

A Word From Our Managing Director, Loni Dishong

The late Maya Angelou assured us that “every storm runs out of rain.” As we find ourselves at the two-year mark of the coronavirus pandemic— a time we never imagined could arrive — we appreciate more than ever the encouragement that words like these can bring. At present, according to the John Hopkins University & Medicine Coronavirus Resource Center, the pandemic has claimed more than 5 million lives worldwide and over 800,000 lives in the United States. Most of us now know more than one person who has contracted the virus and many of us have experienced it personally. With the rise of the omicron variant, which didn’t occupy any space at all in our collective consciousness until one month ago, it’s easy for us to feel overwhelmed. Yet, as challenging as this time has been for all of us, I would venture to say that we have received from it a blessing here and there, including a greater sense of what truly matters in our pursuit of full and meaningful lives. Many of us have slowed down a little and are spending more time connecting with our families and friends. Overall, I believe we have gained a greater awareness of how much it can boost our spirits to give and receive the gift of kindness.



In September and October, prior to omicron, I was able to return to my usual custom of giving in-person presentations in schools and other venues around the state for the purpose of promoting IUHPFL. It was wonderful to visit with high school teachers and students again. This time, instead of focusing solely on our program and its benefits, I hoped to deliver a message that would resonate with every student, many of whom have never envisioned participating in a program like ours. So I asked students to daydream with me about where they’d like to go in the world, perhaps next year...or someday. What countries would they like to see? Which cultures interest them? Which languages would they like to learn? Their answers were varied and interesting and often unexpected. I saw students sit up, lean in, and smile (usually behind masks), as they imagined traveling abroad in the future. Yes, I reassured them, they will journey to fascinating, far off places and make new friends along the way. We all will.

In the following pages, you’ll find messages from individuals living in our 11 host communities around the world— people of all ages, who wanted to share with you their experiences over this past year or two, as well as their hopes for the future. Not everyone was able to write detailed messages, but heartfelt wishes from each site have been expressed. I hope you will enjoy reading them and that you will find yourself inspired by the feelings of friendship, warmth, and optimism that are thriving around the world. These and other greetings we receive from across the miles— from our alums, host families, onsite coordinators, high school teachers, and collaborative partners—lift us up and remind us that we are truly one global family—united in our experiences, sentiments, and dreams —and that we are all eager for IUHPFL to resume!

I also wish to give special recognition and thanks to Amy Dowell, our program coordinator, who has been steadfast and dedicated throughout her six years with IUHPFL. She has shown remarkable resilience when facing the challenges that the pandemic has brought about, including not having our typical number of office team members. Thank you, Amy, and Congratulations on your six years with the program. Your contributions and your voice continue to help make IUHPFL the very best it can be!

Wishing you all very Happy Holidays ~

Loni

Please consider making a donation to the IUHPFL Scholarship Fund!





Brest, France

Josephine Le Roux—High School Student

My name is Josephine, and I am 15 years old. I live in the city of Brest.

Je m'appelle Joséphine et j'ai 15 ans. Je vis dans la banlieue de Brest.

Nous sortons d'une période difficile pour tout le monde mais en particulier pour les jeunes. Nous avons été privés de beaucoup de choses, de notre école, de nos amis, de notre famille (grand-parents, cousins) avec qui nous avons l'habitude de se rencontrer régulièrement. Il ne restait plus que les rencontres en visio - compliqué de garder de chaleureuses relations.

Les écoles, les collèges, les facs ont été fermés et les cours donnés en distanciel — difficile de rester concentré et efficace dans son travail. Tout le monde voulait sortir le chien, le seul moment où l'on pouvait être dehors et prendre un peu l'air. Nous pouvions sortir une heure par jour avec une autorisation et un périmètre limité et si nous ne respections pas ces obligations nous étions passibles d'une amende de 135 €. Ça faisait très longtemps que nous n'avions pas vécu avec nos parents, nos frères et sœurs 24h par jour, c'était quelques fois pénible, mais nous avons aussi retrouvé le plaisir de jouer ensemble.

Maintenant les choses ont changé et j'apprécie d'aller au collège, alors qu'avant, certains jours je n'avais pas envie. On ne se rendait pas compte de la chance que nous avons de mener une vie régulière et bien rythmée par nos différentes activités. La reprise du sport a été également une grande joie pour nous.

We are coming out of a time that has been difficult for everyone, but in particular for young people. We have been deprived of many things, such as our schools, our friends, and our loved ones (grandparents, cousins, etc.), with whom we were accustomed to seeing often. It simply hasn't been enough to see them on video—tricky to maintain close relationships that way.

Elementary schools, high schools, and universities were closed for a while, and courses were offered virtually. It was difficult to stay focused and to work effectively. Everyone wanted to walk the dog, the only time when one could be outdoors and get some fresh air. We were allowed to be outside for one hour per day with permission and within a limited perimeter and if we didn't cooperate with those restrictions, we were fined 135 euros. It had been a long time since we were with our parents and brothers and sisters 24 hours per day and it was sometimes challenging, but we also rediscovered the joy of playing together.

