left) and her friend Britney take a much-deserved water break.

Off and Running

I've always wanted to challenge myself and try something that will be hard for me. After proper consideration, I decided to try cross country. In Ukraine, I used to run in the mornings from time to time, but I've never really taken running seriously.

So after a couple of trainings, our coach said that we have a competition in a week. I was a little bit scared, because I didn't want to fail. I was even thinking about not going, because I wasn't ready—neither physically nor emotionally. But I asked myself one question, which I always ask if I doubt: "Why not?" So I got myself together and went to the competition. I ran three miles. It was so hard, and I was completely exhausted! But I don't regret it, because I managed to take third place and even received a bronze medal and a T-shirt!

Now, I know that I should never doubt and give up, because it's better to try and fail, than fail to try!

—Yana (FLEX, Ukraine), hosted by the Armstrong family (MS)

Rural Can Be Fun

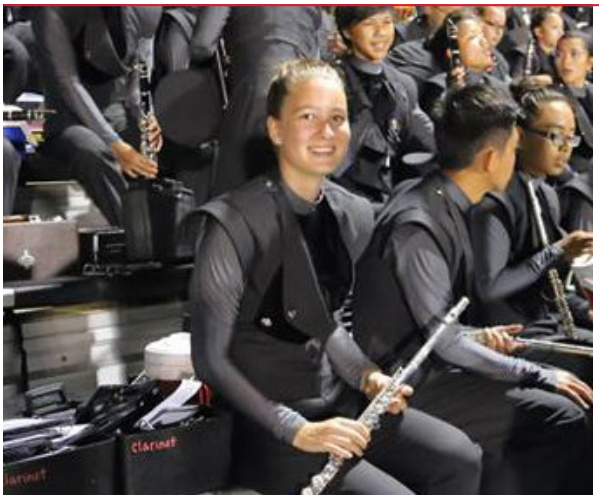
Before I got here, I was disappointed to be headed to a rural area. I thought my dream year in the U.S. would be boring—no cinemas, no malls, almost nothing...I was wrong.

I love American school! It's where students spend most of their time and is much more fun than in Ukraine. So many activities are available: art club, drama, golf, soccer, football, etc. I advise every exchange student to get involved. It's an opportunity to make friends, feel team spirit, and become part of the community.

I decided to play volleyball. We support each other during the game and live every moment together. It brings us together! Your year in America depends on you! So reach out, participate, make friends, and have fun!

—Kristina (FLEX, Ukraine), hosted by the Reed family (IN)

Kristina dons the helmet of the school Trojan with friends Sarah (left) and Angela.



Carla prepares to march with the band during her first football game.

Forward March!

Minutes before finally meeting my family, I felt overwhelmed. I didn't know what to expect. But when I saw my wonderful new family waiting for me at the airport, my nervousness turned to relief and happiness. My exchange year had finally begun!

I haven't gotten homesick at all, because I'm always busy. I'm part of the marching band at school, and that is definitely the most amazing experience so far! Through the marching band, I have met a lot of great people, survived our three-week-long band camp, and learned how to overcome my weaker self. And even though it takes my whole free time to be a part of this "huge family," I enjoy every second of it.

I already had two football game half-time performances. And what can I say? It was amazing, and I'm really excited about my next 10 months here in Texas!

—Carla (Germany), hosted by the Hynes family (TX)

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As Seen in Social Media

Click on any image to view full post or watch video.

We Want to Hear from You!

Whether you have considered hosting a high school exchange student, sending your teen abroad, having an exchange student at your school, working locally to support an international student, or you simply want to learn more about what it is we do, feel free to give us a call at **800.555.6211**.

Already involved and have something to share for a future issue? Regardless of your relationship to PAX, we are always accepting interesting content (stories, photos, videos, etc.) for next month's issue at paxpress@pax.org. **Click here for full details**.

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