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Living a Balanced Life

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Living a Balanced Life

I see differences between New Zealand and the continental states in the United States, but I see so many similarities between New Zealand and Hawai'i, where I am from. I was not surprised how similar the lifestyles are between New Zealand and Hawai'i. I think of New Zealand as just a much larger island-style life. The thing that really connects both these places are the Polynesian cultures. Hawaiian and Māori are so similar in values, culture, and even language. It is so similar to the point that I can pick up on t (Māori words) because I have a background in speaking Hawaiian.

I interviewed my Kiwi host in the flat I am living in while abroad. I appreciated it when she described the lifestyle in New Zealand. She said people “work to live, and not live to work”. I think that is something often forgotten in the States. Life should not revolve around one's work. My host said she grew up in a relaxed house and a relaxed way of life. In addition to that she said overall, New Zealand has a very chill and relaxed lifestyle. I asked her about her favorite thing about New Zealand and as I have been here for three months, I already understand what she shared with me. Her favorite thing is “all of it”. She loves that there are so many different ecosystems and activities to enjoy here. She said she could be skiing one day and at the beach the next.

As I will soon be wrapping up my time abroad, I will be sure to remember not to hold so much importance to a job, because life outside of work is just as, if not more, important. I will also be returning with a new appreciation for my Hawaiian culture. My Kiwi host said growing up in New Zealand, everyone is proud that they come from this amazing place. There is a high priority to the indigenous culture here, and everyone is proud of their country.