

WEBVTT

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00:00:00.910 --> 00:00:04.480

[Voices] Inescapably, inescapably, inescapably.</v>

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00:00:05.430 --> 00:00:10.160

[Nolan] Inescapably, foreign. Welcome to Without Borders. I'm your host,</v>

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00:00:10.330 --> 00:00:14.160

Nolan Yuma. If you haven't tuned into this show before you know that this, uh,

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00:00:14.160 --> 00:00:18.280

if you haven't tuned in before, this is the show for nomads, expats, immigrants,

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00:00:18.280 --> 00:00:19.240

third culture kids.

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00:00:19.540 --> 00:00:23.600

Are anyone else that feels inescapably foreign. Today,

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00:00:23.660 --> 00:00:25.800

I'm here with Chantal Patton, uh,

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00:00:25.920 --> 00:00:29.640

a nomad pulling off what many people believe isn't possible,

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00:00:29.750 --> 00:00:34.360

running a successful business while traveling to over 100 countries with her

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00:00:34.360 --> 00:00:36.800

husband and three kids. Uh,

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00:00:36.800 --> 00:00:40.960

so with one with over 120,000 subscribers on YouTube,

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00:00:41.340 --> 00:00:45.040

you may have come across Growing Up Without Borders before,

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00:00:45.660 --> 00:00:49.160

and I'm definitely interested in getting to know how the Pattons full off

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00:00:49.160 --> 00:00:50.480

running is successful.

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00:00:50.710 --> 00:00:55.480

Vlog blog online courses while homeschooling. Uh,

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00:00:55.480 --> 00:01:00.080

and of course we'll also get into the psychological and sociological effects of

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00:01:00.080 --> 00:01:04.680

living the nomadic lifestyle. Uh, but before we get into all that, Chantal,

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00:01:04.980 --> 00:01:05.920

how are you doing today?

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00:01:06.660 --> 00:01:10.120

[Chantal] I'm doing great. Thank you so much for having me today. This is really exciting.</v>

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00:01:10.420 --> 00:01:10.920

And uh,

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00:01:10.920 --> 00:01:15.720

hopefully I'll be an open book and kind of show what we don't always show on our

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00:01:15.720 --> 00:01:17.440

YouTube channel with you guys, so.

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00:01:17.550 --> 00:01:21.360

[Nolan] Yeah. Oh, okay. Perfect. I'm, I'm looking forward to it. Um,</v>

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00:01:21.360 --> 00:01:23.960

so just so the listeners know, where, where are you right now?

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00:01:24.110 --> 00:01:27.680

What kind of videos could they, could they get into right now?

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00:01:28.260 --> 00:01:33.200

[Chantal] Uh, right now we are visiting Thailand and so, um, it's country.</v>

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00:01:33.730 --> 00:01:35.520

We're at Country 121.

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00:01:35.860 --> 00:01:39.560

We just finished visiting Japan and Mongolia and Korea.

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00:01:40.300 --> 00:01:43.000

And so yeah, we have so many, um,

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00:01:43.120 --> 00:01:46.880

upcoming videos of different countries that we have not yet even released, so.

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00:01:47.850 --> 00:01:49.900

[Nolan] Okay. So a little sneak peek here, maybe. Well,</v>

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00:01:49.900 --> 00:01:52.580

this video will be released a little bit later as well,

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00:01:52.680 --> 00:01:55.300

so maybe it'll line up. Um,

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00:01:55.960 --> 00:02:00.340

and how long are you staying in each country? Um, right now.

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00:02:00.840 --> 00:02:02.580

[Chantal] That's a really good question. Um,</v>

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00:02:02.920 --> 00:02:07.260

so I like to sometimes slow down a little bit, if you will,

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00:02:07.680 --> 00:02:10.780

and my husband is more about like, let's get this all done.