Now things have changed, and I'm grateful to be able to go to school, whereas before I didn't want to go on some days. We never imagined how lucky we would feel to lead normal lives again, well structured by our various activities. The resumption of sports activities has also been a great source of joy for us.



Ciudad Real, Spain

Sara—High School Student



Hola, me llamo Sara y voy a hablar sobre cómo hemos vivido y vivimos estos momentos con la COVID.

Hello! My name is Sara, and I'm going to tell you about how we have lived and are living during these times of COVID.

Yo vivo en un pueblo muy pequeño próximo a Ciudad Real. Lo que más me gusta de esta ciudad es la tranquilidad con la que se vive, la posibilidad de llegar a todos los sitios andando ya que Ciudad Real no es una ciudad muy grande.

I live in a small village near the city of Ciudad Real. What I like most about this city is the tranquility with which one lives and the option of walking everywhere, since Ciudad Real isn't a very big city.

La vida para mí y para la población en general se ha complicado mucho desde la COVID, hemos sufrido momentos muy duros, como la pérdida de alguien cercano a nosotros o el hecho de haber estado confinados en casa durante dos meses, además de la angustia y el miedo constantes a causa de la incertidumbre causada por este virus tan desconocido.

Life for me and for the general population has been very complicated since COVID. We've suffered through some very tough moments, like the death of someone close to us, being confined to our homes for months, and the constant anguish and fear caused by this virus that we know so little about.



Ciudad Real, Spain continued

Uno de los desafíos más grandes que hemos sufrido ha sido la privación de algunos derechos fundamentales como el simple hecho de salir a la calle a dar un paseo. Sin embargo, también ha habido ciertos aspectos que, al menos yo, he disfrutado como el aprender a disfrutar del tiempo en familia, aprender a cocinar. ¡Hasta aprendí a hacer pan!

One of the biggest challenges that we've endured has been the loss of some basic rights, such as simply being able to go for a walk about town. Nevertheless, there have been certain aspects of this time that I, at least, have enjoyed, like learning to cherish this time with my family and learning to cook. I even learned how to make bread!

En nuestra comunidad, actualmente, están comenzando a subir nuevamente los casos de coronavirus ; sin embargo, nuestra comunidad, como todas las del país, permanece abierta a todo el que quiera entrar. Eso sí, siempre utilizando mascarillas en lugares cerrados y en sitios abiertos siempre y cuando no haya distanciamiento social.

Right now, in our community, cases of coronavirus are beginning to rise again; nevertheless, our community, like all others in the country, remains open to all who wish to enter. Of course, this means always wearing masks indoors and outdoors and when social distancing isn't possible.

En nuestra comunidad hay una gran concienciación acerca del virus y casi toda la población ha recibido dos e incluso tres dosis de la vacuna, en el caso de las personas mayores de 60 años.

In our community, there's a great awareness of the virus and almost everyone has received two or, in the case of people 60 and older, even three doses of the vaccine.

Lo que más espero en un futuro próximo es que la pandemia llegue a su fin, podamos retomar nuestra vida normal lo antes posible y poder disfrutar de todos los privilegios que teníamos antes.

What I wish for most in the near future is that the pandemic comes to an end and we can return to normal life as soon as possible and be able to enjoy all of the privileges that we had before.

Lo que más disfrutaría un estudiante de Indiana en mi comunidad sería la calidez de la gente y la gastronomía manchega.

What a student from Indiana would enjoy most here would be the quality of the people and our regional cuisine.

Un abrazo virtual—A virtual hug, Sara



Graz, Austria

Katharina Kamitz—Onsite Coordinator

Ein Jahr voller Höhen und Tiefen

Hallo, ich heiße Katharina und wohne in Graz, im Süden Österreichs, nicht weit von der slowenischen Grenze entfernt. Graz ist eine kleine, aber sehr lebendige Stadt mit etwa 250.000 Einwohnern, von denen 50.000 Studenten sind, die hier leben und an einer der fünf Universitäten der Stadt studieren. Dieses Jahr war - wie wohl überall auf der Welt – war ein Jahr voller Höhen und Tiefen aufgrund der Pandemie. Das Jahr 2021 begann mit einem harten Lockdown bei uns, bei dem Schulen und Geschäfte geschlossen waren und jeder zu Hause in seinem Büro saß.

Doch trotz aller Widrigkeiten versuchten meine Familie und ich, das Beste aus der Situation zu machen und genossen ein paar wunderbare Tage beim Skifahren und Schneeschuhwandern in den österreichischen Alpen. Das Schöne an Graz ist, dass wir von Natur umgeben sind, und das, was man immer tun kann - auch in Zeiten des Lockdowns – ist, die Schönheit der steirischen Landschaft zu genießen.

