

Hello, World! 6

Unit 2 All things healthy

READY, SET, GO!

Welcome to Canada!

Welcome to Canada, my homeland! Canada is a large country; only Russia is bigger. It spans six time zones. It is on the continent of **North America**. Do you know of any other country that is on this continent? You're right, the USA is in North America. Mexico, too, and 20 more countries.

Canada borders the USA to the south... and to the north-west, in the state of Alaska.

There's **the Pacific Ocean** to the west... and **the Atlantic Ocean** to the east. Greenland is to the north-east. Did you know that **Greenland** is the world's largest island? People often think it's in Canada, but it's actually part of Denmark.

The Arctic Ocean is to the north.

Despite its size, almost 90% of Canada is uninhabited. Half of it is covered in forest. There are 37 million people in Canada, which is not many compared to the 328 million people living in the USA.

There are two official languages, **English and French**, in all of Canada.

Ottawa is the capital city of Canada... but it's not the largest one. That would be **Toronto**.

The second most populous city is **Montreal**. It's in **Quebec**: the part of Canada where **French** is the first official language while English is the second.

But what makes Canada really famous is its magnificent landscapes: many lakes... vast forests... and national parks with diverse wildlife. In the Canadian Arctic region, there are most of the polar bears in the world... lots of islands... and a beautiful coastline.

I live in **Vancouver**, a town on the **west coast**. It's the third-most populous city in Canada. Vancouver is a multicultural city where people from all over the world enjoy Canadian hospitality. You can hear lots of different languages in the streets of Vancouver, and one of them is Chinese. There is a very large Chinese community in Vancouver, and I'm part of it.

My dad is Chinese, and my mom is British. But it's not only people that make Vancouver special. It's a mix of city and nature.

Vancouver is one of the top ten greenest and cleanest cities in the world. It's full of parks. My favourite is Stanley Park, which is often called the best park in the world. You can swim there... walk in the forest... ride a train... see the First Nations' totem poles... visit the aquarium... and do loads of other things. And close by is Grouse Mountain... with its Skyride. There you can enjoy lots of adventurous activities. Just make sure you don't run into any bears!

Vancouver is also a mix of old and new. This is my neighbourhood. It's called Granville Island. It's some 20 minutes by bike from the city centre to the island. It's famous for its large public market, where local people sell their goods, and where my family often goes shopping. How do you like it?