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00:02:10.980 --> 00:02:15.180

Cause we're on a mission to visit every country in the world and covid kind of

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00:02:15.180 --> 00:02:19.100

slowed us down just like obviously it did to everyone. And um,

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00:02:19.200 --> 00:02:21.900

so we spent a long time in New Zealand during Covid,

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00:02:22.160 --> 00:02:27.020

and so now we're kind of back out there and the time is clicking because my

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00:02:27.020 --> 00:02:30.420

eldest is about to go to post-secondary school.

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00:02:30.720 --> 00:02:33.260

And so we're trying to do this as a family structure,

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00:02:33.400 --> 00:02:34.860

so our time is running low.

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00:02:35.200 --> 00:02:39.020

So normally we would be like taking our time and if we like a place,

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00:02:39.020 --> 00:02:41.260

we just stay longer and if we don't then we just keep going.

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00:02:41.640 --> 00:02:45.260

So there's no real answer, I guess, to the question other than, you know,

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00:02:45.260 --> 00:02:47.700

once we've seen a lot of it, then we tend to move on, I guess.

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00:02:47.800 --> 00:02:50.620

And now we're starting to go back to countries that we really enjoy,

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00:02:50.620 --> 00:02:51.900

like Thailand, so [laughter]

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00:02:52.570 --> 00:02:52.860

[Nolan] Okay,</v>

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00:02:52.860 --> 00:02:56.100

but is that why you're kind of in a rush then to get to every country because

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00:02:56.100 --> 00:02:57.300

your eldest daughter is.

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00:02:58.990 --> 00:03:02.080

[Chantal] Yeah, like if she said, oh, I'll just take another gap year,</v>

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00:03:02.080 --> 00:03:05.600

that would just be so much easier. Um, but, you know, yeah,

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00:03:05.660 --> 00:03:07.240

she has a life to live as well,

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00:03:07.620 --> 00:03:12.000

so now we're gonna have to time it around when she's on holidays and stuff like

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00:03:12.000 --> 00:03:14.720

that, but that's okay. It'll just slow us down, which is a good thing for us.

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00:03:15.230 --> 00:03:18.720

[Nolan] Yeah, well I'm, I'm a big, uh, fan of slow travel.</v>

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00:03:18.880 --> 00:03:21.480

I think that's for most of the benefits come in.

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00:03:21.500 --> 00:03:24.520

And you've written about some of the benefits of travel as well,

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00:03:24.540 --> 00:03:28.440

and I think most of those benefits you usually experience when you're spending a

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00:03:28.440 --> 00:03:32.240

little bit more time in a country. Yes. Um, now I'm,

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00:03:32.240 --> 00:03:34.320

I'm wondering what your viewpoint is on it with the,

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00:03:34.320 --> 00:03:37.680

with what you're doing now a little bit faster to try and meet these goals.

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00:03:38.220 --> 00:03:42.200

Cuz me personally, I've always been like, oh really? Like why,

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00:03:42.300 --> 00:03:44.920

why do we have to get these numbers in? Right?

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00:03:45.010 --> 00:03:47.560

Isn't it kind of more important to really spend some time?

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00:03:47.740 --> 00:03:50.960

But then I also see like, oh, we, we only have so much time,

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00:03:51.140 --> 00:03:52.200

so maybe sometimes we,

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00:03:52.220 --> 00:03:56.640

we have to go faster to be able to experience as much as possible.  
I.

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00:03:57.000 --> 00:03:57.360

[Chantal] I guess it's.</v>

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00:03:57.360 --> 00:03:59.320

[Nolan] Like understand there are two sides, but what.</v>

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00:03:59.770 --> 00:04:00.840

[Chantal] Well,</v>

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00:04:00.840 --> 00:04:04.760

and it depends on like how maybe like in this case it's like a goal,

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00:04:04.900 --> 00:04:08.040

so it's like how goal oriented do we really wanna be?

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00:04:08.380 --> 00:04:10.880

And then at what point is it just like a, who cares really?

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00:04:11.070 --> 00:04:14.520

Like what are we trying to do, you know, with this whole thing, but, you know.

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00:04:14.520 --> 00:04:18.400

Yeah. Uh, so that's like a debate that we actually often have in our family.

