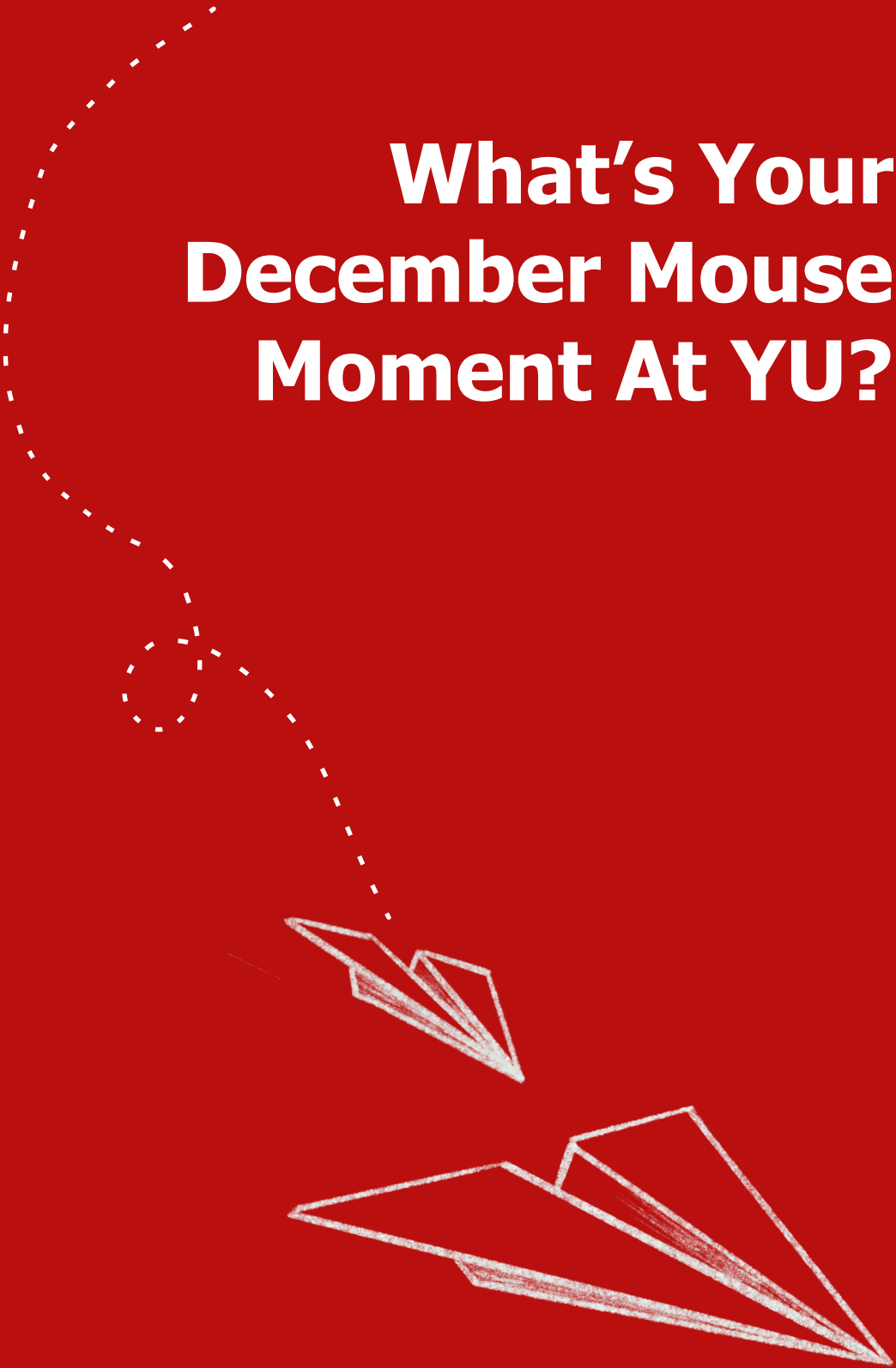


# What's Your December Mouse Moment At YU?

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## In this Issue:

As we approach the end of the year, everything seems to be hitting us all at once. From the cool Autumn breeze to making snowmen, final preparations during the festivities of the holiday season create an empty void for students away from home and their loved ones. Anything from a warm cup of coffee to Winter traditions can bring back memories and a sense of nostalgia.

