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TRAVEL CULTURE RELIGION

"Exploring culture, journeying through travel, and discovering the essence of religion – a global dialogue in every issue."





and religion.

Every piece attempts to spark readers' interest and promote understanding, from perceptive interviews to captivating stories that cut across national boundaries.

Our writings and images capture the beauty and diversity of human experience, highlighting the common threads that bind us all.

Whether you're a traveler, a culture enthusiast, or simply someone curious about the world around you, we invite you to join us on this journey of insights and discovery.

Warm regards,

Olamide Samuel

Editor-in-Chief, Distant Voice Magazine

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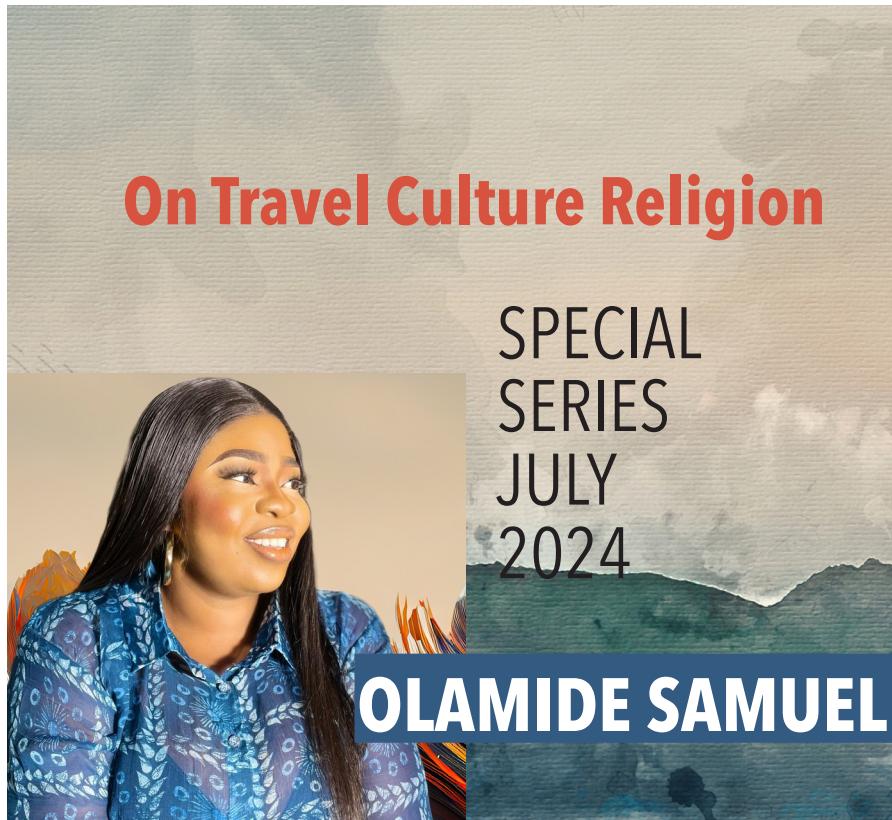
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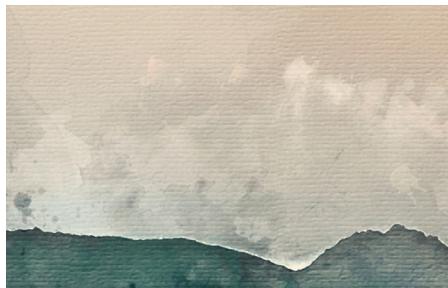
EDITOR'S NOTE

I took a moment to imagine what my life would have been like if I had not encountered amazing individuals who supported me.

It's been a year and few months I travelled to another part of this planet. It had been difficult to leave my family behind and join a new group of people with different cultures and religions, and I questioned how many other people were experiencing something similar.

Welcome to "Distant Voice", your gateway to discover realistic travel recommendations, the diverse range of cultures and faiths that contribute to the fascination of our planet. This issue explores the customs, beliefs, and practices that influence individuals from all walks of life as we take you on a journey to the furthest reaches of the world.