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00:04:18.450 --> 00:04:21.320

We're like, what? Why are we even doing this in the end? Like,

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00:04:21.340 --> 00:04:24.840

cuz we're starting to get into harder countries that are gonna be really

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00:04:25.720 --> 00:04:29.720

challenging to even get to or to even do anything while we're there, you know,

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00:04:29.720 --> 00:04:33.480

things like that. So, but we'll see. We'll see.

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00:04:33.630 --> 00:04:38.200

[Nolan] Talk, talking about harder countries. What is one of the uh,

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00:04:38.520 --> 00:04:42.320

[laughter] the worst bureaucratic stories you have when it comes to getting visas

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00:04:42.320 --> 00:04:46.040

and things like that? It's something I always bring up on the show because, um,

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00:04:46.270 --> 00:04:50.920

well in most cases I find bureaucracy when it comes around

immigration to be

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00:04:50.920 --> 00:04:55.320

kind of archaic. Sometimes classes, sometimes even racist, uh,

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00:04:55.320 --> 00:04:58.720

if you hear about a lot of the experiences. Um, but.

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00:04:58.830 --> 00:05:02.240

[Chantal] Well thankfully for you, I mean, I, I should,</v>

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00:05:02.890 --> 00:05:06.720

we're actually really grateful that we have good passports because certain

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00:05:06.720 --> 00:05:10.600

countries really, it is a big challenge, isn't it? Um,

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00:05:11.180 --> 00:05:12.280

but more so,

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00:05:12.740 --> 00:05:15.440

and you would think that after being to this may countries would be really

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00:05:15.440 --> 00:05:16.060

organized,

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00:05:16.060 --> 00:05:20.480

but we just ended up missing two flights to Japan because

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00:05:20.900 --> 00:05:21.140

um,

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00:05:21.140 --> 00:05:24.920

we were gonna fly through Vietnam and we didn't realize that they don't issue

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00:05:25.090 --> 00:05:29.960

visas on arrival during the weekends. So we couldn't do anything about it.



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00:05:29.980 --> 00:05:31.080

So we couldn't board the flight.

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00:05:31.180 --> 00:05:34.960

And then we went to board again through Singapore and this time, uh,

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00:05:34.960 --> 00:05:38.720

we didn't realize that Japan still had a three vax rule, which they just lifted,

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00:05:39.180 --> 00:05:41.280

so we missed that flight as well. So like,

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00:05:41.280 --> 00:05:44.920

just bureaucracy and things like that is just like triple checking things before

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00:05:44.920 --> 00:05:46.600

you go. And you know,

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00:05:46.600 --> 00:05:49.520

because we're a family of five and the girls are all grown up, we're like, oh,

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00:05:49.520 --> 00:05:51.760

didn't you look, oh didn't you look, you know, [laughter]?

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00:05:52.820 --> 00:05:56.040

[Nolan] So, okay. So a little, a little bit on you there I guess, but no,

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00:05:56.040 --> 00:06:00.720

no stories were the bureaucrats lost the paperwork or made you like,

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00:06:00.780 --> 00:06:04.920

you know, rejected something cuz it was signed outside of the line, something.

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00:06:04.920 --> 00:06:07.840

[Chantal] Like that. Well, for example, we couldn't get into South Africa.

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00:06:07.860 --> 00:06:09.040

Now this goes back years ago,

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00:06:09.040 --> 00:06:12.240

but that's because the girls didn't have what's called a long form birth

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00:06:12.240 --> 00:06:16.080

certificate. And so when you go into South Africa,

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00:06:16.510 --> 00:06:20.160

they really wanna make sure that you are the parents of the children because

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00:06:20.160 --> 00:06:23.240

they have issues with trafficking and such. And so, um,

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00:06:23.840 --> 00:06:27.480