Frühling und Sommer ließen uns die Pandemie ein klein wenig vergessen, da die Tage länger wurden und wir uns hauptsächlich im Freien aufhielten. Ich glaube, wir haben es sogar ganz besonders geschätzt, Kaffee trinken und Abendessen zu gehen sowie Freunde und Familie zu treffen. Im Juni konnten wir sogar für ein paar Tage Graz entfliehen und fuhren ans kroatische Meer, wo es wundervolle Strände und malerische Mittelmeerstädte gibt. Unser Sommer war voll verplant, da wir viel durch Österreich und Italien gereist sind - ich denke, wir wollten all die Zeit der Ausgangssperre nachholen - und haben jeden einzelnen Moment genossen.



Im Moment beginnt in Österreich gerade eine weitere Lockdown - es sieht also ganz so aus, als würden wir das Jahr so beenden, wie wir es begonnen haben. Aber das Gute daran ist, dass wir uns bereits daran gewöhnt haben und wir nehmen die Dinge jetzt ein wenig leichter und machen das Beste daraus.

(English version on next page)



Graz, Austria continued

A year full of ups and downs

Hi, my name is Katharina and I live in the city of Graz, which is located in the south of Austria, not far from the Slovenian border. Graz is a small but very lively city with around 250,000 inhabitants out of whom 50.000 are students living and studying here at one of the city's five universities. This year has been – just like anywhere else in the world I guess- full of ups and downs due to the pandemic. We actually started 2021 with a hard lockdown all over the country with schools and shops being closed and everyone being at home in their home office.



However – despite all the odds - my family and I tried to make the best out of the situation and enjoyed some wonderful days of skiing and snowshoe hiking in the Austrian Alps. The beautiful thing about Graz is that we are surrounded by nature and the one thing you can always do – even during times of lockdown – is to go outside and enjoy the beauty of the Styrian landscapes.

Spring and summer made us forget a tiny little bit about the pandemic with longer days and socialising mainly outdoor. I guess we appreciated even more to go out for coffees and dinners and to meet friends and family. We were even able to escape Graz for a few days in June and went to the Croatian sea which has the most stunning beaches and picturesque Mediterranean towns.

Our summer happened to be quite busy after all with a lot of travelling through Austria and Italy – I guess we wanted to make up for all the time indoors – and did in fact enjoy every single moment of it.



Riegersburg Castle

At this very moment we are actually just starting another hard lockdown here in Austria - so it seems we are going to end the year just the way we started it. But the good thing about it is that we got used to it already and we tend to take things a little easier and make the best out of it.

~ Katharina

Hangzhou, China

Jenny He — CET Academic Programs

IUHPFL: What do you like most about your city?

Jenny: I love the convenience of living, transportation, and shopping in Shanghai. There is also a rich offering of entertainment activities--restaurants of every description, social clubs, events, exhibitions, reading clubs, camping, picnicking in parks.

我喜欢上海便利的生活，这里的交通和购物都十分方便。这里还有丰富的娱乐活动——各种各样的餐馆、社交俱乐部、活动和展览、读书会、露营、公园野餐，等等。

IUHPFL: What kinds of activities do you and your friends enjoy most?

Jenny: Watching movies together, having a picnic together, chatting at a coffee shop, or having a big meal together.

和朋友一起看电影，野餐，去咖啡店喝咖啡聊天，还有一起吃大餐。

IUHPFL: What has life been like for you and your family during the pandemic?

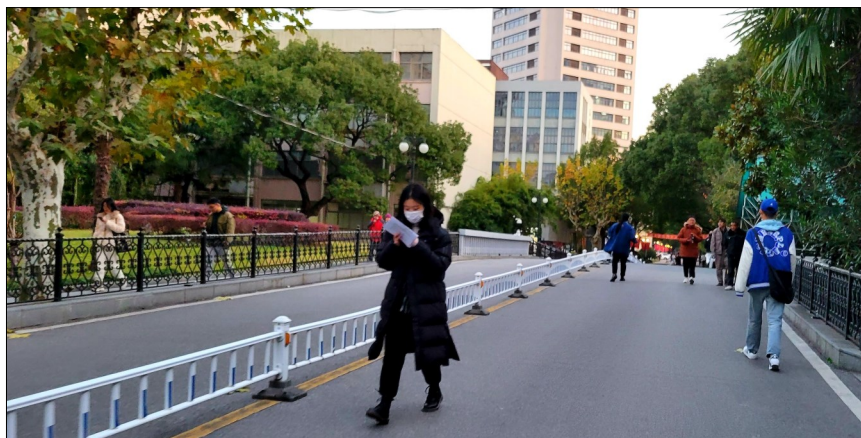
Jenny: The pandemic hasn't really impacted us and our lives are about the same as before the pandemic. The only differences are that we wear masks and have to show a green code to enter some crowded places. Oh and we wash our hands more often. Besides that, there is no big difference.

疫情对我和家人的影响不大，我们的生活状态和疫情前差不多。唯一的区别是，我们需要戴着口罩，进入一些人多拥挤的场所需要出示绿色的行程码。另外，我们会更频繁地洗手。此外，没有太大的区别。

IUHPFL: What have been the challenges?

