

Self reflection :

If you read this than you have to open your mind. Yes because this story is a authentic story, a one lifetime story. I'll start it since the beginning.

A few months ago, I was in school, starting a new year and my teacher presents me a program, a special program, an intensive program. At that time I hesitated on doing it and then I made my choice. At that point I couldn't know what I was putting myself into...A wonderful life experience, you know like those experiences that you can tell to the others but they won't get it. An experience with shearing, meeting, talking, with good and strong feeling, this kind of experience where you can do just once in your life, that kind of experience that change you in your life, in your way of thinking, a one lifetime experience. Yes, this kind of experiences.

Arrived the time where the program started. I was scared, I was like those kids on their first day of school and they don't want to be separate of their parents. I remembered me hugging my father very strongly, but I didn't know at that moment that at the end of the program I wouldn't want to leave it. On another hand I wanted to do it, I was curious, intregate, *What are we going to do? Who am I going to meet? What the program'll offer me? What am I going to keep for myself and later in my life?* I've always been surshing for experiences that'll change me a little bit and give me something, this one did, in so many differents ways.

I've learned a lot of myself in this program, I'm a person with her own feelings, her way of finking. Not that I don't listen to the others, no I listen but I have my own ideas and, I have to say that I like that the others think like me...Well, because on this program I was with so many different and interesting people I get more open mind.

I've listen, I've really listen to the others. I mean I understood that they could give useful things for me in my life. There is so much to take from the others, the others are not just "others", they are like books that you open and you can read and learn so much from them. I have that feeling. The feeling that I've taken so much from them, they really give me something, something that I'll able to use later. They open my mind a little more. Here on the earth, people, me, think that it's the same everywhere, that in any part on the earth it'll be the same, like here. Well, no. I've experience it here, each country, each person has his way on seeing life and way to live it. It is not the same everywhere and that's the thing, because it is different everywhere you can learn so much more. I have to say that I've meet amazing people, I wasn't expecting that. I'm so thankful for what they given me. This program offers me the chance to meet unique persons, that's precious. We lived for two weeks together and we had to found a way to involve everyone in the experience, to listen to everyone, to share things, to live together, to work together...And because we are all the time together we have the time appreciate everyone and every moment. This experience really touches me and it wasn't expected. I fought that it'll be interesting for meeting new people, learn something for my future job and it did. But I don't know how to explain it, it was so much more than that. Now I want to change my way of doing things, or experience others things. My head is full of new ideas, of good memories, of new knowledge, I feel like I've open my mind a little more. This experience was worth it, I'm happy to have done it, it changes me a little bit.

I could keep going on shearing my experience but I think the best way do understand it is to live it...

Maybe I'll just say that in the program *I've found my tree and I've done my pirouette* and I'll keep on doing it, keep on growing.