This edition of “Paper Planes” will not only make you feel nostalgic, but also bring back some of your Winter traditions at York, your home away from home. There are also some Toronto holiday attractions and academic resources included to help you embrace the holiday spirit while finishing off the finals season at York.

## Upcoming Events

- [Virtual Drop-in International Student Advising](#)
- [Study Permit Extension workshop](#)
- [Summer Abroad In-Person Information Session Registration](#)
- [Exchange Information Session](#)
- For more information about future events please go to the [York International website](#)



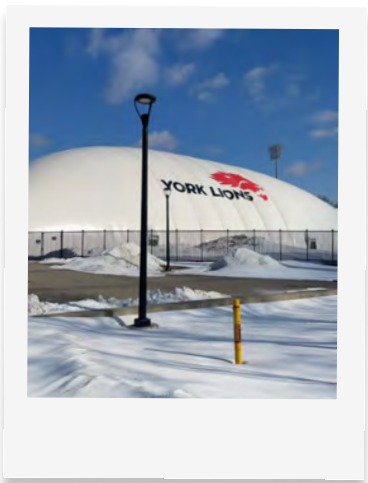
# The cold never bothered me anyway, but...

## (Mihir's P.O.V)

“Winter is the worst”. You don’t realise the brutal honesty of that statement until winter is upon you. Very Game of Thrones. It starts with the “first snow” as Canadians call it. After living in multiple countries all my life I didn’t think snow would surprise me as much as it has here. Something about ordering a pumpkin spice drink at Starbucks, wearing oversize hoodies, and leaving footprints in the snow sounds surreal until you get sick during exam season! My first winter I was excited to see my residence being entirely covered in snow, wearing a heavy jacket to all my classes, coming back and watching movies with my roommates. It was quite the experience. I tried my first hot chocolate from Tim Hortons at Vari Hall, and it tasted divine. Canada runs on this stuff. The lines are tiring and converting currency after every purchase hurts!

Winter always leads to a white Christmas - majestic trees, parades, and fireworks in Niagara. While everyone celebrates with enthusiasm, there was always something unfamiliar for me. I’d lived away from my family for years, even before Canada and there wasn’t a day I didn’t miss being hand fed by my mother, annoyed by my sister or pampered by dad. Even now. The routine helps distract you. And then something - a familiar scent, food, or people remind you of the simple things. A home. The beauty of being here however is that you meet people, good people who make it easier. You can never replace the people you love but by forming new bonds, new memories, your family only grows. Friends you learn travel with, thrive and most importantly trust.

In time, only once you’re settled here you’ll realize how much you can do and how much you were missing out on. Get involved in this community, ace your courses, get that job offer, go get that degree, make a stranger smile and most importantly...Live. The winter is cold, but there is no warmth greater than the love of those around you. But seriously- get a jacket - don’t cheapen out! It’ll last you a lifetime and you’re not surviving without it unless you were born in Antarctica. I don’t know - were you? Canadians come from everywhere.



# 'Tis the Season... But After Finals

(Sushmit's P.O.V)

Studying in Canada has always been a mixed bag of emotions and experiences. There are some really fun and joyful moments but on the other hand, there are some stressful times as well.

Talking about that, which time of the year does everyone find the most stressful? For me, it has to be the exam period. With the tension of exams and their results, homesickness is at its peak too. But all this stress feels worth it when I walk out of my last exam and give a sigh of relief and excitement. So, the transition from finals to holiday spirit comes with a lot of thrill, excitement and planning.

Without any doubt, Christmas has been and will always be the highlight of the holiday period. In my experience, last year's Christmas was really special for me as it was my first one in Canada. To make it even more memorable my friends and I went to Niagara Falls. Niagara was truly celebrating the Festival of Lights. We had a perfect ending to our night with a cup of hot chocolate and s'mores.

The holiday period in general is the best time to take a break from your busy schedule and invest in some self-care. As a student, self-care also means going outdoors, keeping our phones aside, and doing something we always wanted to do. I will start with ice skating this year!