Jenny: If you have a fever, or end up in a high-risk area of the pandemic, you need to do nucleic acid testing and self-quarantine. The procedures are complicated but only a relatively few people are affected. I have never been in a middle- or a high-risk area and my code has always been green.

如果你发烧了，或者从中高风险的地区回来，你会需要做核酸检测和自我隔离。这个流程很复杂，但只有很少部分的人会受到影响。我从来没有去过中高风险的地区，所以我的行程码一直都是绿色的。



Jenny He— Hangzhou, China continued

IUHPFL: *Is your community active again or still closed down?*

Jenny: We had to practice strict social distancing from February 2020 to June 2020 but everything basically went back to normal after that.

从2020年2月到2020年6月，我们不得不严格保持社交距离，但此后一切都恢复正常。



IUHPFL: *What are the mandates in terms of the virus now (masks, social distancing, etc.)?*

Jenny: We must wear masks in crowded places and show our green code to enter places (like the university or a mall) a few times a day. Those connected to outbreaks have different requirements depending on the severity of the outbreak but typically involve frequent testing and self-quarantine.

我们必须在人多拥挤的地方戴口罩，进入一些场所需要出示我们的绿色行程码（比如大学或商场），但一天只需要几次。与新冠肺炎有关的疾病爆发根据其严重程度会有相应不同的要求，但通常会涉及频繁的检测和自我隔离。

IUHPFL: *What do you look forward to most in the future?*

Jenny: International travel! 国际旅行

IUHPFL: *What do you think a student from Indiana would enjoy most about your community?*

Jenny: He or she would enjoy the warm and friendly hospitality of Chinese people and would probably like the lower risk of Covid exposure. Most foreigners just like how vibrant life in China is, and of course the food!

他/她会喜欢来自中国人热情友好的招待，如果在疫情不太严重的情况下。大多数外国人都喜欢中国充满活力生活，当然还有美食！



Alba Diez Gordón– High School Student

Mi Ciudad LEON

Lo que más me gusta de mi ciudad es lo tranquila y segura que es. Es una ciudad que tiene muchos lugares que visitar y disfrutar. A mí me gusta ir al parque a jugar, patinar, ver películas en el cine, e ir a comprar a centros comerciales con mis amigos.

Mi vida en la pandemia cuando no podíamos salir de casa fue un poco triste para mí, el no poder ver a mis amigos del colegio y a mis familiares era extraño. Pero tuvo cosas buenas como: estar más tiempo con mi madre, cocinar con ella, practicábamos yoga, hicimos un mini-huerto. Era divertido pero echaba de menos relacionarme con más gente aunque hacíamos video llamadas con la familia y amigos.

Cuando nos dejaron salir, fue como un alivio aunque nos tuvimos que acostumbrar a llevar mascarillas, echarnos gel, guardar la distancia....y no poder abrazarnos ni besarnos. Mi comunidad actualmente está abierta ya podemos viajar, pero seguimos teniendo que llevar las mascarillas en interiores y en exteriores tenemos que guardar la distancia, en mi instituto las mesas siguen separadas. Ventilamos cada poco y nos echamos gel de vez en cuando. La población de mi ciudad está casi toda vacunada con todas las dosis. Todos los mayores de 12 años ya nos hemos puesto la vacuna. En un futuro deseo que esto pase y podamos volver a la normalidad, una vida sin mascarillas ni geles que podamos volver a reunirnos en familia y que podamos volver a abrazarnos sin miedo.

Mi ciudad tiene muchos sitios históricos dignos de visitar como La Catedral, San Marcos, San Isidoro, Botines... existe la tradición de ir al Barrio Húmedo o Barrio Romántico que es una zona de restaurantes que te dan con cada consumición una tapa gratis. Mi ciudad tiene unos pueblos muy bonitos para ver, con sus montañas, pantanos, bosques, rutas de senderismo que seguro que un estudiante disfrutaría mucho.



(English version on next page)

León, Spain continued

My City LEON

What I like most about my city is how tranquil and safe it is. It's a city with a lot of places to visit and enjoy. I like to go to the park, go ice skating, see movies, and go to the mall with my friends.

My life during the pandemic, when we couldn't leave our homes, was a little sad for me. Not being able to see my friends from school and my relatives was strange. But there were good things about it too, such as: spending more time with my mom, cooking with her, and doing yoga together. We made a small vegetable garden, and it was really fun. I missed being able to relate with more people, but we had video calls often with family and friends.

When we were allowed to go out, it was a relief, although we had to get used to wearing masks, applying hand sanitizer, keeping our distance... and not hugging or giving kisses on the cheek. At present, my community is open, and we can travel, but we continue to wear masks indoors and outdoors and we maintain social distancing. In my school, the tables remain separated, windows are cracked a bit, and we use hand sanitizer from time to time. Almost everyone in my city is vaccinated completely, and people 12 years and older have all received the vaccine. I'm looking forward to moving past this time and returning to normal—to a life without masks and hand sanitizer, when we can once again gather with family and hug each other without fear.

