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Adjusting to college is never easy. Experiencing life in a new town with new friends, freedoms and expectations. It can be overwhelming for the typical 18-year-old. But imagine adding "new continent" to the equation. Nothing is familiar. You are immersed in a culture of people who don't think, act or talk like you, and you are forced to try a new cuisine at each meal.

That's the story of Elna de Villiers. One she has lived every day for the last four years.



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