In these pages, you'll discover hidden gems, unexpected insights, and inspiring stories of how to overcome challenges related to travelling, cultural diversity



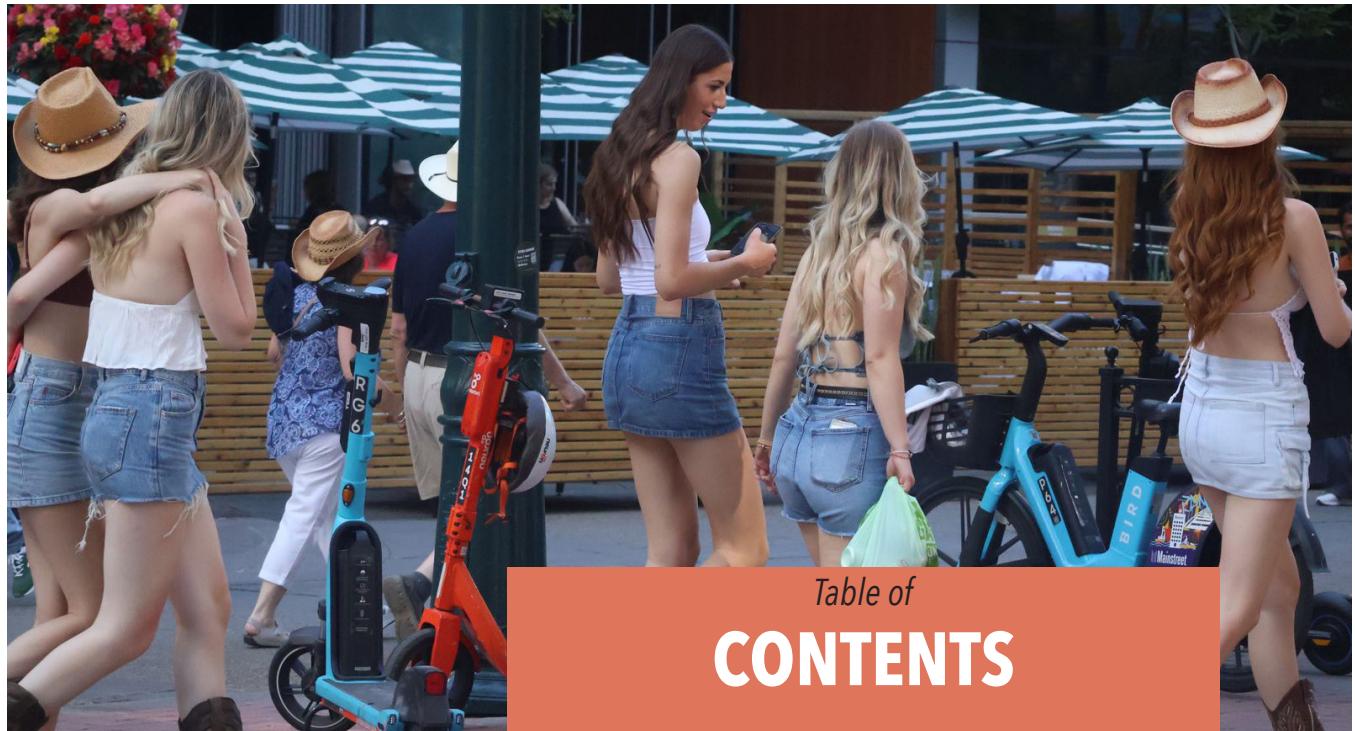


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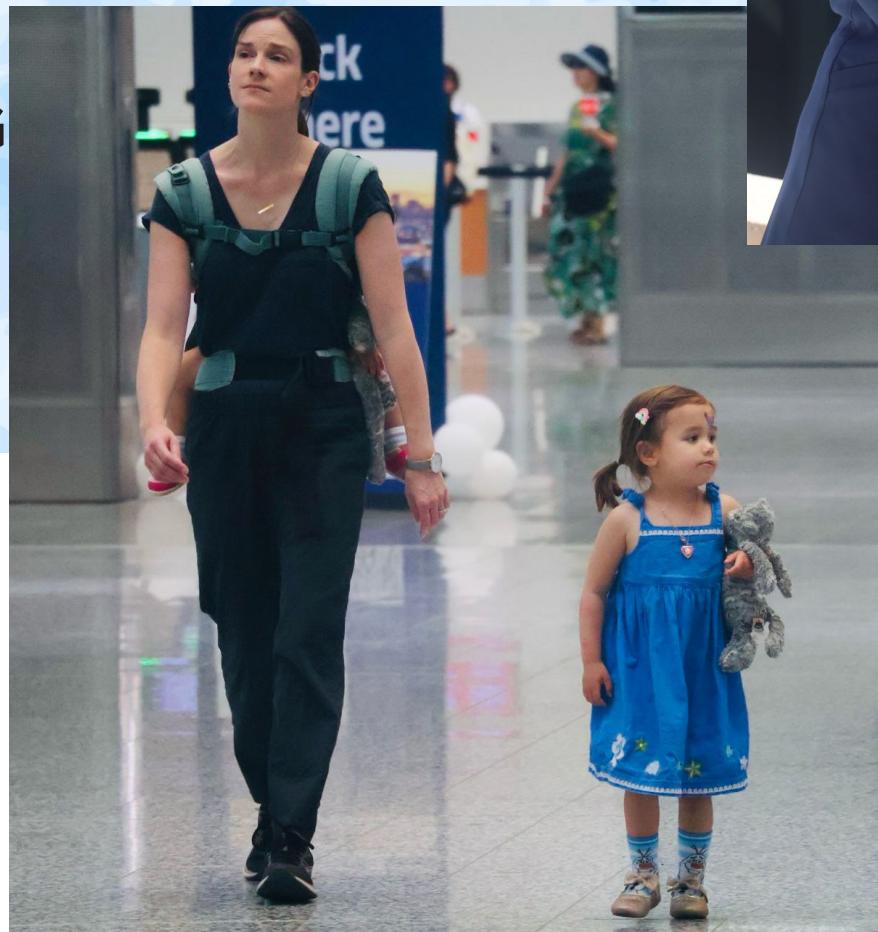


TIPS FOR RESPECTING PEOPLE'S CULTURE

Olamide Samuel

Culture is the lifestyle of people. This lifestyle encompasses social behaviours, religion, material traits, customs, and norms, among others. However, it is crucial to note that there is no society without its peculiar and unique culture. Therefore, every individual needs to accommodate and respect other people's cultures, regardless of what your thoughts about them may be and how strange they may be to you.

Every individual who leaves their country shouldn't expect to have exactly what they had back home. There would be differences in things, therefore the need for observation. You must take a step back and observe the ways of the



Travellers at the YYC Airport

people in your new environment. Don't just jump to conclusions without them and their culture. By observing, you get to learn and adapt to their ways without criticism.

However, by observing, you know and thoroughly understand what is highly valued and respected by the people, which is a dynamic and integral part



Diverse people preparing for the Stampede parade.

settlement which led to the abortion of their culture.

“It is significant to learn the history of the country and understand how many indigenous people are living in the country because there are many languages, Cultures etc. However, the government is building a structure to include the indigenous voices in the legal system, because of what has occurred to the indigenous people of Canada in the past. “Said, Noreen Demerit the Executive Of Direction of the Indigenous Justice Border.

In addition, you must live the rhythm of the destination. Dancing to the rhythm sometimes might not be enough in respecting the culture of other people. Living in the rhythm of the destination means that you will have to behave like them, eat what they eat, wear what they wear, and learn their language.