I had um, what's called a family booklet,

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00:06:27.790 --> 00:06:32.480

it's from Switzerland cause I have dual citizenship and in there it shows like

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00:06:32.480 --> 00:06:33.400

the parents, the kids,

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00:06:33.680 --> 00:06:37.720

like it's an official document and they wouldn't even accept that to show that

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00:06:37.720 --> 00:06:40.680

we are the parents. So, um, that was, you know,

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00:06:40.680 --> 00:06:44.680

we had to do a rush thing from Canada and so we just had to stay in Mozambique

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00:06:44.680 --> 00:06:48.880

for a few extra days until that arrived. And then even when it did arrive,

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00:06:48.880 --> 00:06:50.480

they like really checked it. Like,

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00:06:50.480 --> 00:06:53.840

it was just really strange for us because like obviously they're our kids,

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00:06:53.860 --> 00:06:56.440

you know what I mean? But they were just, you know,

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00:06:56.440 --> 00:06:57.480

they have to follow the rules but

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00:06:57.480 --> 00:06:59.680

[Nolan] At least, least just a couple extra days. Yeah.</v>

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00:06:59.680 --> 00:07:03.000

Some still people have stories of just being stuck somewhere for months or.

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00:07:03.220 --> 00:07:04.880

[Chantal] Oh gosh, no, thank God.</v>

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00:07:05.710 --> 00:07:09.600

[Nolan] Okay, well let, let's get into, uh, with your kids because, um,</v>

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00:07:09.620 --> 00:07:13.040

one of your articles, I think it's article four on, on your website,

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00:07:13.060 --> 00:07:16.640

so people will have to go back through the beginning of the, all the articles,

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00:07:17.020 --> 00:07:21.520

uh, but travel related things that make your child stronger. Um,

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00:07:22.340 --> 00:07:24.760

you wrote this I think in 2017.

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00:07:25.400 --> 00:07:29.680

I was wondering has anything changed from your perspective here? Um,

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00:07:29.920 --> 00:07:33.960

because you also mentioned that social media makes it easy to maintain

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00:07:33.990 --> 00:07:35.520

friendships, right?

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00:07:35.780 --> 00:07:36.800

[Chantal] Yes. Do.</v>

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00:07:36.800 --> 00:07:38.160

[Nolan] It still the case or.</v>

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00:07:38.910 --> 00:07:40.440

[Chantal] Okay. I I probably the,</v>

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00:07:40.880 --> 00:07:43.920

I probably have a different perspective now because our girls are so much older.

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00:07:44.580 --> 00:07:45.413

Um,

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00:07:45.440 --> 00:07:50.360

I would say full-time travel with kids is extremely

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00:07:50.360 --> 00:07:54.760

difficult when you get into those teenage years because this morning, okay,

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00:07:54.760 --> 00:07:58.840

just something simple as getting your license, right? My daughters,

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00:07:58.940 --> 00:08:02.680

two of them are of age where in at least in Canada you can get a license or in

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00:08:02.680 --> 00:08:07.520

New Zealand, right? And so having drivers ed classes when you're traveling,

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00:08:07.520 --> 00:08:09.840

trying to get your license when you're traveling, you know,

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00:08:09.840 --> 00:08:11.720

all those things they're missing out on,

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00:08:11.830 --> 00:08:16.240

they've missed out on prom and like things like this that, you know, and they,

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00:08:16.240 --> 00:08:18.680

they see all these videos on other people and they're like, oh,

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00:08:18.680 --> 00:08:22.200

they just got their license or Oh they, and I'm like, it's okay. You know,

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00:08:22.380 --> 00:08:26.280

you know, so like there's just like this thing that they feel like they,

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00:08:26.280 --> 00:08:29.800

they don't always see everything that they've gained through travel and they're

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00:08:29.800 --> 00:08:33.760

missing out. And then the boyfriend issue, that's like a whole other story,

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00:08:33.770 --> 00:08:37.040

right? They're at the age now where, you know, they're like dudes,

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00:08:37.040 --> 00:08:40.640

this is not cool. Like we wanna have like a boyfriend, you know, [laughter] Yeah.

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00:08:41.060 --> 00:08:45.680

So it's just like, you know, and it's one thing if you do little travels,

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00:08:45.680 --> 00:08:50.240

like you go and then you maybe come back or, so that would be different, right?

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00:08:50.420 --> 00:08:53.400

So at least we stayed in New Zealand for a good two and a half years.