My favourite part of the holidays has to be the food. While I enjoyed Ramen, hot chocolate, and s'mores here, I missed the homemade Indian sweets that my mother made. In India, we have a large family dinner with traditional Sarson Curry, Naan, the Christmas dessert - Kul Kul curls, and homemade wine. Being a big foodie, I wish to try winter food from all around the world whether its plum pudding from England or Panettone bread from Argentina.

Overall, as an international student, I consider myself lucky to have experienced the best of both worlds. The winter holidays may be celebrated with diverse traditions all around the world but the true intent behind them remains the same, which is having a good time with people we love and every holiday we should make sure we do that.



# Homesickness & Winter Traditions Around the World

(Chin Yee's P.O.V)

When I first came to York University I had to leave Malaysia and everything familiar to come to Canada, a country I've never been to. As simple as it may sound now, it was daunting. I didn't know anyone here and it was my first time being so far away from home for such a long period of time. As I began my academic journey at York University, I was overwhelmed by the new people and environment that I had to experience, but it did not take me long to start missing home. I missed the comfortability of my home, the people I had depended upon for most my life, and the friendly environment of familiar faces I would see regularly back home. Every now and then, I notice little details about Canada. For example, the York University campus or the people around that reminds me of home. I feel a mixture of happiness, nostalgia and sadness in those moments. Homesickness is like a rite of passage for university students. It makes us realise the extent to which we take our home, family and friends for granted when they are present. It helps us appreciate the ones we love more and ensures that we always make time to go home for the holidays like winter break.

Winter is a time when most university students finally get the chance to go home and resolve their homesick feelings. Around the world, people take part in many unique traditions during winter, these traditions in a sense help students reconnect with their family and friends that they haven't since they left home.

In many western countries like Canada, The United Kingdom and The United States of America, Christmas is a prominent celebration during winter and many individuals take part in traditions such as gift exchanging, family dinners and playing in the snow.

## Columbia

In Columbia, on the 7th of December, Many Columbians take part in a festival known as Día de las Velitas "The Day of the Little Candles" during this time it is tradition for the Columbian people to light up candles in honour of Virgen Guadalupe "Our Lady of Guadalupe, also known as the Virgin of Guadalupe"





## **China**

In China on the twenty-third of the twelfth Chinese lunar month is known as Xiao Nian, or Little Chinese New Year, and this marks the beginning of preparations for the new year as people start cleaning their houses and shopping for the new year

## **Japan**

In Japan, New Year's Eve is the biggest winter celebration of the year. Instead of partying and huge parades, people in Japan usually cook, clean the house, watch TV programs, and play games with their family at home. Around the world there are many unique traditions that happen during winter but the important aspect for the following of these traditions in modern day is to spend time and reconnect with loved ones.

## **Chinese New Year**

New year is celebrated globally by every country and religion in the world. It marks the end of a year and the beginning of a new one. In Chinese culture, New Year's is most commonly known as Chinese New Year as it is not celebrated on the Gregorian calendar's 1st of January. Many Chinese follow what is known as the Chinese Zodiac. In Chinese culture, the rabbit is known to be the luckiest out of all the twelve animals. It symbolises mercy, elegance, and beauty. Before Chinese New Year, families are busy with cleaning their houses, cars and other belongings to prepare for the upcoming year. On Chinese New Year there are many parties and social gatherings held by different families. It is tradition for friends and families to visit these parties and celebrate the upcoming of the new year and the exchange of red packets (Envelopes) filled with money is a common activity during the parties. In the evening fireworks are set off to ward off any evil. The night ends with a countdown to 12:00am as friends and family welcome in a new year filled with joy and prosperity.

# Academic Resources



## Academic Advising

It's always better to check with your Academic Advisor about your degree progress at the end of the year. You can discuss about your courses, requirements and other possible options if there's anything you need assistance with.

Go to the [Academic Advising website](#) to book an appointment with your faculty's advisors

## Appletree Medical Centre at York Lanes

People usually get the flu around this time of the year so get your flu shots if you can. They accept appointments for their rostered patients and walk-ins for students, university staff, and residents of the Jane and Finch neighbourhoods.