“In China, we stay quietly in class listening to lectures, but it is not so here in Canada with families. Said, Ntaknn Main a China indigene studying in Canada.

Furthermore, you must give back to the community. Giving is also a way of showing respect. Your giving back to the community communicates appreciation, respect, acceptance, and recognition for the culture.



Lastly, you must learn to recognize your prejudice and leave your biases at the door. Your negative’ preconceptions about others would ruin and destroy a good relationship. You will be cloudy by negative thoughts and won’t see the good part of the culture. Every culture has its beauty, but prejudice and biases may blind you from seeing it.

In conclusion, to deeply respect other people’s cultures, you must have the awareness that your culture isn’t better, valuable, or correct than theirs. Appreciate the differences and learn from them; have a balanced sense of curiosity and appreciation.

SEPARATED SOUL



Navigating the depths of separation " and how to stay connect

By Olamide Samuel

A separated soul is a person living a fragmented existence: separated from family, homeland, culture, language and mental environment. Hence, the term separated soul doesn't necessarily mean the end of life, or death, but it is a separation of the full body while still alive on earth.

According to Christianity, the term

soul could be traced back to the ancient and very first society where the first man was first created in the Garden of Eden, received the breath of the Almighty and thereafter another being was coined out of his ribs, and souls were connected. This connection has existed since the first creatures procreated the first offspring.

However, the concept of the soul has been central to various cultures, traditions, and religions used as a sig-

nal for the credibility and importance of the existence of every individual. For instance, in Hinduism, the soul is regarded as eternal, which is imprisoned in the earthly body, but at death, Java-atman (individual soul) passes into a new existence determined by karma.