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00:08:53.500 --> 00:08:55.320

So that was nice. Like they got to, you know,

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00:08:55.350 --> 00:08:58.160

meet a lot of friends and be in specific areas.

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00:08:58.220 --> 00:09:00.440

But now that we're on the road again, they're kind of like, you know,

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00:09:00.710 --> 00:09:01.800

guys [laughter]

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00:09:03.420 --> 00:09:08.040

[Nolan] As aside from the US is New Zealand the country you lived in the longest</v>

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00:09:08.340 --> 00:09:09.173

as a family?

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00:09:10.690 --> 00:09:13.830

[Chantal] Um, consecutively, yes, for sure. Yeah.</v>

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00:09:14.410 --> 00:09:14.700

[Nolan] Uh,</v>

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00:09:14.700 --> 00:09:18.270

what were the other countries you spent like a long period of time and also not

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00:09:18.270 --> 00:09:20.230

too Spain fish did, but said Spain. Okay.

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00:09:20.330 --> 00:09:24.470

[Chantal] Uh, yep. Yep. We did on and off for two years in southern

Spain. We loved it.</v>

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00:09:24.890 --> 00:09:28.670

Um, Switzerland and um, yeah, US, Canada,

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00:09:29.040 --> 00:09:31.110

those are kinda like the longer stays.

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00:09:31.790 --> 00:09:36.710

[Nolan] I think you have a pretty unique perspective there because Switzerland and us</v>

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00:09:36.860 --> 00:09:40.750

also have a lot of cultural differences in Switzerland and Spain definitely have

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00:09:40.750 --> 00:09:43.350

a lot of cultural differences. Um,

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00:09:43.940 --> 00:09:48.750

what are some of the things that you find have made it difficult maybe

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00:09:48.750 --> 00:09:51.030

to adapt in the United States, um,

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00:09:51.030 --> 00:09:54.550

from the Switzerland or some things that are some kind of changed out in the

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00:09:54.750 --> 00:09:55.870

cultural differences. And then maybe.

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00:09:56.020 --> 00:09:59.790

[Chantal] This is so funny cuz we were just speaking about this yesterday.</v>

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00:10:00.170 --> 00:10:02.830

We were walking on the street and we were like, you know,

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00:10:02.830 --> 00:10:04.750

we try not to generalize, but then you do.

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00:10:05.250 --> 00:10:08.230

But every country has its own culture, you know, whether,

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00:10:09.010 --> 00:10:13.750

and because we just came from Japan where everyone's so courteous

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00:10:14.050 --> 00:10:16.630

and you know, if you're taking a photo, they'll just wait, you know,

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00:10:16.630 --> 00:10:18.830

in other cultures. So they're just like walking in front of you,

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00:10:18.830 --> 00:10:21.550

they don't care, they're quiet, you know, you go to America,

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00:10:21.580 --> 00:10:23.830

it's all of a sudden everyone's loud and they speak and like,

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00:10:23.830 --> 00:10:25.470

they're so exaggerated. And you know,

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00:10:25.470 --> 00:10:29.310

we were in Korea recently and we saw a BTS guy come out.

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00:10:29.340 --> 00:10:31.910

He's like one of these famous, you know, bts? Yes.

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00:10:31.910 --> 00:10:32.310

[Nolan] Yeah.</v>

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00:10:32.310 --> 00:10:33.590

[Chantal] [laughter] Okay. Okay. Just in case, cuz like,</v>

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00:10:33.590 --> 00:10:35.510

I don't really know if everyone knows famous.

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00:10:36.170 --> 00:10:39.150

[Nolan] For the show. Do you wanna quickly explain what BTS is? Just for the listers?</v>



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00:10:39.150 --> 00:10:39.310

Uh.

