

**Alizée Potand and her Erasmus in Canada**

# **The city of Trois-Rivières**





# My story

**Alizée Potand**

At the end of the third year of my undergraduate degree program, we had a meeting presenting the possibilities of a joint degree program with other universities. A joint degree involves spending one semester out of two at another university. One proposal concerned the Université du Québec à Trois-Rivières. I was very interested, so I went for an interview to get a chance to go to Canada. I was selected. I had always wanted to go to Canada, and I was lucky enough to do so as part of my studies.

The beginnings were a bit complicated, despite the fact that Quebec is the French-speaking region of Canada, there are a lot of foreign students. In the lab where I'm located, they mainly speak English, and I'm really bad at it. It was difficult for me to integrate with the rest of the research team. But now everything is going very well, I've gotten to know my colleagues and it's very enriching to learn from them.

I didn't expect to see a lab like this when I arrived. My main tools include adjustable wrenches and a huge metal pestle. It's not at all what I expected when I arrived here, but I got used to it and now I work here every day without any problems, and I really enjoy what I do.

Outside of the lab last year, the first few weeks were really difficult. But I was lucky enough to know someone at the university. He included me in his group of friends, and everything was much easier and more enjoyable after that. I haven't been particularly involved in university life, but there are generally events quite regularly.

The biggest difference with France is the food. I thought it was over the top when I heard other people talk about American food, but it's not at all. Canadian food is really not good, you see things in supermarkets... it's terrible. I saw ketchup powder to flavor popcorn. They put sugar, maple syrup, and cinnamon everywhere they can, it's terrifying.



**UQTA - Université du  
Québec à Trois-Rivières**



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