



# Jonah

from  
**Burlington Lakeshore**  
to  
**Finland**

## “Days are Too Short”

### Days are Too Short

40ish days before I come home and I swear that the world is on 2x speed right now. The year has gone by so fast and now that it's approaching the end. I feel very accomplished and fulfilled as I was able to do everything I could and made sure that even though I only had a year I have no regrets.

Since the last time I recapped my adventure, I've had more great experiences. For example, with my last host family I got to see Tallinn Estonia which was beautiful and had cheaper prices compared to Finland. The big school Wanhat Dance which took a lot of practice and rehearsals is done, and I think I did well. Dancing isn't my strong suit, but it was heaps of fun and a great time. I was so happy to be involved and see how traditional Finnish dances work.

The first week in March I moved to my final Family, and it's been very exciting living with them. The family has 4 boys, 2 of which are moved out and are in university. The family is big into hunting, which is great as I've been able to eat lots of meat and get my protein in. Sauna is a big part of the family I'm with now as they go very often. I've tried multiple times but unfortunately for me I feel like a piece of Bacon getting cooked.

Euro trip is around the corner and I'm excited to travel around Europe for 2 weeks. Rotary is taking the other exchange students and myself to Estonia, Latvia, Lithuania, Poland, Austria, Germany and the Czech Republic. The country I'm most excited to go to is Austria as my mom's side of the family is Austrian and it will be my first time seeing Austria. My Opa told me when in Austria I have to have a good Schnitzel so that one of the first things I plan on doing. The trip leaves the 2nd of June and returns the 15th. I'm looking forward to the trip and I'm looking up popular destinations at the stops.

My friends and I are pretty much inseparable now and it's sad that I'm leaving them so soon. We still hang out as much as we possibly can, go to the gym together, get food together and just hang out enjoying each other's company.

I'm still going to the gym and the results speak for themselves. My goal of a 200 kilo deadlift may not be achieved here in Finland, but my progress has been insane. I'm now able to do 180 kilos which is a 30 kilo improvement since last time. I don't mean to toot my own horn but "toot toot" I really am in the best shape of my life right now.

Rinkball unfortunately has ended and I'm going to miss playing with those dudes. I made some great memories with them, and I wouldn't trade that for anything.

I turned 18 in April and celebrated my birthday with my friends. We had a great time talking and making smores. Soon I will be attending a lot of going-away parties which is sad but at the same time I get to celebrate with those close to me before I leave. My flight is booked, and I return home on the 27th of June. Thinking about it now, it isn't too far away. It's exciting and scary at the same time, as returning to your life after creating one in a new place you can call home.

I can't express how grateful I am to my friends, my family back home and most importantly the Rotary and my host families; Marjatta, Lasse, Akseli, Lauri, Eero and Jarkko; Minna, Janne, Eero and Eevi; Jenni, Mikko, Alana and Amiel. I've had a year that's created some great memories for me so thank you for this and so much more.

*Jonah*