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00:10:39.310 --> 00:10:41.470

[Chantal] Famous, like, so Korean pop stars,</v>

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00:10:41.500 --> 00:10:44.870

like there's this one group called BTS and they're like super famous and

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00:10:44.870 --> 00:10:48.830

They're the biggest. So the one guy, oh,

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00:10:48.910 --> 00:10:49.910

I don't even remember his name,

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00:10:49.910 --> 00:10:53.470

but he was coming off the plane and what's hilarious is we were,

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00:10:53.500 --> 00:10:54.390

everybody was there,

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00:10:54.390 --> 00:10:56.830

like the whole paparazzi and everyone was waiting for this guy.

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00:10:56.830 --> 00:10:59.230

And as we were walking through, we were observing and we were like, oh,

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00:10:59.230 --> 00:11:00.870

there's an American, oh there's a whatever.

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00:11:00.870 --> 00:11:03.230

And we were pretending like trying to guess who, who, who is what,

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00:11:03.300 --> 00:11:07.670

because they are like, so, you know, an American goes by and they're like, oh,

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00:11:07.730 --> 00:11:09.270

are these photos for me? Or like,

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00:11:09.270 --> 00:11:11.870

they like say something and then the European kind of more Russians are more

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00:11:11.870 --> 00:11:14.270

like just walking straight, don't say anything and kind of look, you know,

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00:11:14.270 --> 00:11:16.630

like everyone has a different culture, right? Yeah.

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00:11:16.770 --> 00:11:20.430

And so I forget what we were, what the question even was, but it it's Oh,

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00:11:20.430 --> 00:11:24.880

the reverse. Yeah. Yeah. I was gonna say like, it's more of the reverse.

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00:11:24.880 --> 00:11:28.600

[Nolan] Between Switzerland and the states, then maybe Switzerland and, and uh,</v>

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00:11:28.690 --> 00:11:32.560

Spain Also, just, just quick note here. When it comes to, uh,

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00:11:32.780 --> 00:11:35.960

generalizations, I think we have to be careful with stereotypes,

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00:11:35.960 --> 00:11:39.240

but at the same time, we need to be aware of the generalizations.

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00:11:39.240 --> 00:11:41.480

So we don't make mistakes as that.

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00:11:41.480 --> 00:11:46.120

We don't come into a country just acting completely like ourselves and then

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00:11:46.120 --> 00:11:50.880

maybe doing something that could be offensive. And also with

generalizations,

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00:11:50.880 --> 00:11:55.560

it's, it's kind of a business competence and cultural competence is based on,

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00:11:55.560 --> 00:11:56.760

right? Like we.

225

00:11:56.760 --> 00:12:00.240

[Chantal] Look, yeah, well, like things that you don't know. And sometimes it only,

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00:12:00.380 --> 00:12:03.880

you only discover it after being there because people don't always tell you and

227

00:12:03.880 --> 00:12:06.480

they don't wanna be rude to tell you, you know,

228

00:12:06.480 --> 00:12:09.120

some cultures are very fast to correct you because it's like,

229

00:12:09.430 --> 00:12:11.200

here in this country, do it like this, you know,

230

00:12:11.440 --> 00:12:13.520

and they have no problem telling you. Um,

231

00:12:13.660 --> 00:12:17.440

but in other cultures it's something that you just only learn after the fact and

232

00:12:17.440 --> 00:12:18.240

you're like, oh crap,

233

00:12:18.240 --> 00:12:20.520

I wish somebody would've told me that I just made a fool of myself.

234

00:12:20.580 --> 00:12:24.160

Or like in Switzerland, you don't really joke in a meeting like,

235

00:12:24.300 --> 00:12:27.640

and you don't do small talk like we would in other countries.

236

00:12:27.640 --> 00:12:30.560

And so things like this you don't really understand until you're there,

237

00:12:31.220 --> 00:12:32.760

you know? So.

238

00:12:33.600 --> 00:12:37.320

[Nolan] I think a big difference between Switzerland and the States is that they're very

239

00:12:37.420 --> 00:12:40.080

theory first when it comes to business meetings.

240

00:12:40.110 --> 00:12:44.360

Like you might present the theory and then after people will have questions

241

00:12:44.360 --> 00:12:47.960

about the applications. Whereas like the state is very application first, right?