For more information, please go to the [website](#)

## Global Learning

Explore. Engage. Experience! York International is now accepting applications for study/work abroad opportunities for 2023-24. You can spend 4 weeks in the UK studying "Equity Portfolio Management", study at Keio University in Japan this Fall, or work with the Cori Collection of Art in Italy this summer. With 300 global partnerships - we have a program for you

## Writing Centre

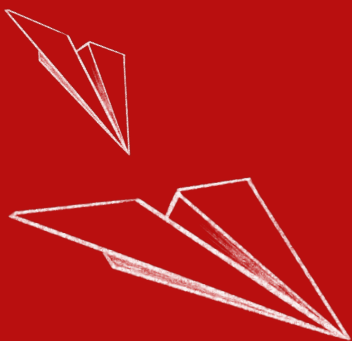
### PASS Sessions

PASS means peer assisted study sessions that can help you prepare well for more difficult courses. There's a PASS leader that facilitates study sessions

## **Mental Health Resources:**

### Student Counselling, Health & Well-being

SCHW provides free walk-in appointments for individual counselling and support group for York University students. If you want to talk to professionally certified and trained counsellors, this is the place to be! The center is located at first floor Bennet Center at York university.



# What's Up Toronto? Holiday Edition



## **1. Magical Indoor Snow in Eaton Centre**

From Nov. 17 to Dec. 24, four times per week from Thursday to Sunday, visitors will be treated to musical performances from a diverse lineup of Canadian artists as part of Merry Merry Music. Musical performances will take place in the afternoon.

## **2. Distillery Winter Village**

Amongst The Distillery Historic District's 65+ local shops, restaurants and cafés, you'll find outdoor Distillery Winter Village vendor cabins offering specially curated seasonal items and gifts, plus delicious, can't-miss food cabins.

The best part is that admission is completely free from Monday-Thursday

## **3. Gingerbread Lane at Fairmont Royal York**

There's a whole Lane decorated with 8500 real gingerbread sticks and 12 different types of candy for decorations. Everything is help up with royal icing

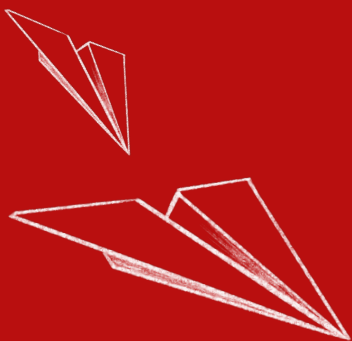
## **4. Skating at Nathan Phillips Square**

If you enjoy ice skating, then Nathan Phillips square is just the place for you. There are skating rentals available and skate sharpening services for those who already own a pair. You can enjoy music, twinkly lights and ice skating at the same time.

To learn about more exciting Holiday activities, you can follow [Narcity Canada](#) and [blogTo](#) on Instagram

## **5. Canada's Wonderland Winterfest**

Step into a world of holiday magic, featuring millions of sparkling lights, ice skating, live entertainment and more! Select nights through Dec. 31.





## Newsletter Team

### **Chin Yee Lai:**

I'm Chin Yee currently in my fourth year of Computer Science. I'm from Malaysia, in Southeast Asia, a beautiful country where it is known for its beaches and rainforest. During my time experiencing the Global peer program, I have created many fond memories and made many new relationships that I will cherish for the rest of my life. Since I was a very introverted person, I have always found it hard to make friends but Global Peer Program was filled with many wonderful people who were kind and helped me come out of my shell. The Global Peer Program has helped form a better social life and I would be grateful if I were given the chance to help others the way the program has helped me.



### **Sushmit Kaur Sardar:**

I am Sushmit Kaur (She/Her), Global Peer Mentor at York International. I am an international student from India, currently in my 2nd year majoring in Business and Information Technology, Commerce. I love to explore new places in Toronto and attend events and festivals happening here. Some of my other interests would be writing and sketching.



### **Mihir Tandon:**

Hi! I'm Mihir! I'm majoring in Economics with a minor in Political Science, going into my 4th year at York. I joined York International because I firsthand understand how difficult it can be to start in an unfamiliar environment. I wanted to help as many incoming students as possible, so if you ever see me on campus, feel free to chat! I'm a huge caffeine addict so you'll likely find me at one of those spots.

