

The exchange with Buffalo was one of the best trips I have ever done. It is a great experience not only for practising and improving your English but also a way of meeting new people, visiting a lot of new places and learning a bit more about the American culture and customs which sometimes may seem surprising for us. First, we flew to New York City where we spent three amazing days. We made the most of every moment we spent in the Big Apple, from attending a Gospel prayer in Harlem, going up to the top of the Empire State, relaxing in Central Park or walking around Soho and East Village with their bohemian and festive atmosphere to taking a limousine in Times Square.

I believed the trip couldn't get better than that, but after going to Buffalo and staying with my host family I have to say I was wrong. I got on really well with my "sister" although we were quite different. The high-school was enormous, it had an ice rink, a gym, four football pitches, a baseball court... but the best thing of all was the kindness and friendliness of all the American students even the ones who weren't doing the exchange. They loved to have us there and I really felt as if I was at home!

Now I keep in touch with a lot of them, especially with my "sister" because she's more than just the girl I stayed with for a couple of weeks, she's a friend I 'll have forever and hopefully we'll see each other soon!

So, if you have the opportunity of taking part in this exchange, just do so, because I can tell you it is an unforgettable experience. You won't regret it!

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