242

00:12:48.200 --> 00:12:50.840

You present what, what can, what's the outcome of this?

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00:12:50.900 --> 00:12:54.520

And then after people might ask about the theory, um,

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00:12:55.380 --> 00:12:56.840

now this is something you learn in,

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00:12:56.940 --> 00:12:59.840

in with the cultural competence side of things,

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00:13:00.180 --> 00:13:04.630

but I think it's a little bit different with languages because I find,

247

00:13:04.770 --> 00:13:07.190  
at least in the Canada, I don't know about in the States,

248  
00:13:07.670 --> 00:13:10.270  
a lot of language teachers in the public school system,

249  
00:13:10.270 --> 00:13:12.630  
they don't actually teach the language.

250  
00:13:12.630 --> 00:13:15.790  
They just give you the little rules and you have to conjugate verbs.

251  
00:13:15.790 --> 00:13:18.790  
You do the theory without actually applying it.

252  
00:13:18.790 --> 00:13:21.150  
whereas in, I found in many European countries, I,

253  
00:13:21.310 --> 00:13:22.710  
I think Switzerland being one of them,

254  
00:13:22.710 --> 00:13:24.510  
because people speak so many languages there,

255  
00:13:24.970 --> 00:13:27.790  
you kind of get thrown into the language right away.

256  
00:13:28.490 --> 00:13:32.150  
And I was wondering what your ideas behind this are with,

257  
00:13:32.150 --> 00:13:36.390  
with your daughters because you also mentioned how one of the  
benefits of

258  
00:13:36.390 --> 00:13:38.750  
traveling so much is of course learning other languages.

259  
00:13:39.080 --> 00:13:40.910  
[Chantal] Absolutely. Yeah. And um,</v>

260  
00:13:41.350 --> 00:13:45.230

a perfect example of that actually is when I came back. Um,

261

00:13:45.410 --> 00:13:48.870

so I lived in Europe when I was like a teenager and I,

262

00:13:49.110 --> 00:13:52.750

I had a lot of Spanish speaking friends and I really liked the culture and the

263

00:13:52.750 --> 00:13:57.310

people and how they were. And so when I came back to Canada, I was like,

264

00:13:57.310 --> 00:14:00.790

I'm gonna go learn Spanish. And I went right away to school and I last,

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00:14:00.910 --> 00:14:01.870

I lasted one course,

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00:14:01.870 --> 00:14:05.350

like I went to the local college and it was exactly what you just said.

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00:14:05.350 --> 00:14:08.870

It was like conjugation. There was no like, I don't know, I was just like, no,

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00:14:08.870 --> 00:14:11.950

this isn't for me. Like I, you know what I mean? I just didn't wanna,

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00:14:11.950 --> 00:14:14.510

like you're not learning, you're not really,

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00:14:14.510 --> 00:14:16.710

you're learning theory and not really practice.

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00:14:17.090 --> 00:14:18.670

So that's kind of what you're saying.

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00:14:18.690 --> 00:14:22.590

And definitely when our girls moved to Switzerland, um, they have a really good,

273

00:14:22.690 --> 00:14:26.510

um, like a welcoming program I guess you will because it's very multicultural.

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00:14:26.570 --> 00:14:28.550

So they're used to getting refugees,

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00:14:28.550 --> 00:14:30.430

they're used to getting people from different, you know,

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00:14:30.430 --> 00:14:33.310

it's a small country with all these other languages all around them.

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00:14:33.310 --> 00:14:34.270

They're used to getting that.

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00:14:34.290 --> 00:14:37.270

So they have a really good integration program where they're integrating the

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00:14:37.270 --> 00:14:40.430

kids into the language. And what surprised me the most was like, I was like,

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00:14:40.450 --> 00:14:44.030

Ooh, aren't they kind of behind on like their times tables when they were really

281

00:14:44.030 --> 00:14:44.870

young and they're like, no,

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00:14:44.870 --> 00:14:47.750

it's better that they really get the language first cuz that can be learned

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00:14:47.750 --> 00:14:48.490

after, you know,

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00:14:48.490 --> 00:14:52.720

so it was more about let's get them integrated and being able to speak and yeah,

285

00:14:52.900 --> 00:14:53.733  
it was really cool.