My city has many historical sites worth visiting, such as the Cathedral of León, San Marcos, San Isidoro, Casa Botines. There's a tradition of going to the Barrio de Húmedo or the Barrio Romántico, which are areas with a lot of establishments where they give you free tapas each time you order a beverage. Near León, there are beautiful villages to see, with their mountains, swamps, forests, and hiking paths that future program participants will surely enjoy.

~ Alba Diez Gordón



Oscar Villacorta—High School Student

Me llamo Oscar Villacorta, tengo 14 años, mi familia ha acogido durante 9 años a estudiantes de Indiana durante el verano.

Me gusta mucho hacer deporte, juego al fútbol en el equipo de fútbol de León, que se llama Cultural y Deportiva Leonesa, juego en la categoría de cadete, me gusta salir con mis amigos e ir al cine.

Durante la pandemia fue muy triste, no podía ver a mis amigos ni ir a clase presencial, se me hizo muy largo, ahora ya casi hemos vuelto a la normalidad, aún necesitamos mascarilla en los lugares públicos y guardar distancia, espero que en unos meses volvamos a hacer vida normal, mi familia y yo estamos todos vacunados y en la ciudad de León está vacunada el 90% de la población.

Me gusta mucho mi ciudad porque es una ciudad pequeña con muchos monumentos y espero que a los estudiantes les guste tanto cómo a mí, se me olvidaba decirles que las comidas son geniales y a los estudiantes les va a gustar mucho.

My name is Oscar Villacorta. I'm 14 years old. My family has hosted students from IUHPFL in the summertime for 9 years.

I like to play sports a lot. I'm on a soccer team that's organized through the culture and sports center of León and I play in the "cadet" category. I really enjoy hanging out with my friends and going to the movies.

It has been very sad during the pandemic. I haven't been able to spend time with my friends or go to classes in-person. It seemed like forever, now that things have almost returned to normal. We still must wear masks in public places and maintain social distancing. I hope that in the months ahead we return to normal. My family and I are vaccinated, and in León 90% of the population has received the vaccine.

I like my city a lot, because it's small and has a lot of monuments. I hope future students who visit us will like them as much as I do. I forgot to tell you that the food here is incredible and that you will like it a lot!

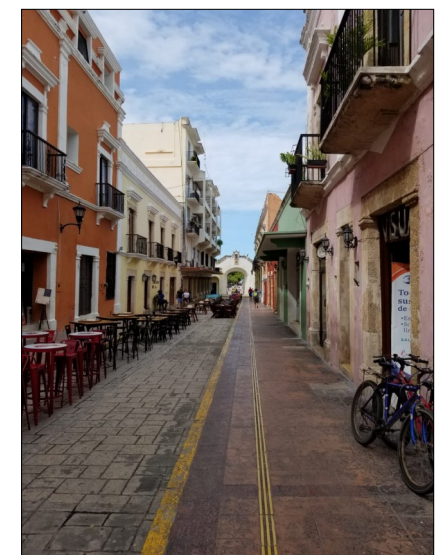
Mérida, Mexico

Diana Arízaga— Institute for Study Abroad (IFSA)

En México, la vida durante la pandemia ha sido muy desafiante. No poder socializar como lo hacíamos antes ha sido especialmente difícil. Echamos de menos cosas pequeñas como ir al parque, ver películas y simplemente encontrarnos en casa de amigos. Pero también nos ha dado la oportunidad de apreciar aún más a nuestros amigos y familiares. Mérida se ha abierto un poco: la hora límite en toda la ciudad se levantaron en octubre. Todos todavía usan máscaras, se lavan las manos con frecuencia y mantienen la distancia social. Mucha gente en esta área está completamente vacunada y tenemos la esperanza de que esas cifras sigan aumentando. Mérida es una ciudad hermosa y acogedora, con un clima excelente, una cocina maravillosa y familias anfitrionas increíbles. Esperamos volver a recibir a los estudiantes de IUHPFL en el futuro y les deseamos a todos muy felices fiestas.

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In Mexico, life during the pandemic has been very challenging. Not being able to socialize like we did before has been especially difficult. We miss small things like going to the park, seeing movies, and just meeting up at friends' homes. But it has also given us an opportunity to appreciate our friends and family even more. Merida has opened up a little—citywide curfews were lifted in October. Everyone is still wearing masks, washing hands often, and maintaining social distance. A lot of people in this area are fully vaccinated, and we are hopeful that those numbers will continue to increase. Merida is a beautiful and welcoming city, with great weather, wonderful cuisine, and amazing host families. We look forward to hosting IUHPFL students again in the future and wish you all very Happy Holidays!