Most people, In the quest to upgrade their standard of living, have been temporarily or permanently separated from their friends and family for so many reasons peculiar to the individual among

Mary Joy is unhappy being separated from her loved ones. (Photo by Olamide Samuel, SAIT)

Diversity Enriches Culture



A group of people from different countries. (Photo by Olamide Samuel, SAIT)

which include greener pastures, education, tourism, exposure and many more which have caused disconnection and separations among families of those who find themselves in this cubed circle.

Mary Joy is a student at SAIT, who felt frustrated because she couldn't do things she used to do back home, in Philippines. "Change in weather was a major challenge for me, and also fitting in for a good job to pay my bills, I almost regret locating but what kept me going was me holding on to the source of relocating".

Considering also the story of Camille Bartolome, who is a professional immigration consultant at Alma Armada & Company Limited, felt separated from



*Family strolling and enjoying the downtown view.
(Photo by Olamide Samuel, SAIT)*

home despite her outward success. “When I first relocated, it was not easy for me because I came across some challenges, but I have to be focused on the reason I came and look at where I am now, working as an immigration consultant, and in my firm, we counsel people who are at the edge of giving and help them with the right steps to success as a migrant.”

However, in both cases, the beginning of healing started when they were being focused on the initial goal for the fragmentation: proper and well-balanced life, relentless work, pressure to fit into society and visual knowledge of how the world outside is. Through mindfulness exercise and focus on the pursuit of achievement, both Camille and Joy gradually begin to return to a proper course of action, finding a new calmness.

Psychological conditions such as anxiety, depression, trauma and stress-rated disorders are often the physical evidence of this internal separation and fragmentation. Cognitive dissonance, the unbalanced and wrong decisions taken by humans of the critical aspect of the entire life event also depicts how our souls can get divided.

Frequent involvement in activities such as self-reflection, exercise, mindfulness, and placing value on healthy self-care is crucial. Building and maintaining a good and supportive relationship is also crucial and is key. A physical or online community also provides a common shared value, purpose and unbiased self-belongings, which can help mend the brokenness of the separated soul.

By taking practical steps towards reformation, every individual can begin to heal and consolidate their separated soul. The journey towards entity may not only be possible but achievable in a situation that separates us.



Many different cultures



Mother and daughter posing at the Stampede Parade.

