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"Canada is known for its vast land and diverse natural beauty. Despite being the second-largest country in the world, our population is relatively small and spread out. This means we have plenty of wide-open spaces, untouched wilderness, and opportunities to connect with nature. Many Canadians enjoy spending their free time exploring the outdoors through activities like camping, hiking in provincial parks, and visiting our beautiful beaches and lakes. These places are not only breathtaking but also an important part of Canadian culture.

Let's talk about some of these activities and what makes them special."

National & Provincial parks

Canada has 38 national parks and over 7,000 provincial parks and protected areas, showcasing a wide variety of landscapes, including towering mountains, peaceful forests, and shimmering lakes. These parks are natural treasures and popular destinations for both Canadians and visitors from around the world.

There are many activities to enjoy in these parks. Hiking is one of the most popular, with trails that range from easy walks to challenging climbs. Many parks also offer camping, where you can spend the night under the stars surrounded by nature. For those who enjoy water activities, there are opportunities for canoeing, kayaking, and fishing in the rivers and lakes found in these parks. In winter, some parks become snowy wonderlands perfect for cross-country skiing and snowshoeing.

Canada's parks are also home to incredible wildlife. Visitors may see animals such as moose, deer, or even bears, as well as many species of birds. These parks are not just places for fun—they are also places to learn about Canada's ecosystems and the importance of protecting the natural environment. Visiting these parks is one of the best ways to experience the beauty and diversity of Canada's outdoors.

Camping

Camping is a popular activity in Canada that lets people take a break from busy everyday life and spend time in nature. Camping usually starts with choosing a

campsite, which could be in a national or provincial park, a forest, or near a lake. Most campers bring a tent, sleeping bags, and other gear to create a temporary outdoor home, though some prefer RVs or small cabins for extra comfort.

Once everything is set up, the fun begins! Many campers enjoy hiking nearby trails, fishing in lakes or rivers, and cooking meals over an open fire. In the evenings, people often gather around the campfire to roast marshmallows, tell stories, sing songs, or simply relax by the fire's warmth.

Camping isn't just about being outdoors—it's also a social activity. Whether camping with family, friends, or even meeting new people, it's a great way to bond and spend quality time together, away from phones and other distractions. For many Canadians, camping is more than a hobby—it's a tradition that creates unforgettable memories and strengthens relationships with both nature and loved ones.

Beach

Going to the beach is a popular activity for many Canadians, especially in the warm summer months. Canada has thousands of beautiful beaches along its coastlines, lakes, and rivers. These beaches offer a mix of sandy shores and rocky areas, giving visitors many different experiences. Before heading to the beach, people often pack things like swimsuits, towels, sunscreen, and snacks or a picnic to enjoy during their visit.

There are many fun things to do at the beach. Swimming is one of the most popular activities, and many beaches have safe areas for this. For those who prefer to stay dry, activities like beach volleyball, building sandcastles, or relaxing with a book while listening to the waves are common. Beaches near lakes and oceans also offer water sports like kayaking, paddleboarding, and windsurfing. Some adventurous visitors enjoy snorkeling or exploring tide pools to see marine life.

Beaches are also great places to spend time with family and friends. People often spend the whole day together, sharing meals, playing games, and watching the sunset. At some beaches, bonfires are a favorite evening activity, where people sing songs, tell stories, and roast marshmallows. Visiting the beach is more than just a fun outing—it's a way to enjoy nature, spend time with others, and relax by Canada's beautiful waters.

Canada's Winters

Canada is known for its long and snowy winters, which turn the landscape into a beautiful and peaceful snow-covered world. These winters offer chances for fun activities and traditions that make the season special. However, winter in Canada also has its challenges. Temperatures often drop below freezing, ranging from -5°C to -20°C in most places, and in the prairies and northern areas, they can reach -30°C or even -40°C . Strong winds can make it feel even colder.

Heavy snowfalls mean that people often have to shovel snow from their driveways and sidewalks, and icy roads can make driving dangerous, causing delays. The shorter daylight hours in winter can also be difficult, and everyone needs to dress warmly with coats, scarves, gloves, and boots to stay comfortable.

Despite these difficulties, Canadians have found ways to enjoy the season. The snow and ice allow for fun outdoor activities, cultural celebrations, and cozy gatherings that make winter a memorable and enjoyable time of year.

Seasonal Activities 1

Winter in Canada offers many fun activities that make the cold season exciting and enjoyable. One of the most popular activities is **ice skating**, which people can do on outdoor rinks in towns and cities or on natural ice, like the Rideau Canal in Ottawa. Skating is simple, fun, and perfect for people of all ages.

For families and those who enjoy fast-paced fun, **tobogganing** is a favorite activity. People slide down snowy hills on sleds, laughing and enjoying time together. Another well-loved winter activity is **skiing and snowboarding**. In Canada, you can find large ski resorts like Whistler Blackcomb as well as smaller, easier hills for beginners. Whether you're learning or racing down a mountain, skiing and snowboarding are exciting ways to enjoy the snow.

Seasonal Activities 2

In addition to these activities, Canada has other winter traditions that make the season special. **Ice hockey**, Canada's national sport, is played on frozen ponds, outdoor rinks, and in arenas all across the country. Hockey is more than just a game; it's an important part of Canadian culture that brings people together.

For a quieter experience, **ice fishing** is a great way to enjoy the outdoors. People drill a hole in the ice of a frozen lake, set up a small shelter, and wait for fish. It's a peaceful activity and a tradition for many Canadians. If you prefer something faster, **snowmobiling** is an exciting option. Riding a snowmobile through snowy forests or across open fields is a thrilling way to explore the beautiful winter landscapes.

Canada's winter activities are a mix of excitement, relaxation, and tradition. They allow people to enjoy the snow, spend time with family and friends, and make the most of the season.