## Miyuu Yoshimura—Osaka High School Student

大阪からこんにちは！

コロナのパンデミックから2年が過ぎようとしていますね。世界では様々な対策が取られ徐々に日常へと戻り始めていますね。私が通っている高校は、IUHPFLのホスト高校だった大阪高校です。今回は、コロナ禍での私の高校生活についてお伝えしたいと思います。

大阪高校では、ご飯を食べる時は前を向いて黙って食べる(黙食)、登校時間をコースによって変える時差登校など、沢山の感染症対策が今も行われています。これらの感染症対策によって、友達と楽しくご飯を食べられなくなったり、登校時間が変化したことに体を慣らしたりするのに時間がかかりました。しかし、コロナ禍の高校生活は決して嫌なことばかりではありません。色々な人の協力によって、体育祭、球技大会、文化祭などの行事も感染症対策を徹底しながら楽しく思い出作りをすることが出来ました。友達とお出かけをしにくくなってしまったけれど、その分学校で交友関係を深めることができ、友達とおしゃべりすることがもっと好きになりました。



Miyuu Yoshimura

今後コロナが終息して規制が無くなったら、私は今まで会いたくても会えなかった人や友達と遊んだりしたいです。そして、IUHPFLが再開したら、アメリカの学生と京都や奈良に訪れたいと思います。京都には抹茶や和菓子、奈良は大仏やお寺などがあり日本の文化にたくさん触れることができます。また、日本食をIUHPFLの学生と一緒に作って食べたいと思います。

IUHPFLの学生の皆さんと一生の思い出が作れるように大阪高校の生徒も心待ちにしています。皆さんとお会い出来る日を楽しみにしています。

「縁を大切にしてお会いを増やそう」  
皆さん、良い年をお迎えください。  
大阪高等学校 吉村 美佑



Deer in Nara Park



Osaka High School Students

*(English version on next page)*

# Osaka, Japan continued

Hello from Osaka!

It's been almost two years since the pandemic started. I have heard news from around the world that people started to have a normal life while still taking various precautions. I would like to tell you about high school students' lives at Osaka High School during this Covid era.



Osaka High School Students

We have continued some safety measures such as changing class schedules so that students commute to classes at different times, and eating lunch while facing forward and refraining from speaking. It took a while to adjust ourselves to these measures because we had to change our daily schedules and refrain from chatting during lunch time.

Yet, there are some positive aspects as well in our lives during this time. We could make wonderful memories at school events, such as a sports festival and a school festival, while the whole school was united in practicing preventive measures against spreading Covid-19.

I feel it is not as easy as before to hang out with my friends outside, but I can spend more time with them at school. I appreciate casually chatting with friends more than before.

When things get back to normal and there are no restrictions, I would like to meet friends who I haven't been able to meet for a long time. Once IUHPFL resumes, I would like to visit Kyoto and Nara with students from America, so we can enjoy Japanese sweets and matcha in Kyoto and see well-known Buddhist statues and temples in Nara. I also want to cook Japanese meals together with them.

We are looking forward to seeing IUHPFL students again in Osaka High School and making wonderful memories with you all.

“Value our friendships and meet more wonderful people”  
Hope you all have happy holidays!

Miyuu Yoshimura  
Osaka High School Student



Nanzen-ji, Kyoto

## Oviedo, Spain

### Guille & Pablo—Elementary Students (and family)

Todo era normal cuando un día de repente nuestra madre no fue a trabajar y en el trabajo le dijeron que se quedara en casa. Nosotros estábamos felices, así la teníamos más tiempo para nosotros. Días después la alegría fue mayor cuando nos dijeron que nosotros también teníamos que quedarnos en casa. Aunque nos parecía que tener vacaciones extra era motivo para que todos estuviésemos alegres, algo pasaba porque todos están preocupados y nerviosos. Papá y Mamá nos dijeron que parecería haber una pandemia mundial y teníamos que tener cuidado para no contagiarnos.

El tiempo en casa fue muy bueno porque todos estábamos siempre en casa, menos Papá que seguía yendo al trabajo, y podíamos hacer cosas que normalmente no hacíamos. Fueron unos días en los que rezamos, jugamos, bailamos y también nos peleamos, cómo no! Pero en nuestra casa, si no hubiese sido por toda la gente que se murió sola y que no podíamos ver a amigos y familiares, vivimos este tiempo con alegría y paz. Fue un reto estar en casa con nuestros hermanos mayores, acostumbrados a no parar en casa y estar todo el día en la calle con sus amigos, pero estuvo muy bien porque pudimos conocernos más y hacer cosas juntos, sobre todo con alguno de ellos. También pudimos cocinar y hacer bricolaje con Mamá y aprender algo del huerto.

De nuestra ciudad nos gusta mucho que la puedes recorrer caminando porque no hay grandes distancias. También nos gusta que es como vivir en la montaña porque allá donde vayas tienes siempre que subir y bajar cuevas, y también nos gusta que tenemos las montañas cerca para verlas y para visitarlas. Y además tenemos cerca el mar, para disfrutar de las playas. Nos gusta mucho leer, jugar, imaginar y crear artugios.

