

Embrace Change

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I read a quote once, saying “there are far better things ahead, than any we leave behind”. In February of 2023, I moved from Australia to Japan. I had to leave behind many beloved friends and memories. Although it was quite sad, having to leave the things I love, I still believe that despite the negatives of having to leave my home country, it was still a valuable life lesson and experience to have. Now I will tell you all that I have learnt from my experience.

First off, being out of your comfort zone is a great thing. Moving schools, let alone countries was very tricky and took an immense amount of courage. I was comfortable in Australia, everything was familiar. When I came to Japan, I felt like I was thrown into a new world of uncertainty and unfamiliarity. Ever since, I have adapted and overcome many hardships and had to deal with being uncomfortable. But now as I look back I think, Maybe it was a good thing. To be able to experience something totally new, and having the privilege to see a whole new side of the world, I have definitely learnt a lot. I used to think about how unfair it was that I had to leave Australia, until I realised that I was actually lucky to be able to even go to other countries, in a world where many people cannot. That I was given a huge opportunity to try a new lifestyle. As I see it, in order for us to grow as people, we must broaden our horizons and take risks.

Next, I have learnt that meeting new people is a beautiful thing. On the first days of school here, I was extremely nervous. I had to muster up all my courage, and when I did, and started talking to more people and making friends, I realised just how fun it was. Making connections and conversations with people may be scary at first, but it can lead to many wonderful things. I have met so many people from all around the world, and I have made many

new encounters. And from all these encounters, I am lucky enough to be able to call many of these people my friends. I think it is amazing how fast people can go from complete strangers to friends. This has made me realise that in the end, no matter how different we are as people, we are all just humans after all, and we are made to create bonds and friendships, so we should enjoy it!

Lastly, I have truly realised how fast time flies. It feels like yesterday when I was anxiously sitting in the airport terminal with my family, waiting for the one way flight to Japan. Since then, I have made countless amazing memories here. I never realised how much could change in a single year. I now know how fast time can go “bye!”. I think by living in the present we can further enjoy our time, and it is the best way to spend our days. In grade 6 in Australia, one of my teachers told me to live with no regrets. He often said that the only regret we can have is not trying. Although this might sound quite cliché, I firmly believe in it. And till this day, this lesson has stayed with me. I can now relate to this as for me, this past year has been all about taking a risk. And true to these words, I don't regret any of my decisions, not one bit. I think that we should take every opportunity we get, because they may not come around again. In many ways, I have learnt to appreciate more in life, and to cherish every moment of it.

In the end, this experience has taught me lessons of resilience, friendship and how taking a leap out of our comfort zones could just be the best thing we could do for ourselves. My family and I may be moving back to Australia in two years, and this time, I can look at things in a very different perspective. Instead of thinking, “I'm scared to leave, what if...” I have grown to think “Although I'm nervous, I'm excited for another challenge, a new adventure,” I say, we should all embrace change, and be spontaneous!