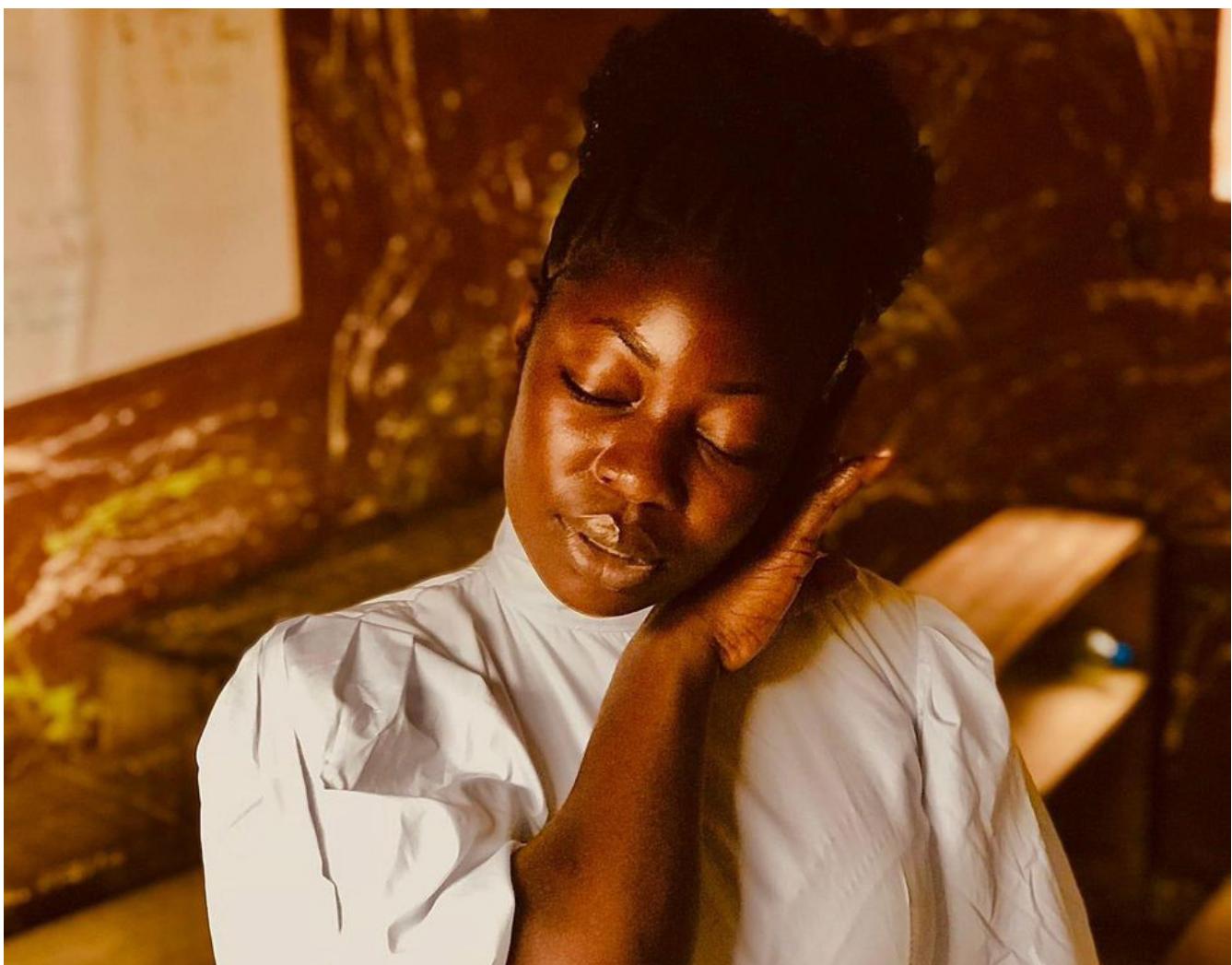


Cultures took part in the Stampede parade



Family going on trip at the YYC Airport

HOMESICKNESS



Olawunmi Samuel is missing the familiar comfort of home.

Emotional challenges of homesickness and tips for finding comfort away from home

By Olamide Samuel

Being homesick is normal, especially among those who have grown so fond of their home and environment. People may find it difficult to adapt to their new environment, which usually leads to homesickness. However, there are many possible solutions to deal with homesickness.

First and foremost, to deal with home-

sickness, you must realize that you are no longer home and being homesick is something normal and not usual. You shouldn't see your home sick as a chronic disease that has no cure. Of course, you left people you will miss and the memories you built, but then, you must accept your new environment and learn how to adapt.

Plan out some time to reflect on those memories and accept your new community. Get involved in your new com-

munity and try as much as possible to engage in activities to while away time, and gradually you will begin to like and enjoy the feeling, mood and memories your new community offers. Hence, to overcome homesickness, you must explore your new community. Go out and keep yourself busy.

Moreover, you must change your perspective about your new community. Sometimes being homesick can be a re-

TRAVEL



A quiet back alley at SAIT

sult of the negative thoughts and ideas you might have gathered about the new place; therefore, your full won't be there. Occasionally, your body will be in a new place while your mind will be far away. Thus, this unhealthy perspective of your new community would only deteriorate your health because you won't find happiness in anything even in the happiest event.

In addition, to deal with homesickness, you must distract yourself from home and make new friends you can trust in your new environment. Find someone you can trust and share your thoughts on how you feel. As Humans, we can't live in isolation. Humans must socialize to be healthy; we all need listening ears. There are so many ways to meet new

people; you could join some group that you know will have a positive impact on you.

"I miss my family, especially my mother because of her food. Back home, my mother would have prepared food for me, but now I must do that myself, even after a long day. However, I stay connected with home by doing video calls with my family, so I don't feel alone here. Aside from video calls, I listen to music mingle with friends and share things with them. I always keep myself busy, I hang out and get a job to help me do some shop pings," said Niharika Sharma

Furthermore, develop self-care practices. Practice things that would help you

to be emotionally and physically stable. Get involved in some healthy games, listen to music, eat good food and, importantly, bring a reminder of home. However, you have to get a positive outlet for your feelings.

In conclusion, being homesick is normal. So, you as an individual can help yourself out of this situation. You have to strive and thrive in bringing comfort to your new community. Make happiness and joy not missing. Anywhere you find happiness, peace, and joy is home, therefore bring all these to your new home. And get back to your routine. Do things in things you usually do back home.

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