Al presente, nuestra comunidad está activa. Hay muchas actividades. Se puede ir por la calle sin mascarilla pero han metido tanto miedo a la gente que casi todos la siguen llevando y en los comercios y en el colegio hay que seguir llevándola aunque es algo molesta tantas horas. Se vacunan muchas personas en Oviedo. Nos han dicho que es la comunidad más avanzada en vacunación de España. Y España es la que más gente tiene vacunada de Europa.

Lo que aprendimos de esta época histórica es que los gobernantes del mundo pueden ser buenos o malos y preocuparse mucho, poco o nada de sus ciudadanos , y que Dios nos cuida y está siempre a nuestro lado y que la familia es importante y los amigos también. Nos gustaría un futuro sin pandemia para que siempre podamos hacer toda nuestra vida normal.

Para los estudiantes de Indiana, creemos que Oviedo es muy guay porque tenemos montañas, playas y rutas muy bonitas cerca, es una ciudad bastante tranquila y divertida, con gente muy amable. Se come muy bien y creemos que somos muy acogedores.

¡Felices Fiestas!  
Guille y Pablo



*(English version on next page)*

## Oviedo, Spain continued

Everything was normal when one day all of a sudden, our mom didn't go to work and she was told to stay home. We were happy, because she had more time with us. Days later, we were even happier when we learned that we also had to stay home. Although it seemed like having extra vacation days was a good reason for all of us to be happy, something was going on, because everyone was worried and nervous. Dad and Mom told us that there seemed to be a global pandemic and that we needed to be careful so we wouldn't get sick.

Our time at home was very nice, because we were always together at home, except Dad who continued to go to work, and we could do things that we normally didn't. There were days when we prayed, played, and danced, and the two of us sometimes fought – of course! But in our home, if hadn't been for all the people who have died from the virus and for the fact that we couldn't see all of our relatives and friends, it was a time of happiness and peace. It was a challenge to be home with our older siblings, who are used to not being home so much and spending all day about town with their friends, but it was nice because some of us were able to get to know each other better and do a lot of things together. We were also able to cook and do home projects with Mom and learn a little about gardening.

In our city, we like that you can go everywhere on foot, because there aren't great distances you must travel to get around. We also like that it's like living in the mountains, because wherever you go, you always have to go up and down steep slopes. We like that there are actual mountains nearby to see and visit and we also live near the ocean, so we can enjoy the beaches. We like to read, play, use our imaginations, and build contraptions.

Currently, our community is very active. There are many things to do. You can be out and about without wearing a mask, but everyone is so afraid of reports on the virus that almost everyone continues wearing them in public spaces and in school one must wear a mask even though it's a pain for so many hours every day. Many people in Oviedo are vaccinated. We've heard that this is the most well-vaccinated city in Spain. And Spain has the most fully vaccinated people in Europe.

What we've learned about this time in history is that rulers of the world can be good or bad and can care a lot, little, or not at all about their citizens and that God takes care of us and is always by our side and that family is really important and friends too. We hope for a future without a pandemic so that we can live a normal life.

For our IUHPFL students, we think that Oviedo is really cool, because we have mountains and beautiful hiking paths nearby. It's a city that is fairly peaceful and fun, with very friendly people. We eat very well and we're very welcoming.

Happy Holidays!  
Guille and Pablo





## Saumur, France

### Emma—High School Student

Bonjour! Je m'appelle Emma. J'ai 16 ans et je prépare un diplôme en pâtisserie.

J'ai deux sœurs: Justine a 12 ans et Louise a 8 ans. Pour mes sœurs le confinement était des vacances. Elles étaient heureuses de rester à la maison avec Maman.

Moi j'ai vécu autrement le confinement, les premiers jours cela était bien. Je pouvais me lever tard, faire mes devoirs tranquillement et être en cours en ligne. Malgré le beau temps et la chance de vivre dans une maison avec un jardin, je commençais à m'ennuyer. Mes amies et mes professeurs me manquaient et pour faire passer le temps, je jouais à des jeux de sociétés dans le jardin. Je pensais aux enfants qui habitent dans des appartements!

Ce que j'aime le plus dans cette région, ce sont les Châteaux de la Loire. Un étudiant d'Indiana appréciera dans Saumur les monuments et la gastronomie.

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Hello! My name is Emma. I'm 16 years old and I'm preparing to become a pastry chef.

I have two sisters: Justine is twelve years old and Louise is 8. For them, quarantine was like vacation. They were happy to stay at home with Mom. Quarantine was different for me; the first few days were fine. I could wake up late, do my chores at my own pace and finish my coursework online. In spite of the nice weather and the good fortune of living in a house with a yard, I started to get bored. I missed my friends and my teachers and to pass the time, I played board games on the lawn. I kept feeling bad for kids who live in apartments!

What I like best about this region is the Chateaux de la Loire. An Indiana student would also appreciate the monuments and the cuisine in Saumur.