Northern Canada

Northern Canada is home to unique landscapes that many, including Chinese students, may find unfamiliar. The **tundra**, a vast, treeless expanse, is covered in snow for much of the year but comes alive with colorful mosses and small plants during the brief summer. Its beauty is unconventional, with endless horizons and a peaceful stillness that offers a different kind of charm.

This region is rich in **wildlife**, including caribou, arctic foxes, polar bears, and even narwhals—known as the “unicorns of the sea.” The **northern lights**, or aurora borealis, are one of the most stunning features of the area, lighting up the night sky with vibrant colors in a magical display.

While northern Canada may seem harsh, its rare wildlife, breathtaking lights, and tranquil landscapes make it an unforgettable part of the country.

Video

1. Culture

"China has a culture with thousands of years of history. It values family, harmony, and working together. Festivals like the Spring Festival are very important, even in modern cities where Western ideas are becoming more common. Canada is very multicultural, with people from many different backgrounds. It values personal freedom and respects the traditions of Indigenous peoples. Canadians celebrate diversity through national and local festivals."

2. Lifestyle

"Canada is known for its relaxed and balanced lifestyle, with a strong focus on community, family, and enjoying the outdoors. Despite being a large and diverse country, certain values and habits are shared by many Canadians.

One defining feature of Canadian life is the emphasis on **work-life balance**. While work is important, Canadians prioritize spending time with family and friends, as well as pursuing hobbies and outdoor activities. Weekends and holidays are often spent enjoying nature, whether it's hiking, camping, skiing, or simply relaxing by a lake.

Canadians also take pride in their connection to the environment. With access to vast natural landscapes, many people enjoy activities like kayaking, fishing, or cycling. In urban areas, parks and green spaces are popular places for exercise and socializing.

The lifestyle in Canada varies depending on whether you live in a **city** or a **rural area**. Cities like Toronto, Vancouver, and Montreal are busy and multicultural, offering diverse food, art, and entertainment. In contrast, rural areas are quieter, with close-knit communities and a slower pace of life.

Food is another important part of Canadian life, reflecting the country's diversity. While traditional dishes like **poutine** and **butter tarts** are popular, the multicultural

population means you can find cuisines from all over the world. Family meals and barbecues are common ways Canadians spend time together.

Canadians value politeness, inclusivity, and helping others. Community involvement, volunteering, and caring for neighbors are integral parts of life. This sense of community makes Canada a friendly and welcoming place to live.

Overall, Canadian lifestyle is about balance—working hard, enjoying leisure time, staying connected to nature, and embracing cultural diversity."

"In China, cities are busy and fast-moving, while life in the countryside is more traditional and relaxed. Family is very important, and it's common to have multiple generations living together. In Canada, people focus on balancing work and personal life. Most people live in cities, which are big and well-organized, but rural areas are peaceful and close to nature. Both countries love food—China for its regional cuisines and Canada for its mix of foods from different cultures."

3. Education

"In China, education is very competitive, and the Gaokao exam decides which university you can attend. There is a strong focus on math, science, and technology. However, students in rural areas face more challenges, and the pressure to succeed can be very high. In Canada, education focuses more on creativity and critical thinking. Schools offer bilingual education in English and French, and students have free access to school until high school. However, university can be expensive."

4. Economy

"China has the second-largest economy in the world. It is known for making and exporting goods, and its government helps to plan the economy. However, there are challenges like the income gap between cities and rural areas, and environmental issues. Canada's economy is based on natural resources like oil and wood, as well as services like healthcare and education. It trades a lot with other countries, especially the United States, but it also faces problems like rising living costs."

5. Government

"Canada has a democratic system of government that is divided into two main levels: the federal government and the provincial governments. These levels share responsibilities to ensure the country is well-managed.

The **federal government** is responsible for issues that affect the entire country. It is based in Ottawa, Canada's capital city. The federal government handles areas like defense, foreign relations, immigration, and national transportation. It is led by the Prime Minister, who is elected as the leader of the political party with the most seats in the House of Commons, Canada's main legislative body.

Each of Canada's ten provinces and three territories has its own **provincial or territorial government**. These governments manage areas that are more local, like education, healthcare, and natural resources. For example, provinces decide their school curriculums and run their hospitals. Each provincial government is led by a Premier, who is similar to a Prime Minister but focuses only on the province.

Both levels of government work together in some areas, like managing the environment or addressing major national issues. This system allows Canada to balance the needs of the entire country with the specific needs of each province or territory.

Canada's government is based on principles of democracy, meaning people vote to choose their representatives at both the federal and provincial levels."

"China has a one-party system led by the Chinese Communist Party. The government focuses on keeping the country stable and growing. In Canada, the government is a democracy. People vote for leaders, and the provinces have a lot of control over local decisions. The Canadian government focuses on fairness, protecting the environment, and people's individual rights."

6. Healthcare

"In China, there is a public healthcare system that combines modern medicine with traditional Chinese medicine. Big cities have better healthcare, but rural areas

can have fewer resources. In Canada, healthcare is free for everyone because it is paid for by taxes. The system gives equal access to everyone, but there can be long waiting times for non-urgent care."

Places to visit in Canada

"Canada is a beautiful and diverse country with something for everyone.

Nature lovers can visit **Niagara Falls** or explore the stunning **Rocky Mountains** in Banff and Jasper National Parks. Adventure activities like hiking, skiing, and wildlife watching are popular.

Canada's cities are exciting and multicultural. **Toronto** offers iconic landmarks like the CN Tower, while **Montreal** has European charm. **Vancouver** combines city life with outdoor adventures, and **Ottawa** is rich in history.

Visitors also love Canada for its friendly and welcoming people. Whether you want nature, culture, or relaxation, Canada has it all!"

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