~ Emma



Saint-Brieuc, France

Salutations
chaleureuses et voeux
pour une très bonne

année de la part de tous à Saint-Brieuc! Nous
sommes impatients d'accueillir de nouveaux
étudiants de l'IUHPFL et de revoir nos anciens
stagiaires à l'avenir.



Warm greetings and wishes for a very Happy New
Year from everyone in St. Brieuc! We look

forward to welcoming
new IUHPFL
students and seeing
our former stagiaires
in the future.





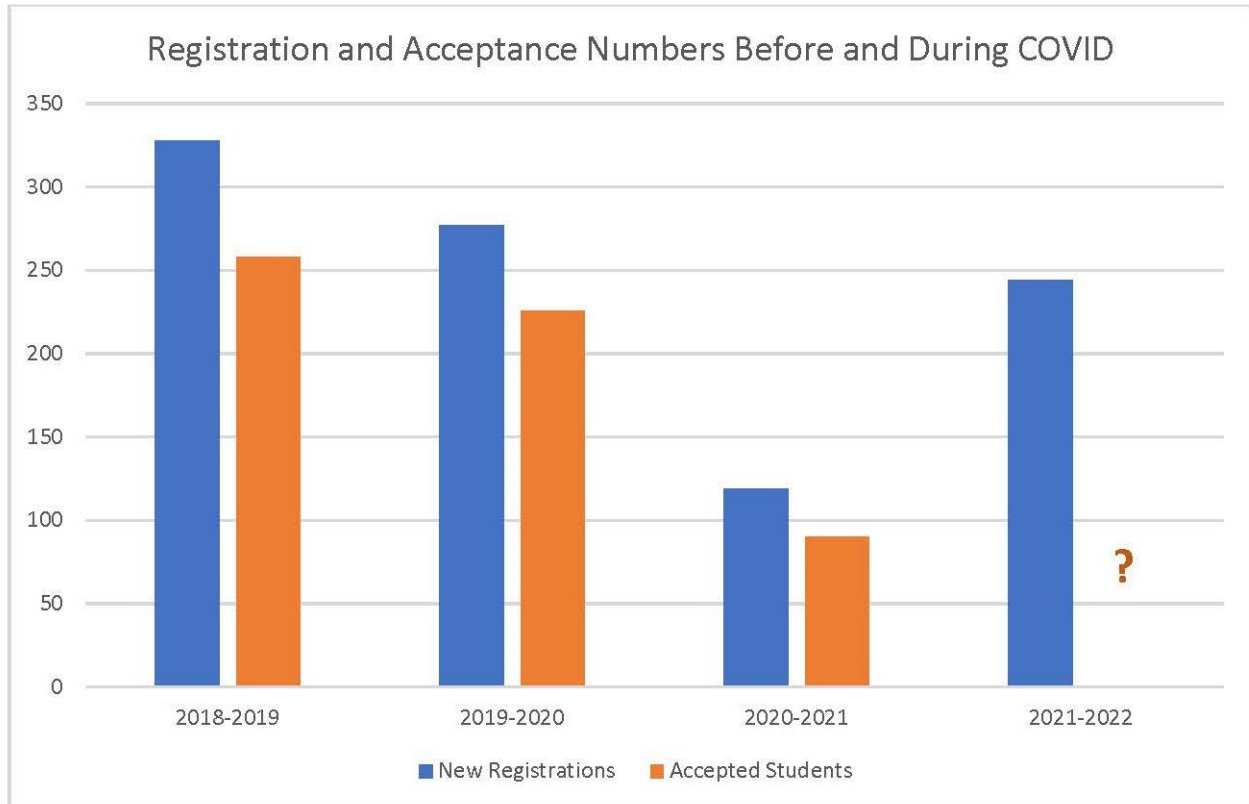
Viña del Mar, Chile
Institute for Study Abroad (IFSA)

¡Todos en el Instituto de Estudios en el Extranjero queremos desearles a ustedes y a los suyos Felices Fiestas y un Próspero 2022!

Everyone at the Institute for Study Abroad would like to wish you and yours Happy Holidays and a Prosperous 2022!



IUHPFL by the Numbers



Not all students who registered applied for the program. Acceptance for 2022 will be determined in January.

IUHPFL Scholarship Funds

- 2021 Donations as of November 29th: \$16,595
- Total Scholarship Funds available (spendable) for Summer 2022 as of December 20th: \$43,813

We are pleased and grateful for the kindness that our program alums and other supporters have shown this year. Donations to our scholarship funds have been steady and generous, and the year isn't over yet! These gifts, many of which are endowed for future generations, will make it easier for Indiana high school students with financial need to participate in IUHPFL and have the experience of a lifetime.

Thank you

#LiveYourLanguage

To learn more about the IUHPFL experience from the student's perspective, check out these [Student Testimonials](#) and the [Alumni Video Project](#) on our website!



Season's Greetings
from the
Indiana University Honors Program
in Foreign Languages

Best wishes to you and your family
for health and happiness
in the coming year!

From Loni and Amy