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00:14:54.260 --> 00:14:57.400  
[Nolan] Now in Switzerland with the multicultural aspect, um,</v>

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00:14:57.560 --> 00:14:59.920  
a lot of people say this between Canada and the states,

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00:14:59.950 --> 00:15:03.240  
that the states is a bit more of a melting pot, right? You,

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00:15:03.300 --> 00:15:05.240  
you bring your culture and you adapt to the states.

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00:15:05.260 --> 00:15:07.480  
Of course there are different areas and different cultures, but it's,

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00:15:07.480 --> 00:15:10.560  
it's more of a melting pot and you adapt to the American culture.

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00:15:11.190 --> 00:15:14.320  
Whereas in Canada it's a little bit more like a mosaic.

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00:15:14.320 --> 00:15:16.480  
You have all these different cultures and multicultural,

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00:15:16.860 --> 00:15:21.040  
but they're keeping their own culture in a way. [Chantal] Um, interesting.

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00:15:21.040 --> 00:15:23.600  
Do you think that's true at all? Or what?

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00:15:23.630 --> 00:15:27.480  
What And then also I don't think so is in Switzerland. Okay. Ooh.

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00:15:27.500 --> 00:15:30.440

[Chantal] Oh no. The reason why I say I don't think so is because for example,</v>

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00:15:30.820 --> 00:15:31.440

if you look at,

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00:15:31.440 --> 00:15:35.600

well maybe the people who immigrated let's say to Canada may be different,

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00:15:35.600 --> 00:15:38.160

but certainly all those kids that are growing up, they're definitely Canadian.

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00:15:38.380 --> 00:15:40.640

You can tell like they're like, I just,

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00:15:40.640 --> 00:15:45.160

we went to India this year and or I guess it was last year already. Um, it,

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00:15:45.640 --> 00:15:46.920

they're very different culturally.

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00:15:47.270 --> 00:15:50.040

Like you take the Indian family that's in Canada living,

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00:15:50.040 --> 00:15:53.720

they're way more Canadian than even sometimes my kids would be.

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00:15:53.720 --> 00:15:54.553

You know what I mean?

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00:15:54.830 --> 00:15:57.560

[Nolan] Yeah, yeah, definitely. Definitely.</v>

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00:15:57.800 --> 00:15:59.320

[Chantal] I think you just naturally adapt, right?</v>

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00:15:59.440 --> 00:16:03.320

I think everywhere you live you just naturally adapt that culture.

Um,

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00:16:03.630 --> 00:16:04.463

most people do.

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00:16:05.040 --> 00:16:08.380

[Nolan] I I think it's true. That's something I bring up on the show as well, um,</v>

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00:16:08.430 --> 00:16:10.540

being a third culture kid, right? Mm-hmm.

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00:16:10.540 --> 00:16:14.100

And that's where you have a lot of benefits in the way that you're a chameleon.

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00:16:14.100 --> 00:16:17.740

You're able to adapt, you're usually more open-minded, but then you have the,

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00:16:17.880 --> 00:16:21.340

the cons and it's usually have identity issues. Yeah. And.

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00:16:21.340 --> 00:16:24.660

[Chantal] Where do I belong? Where is home? You know, all those things.</v>

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00:16:25.490 --> 00:16:29.580

[Nolan] Exactly. And I was talking about this on a previous episode,</v>

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00:16:30.510 --> 00:16:35.450

um, identity psychedelics, uh, genetic essentialism and sleep culture with Dr.

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00:16:35.810 --> 00:16:38.730

Benjamin Chung. And he does a lot of this with,

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00:16:38.880 --> 00:16:41.250

with third culture kids or um,

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00:16:41.250 --> 00:16:44.970

he uses also the term like one and a half generation kids.

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00:16:45.150 --> 00:16:47.730

So people that their parents were from another culture,

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00:16:47.840 --> 00:16:50.450

they get raised in another culture and then the issues around that.

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00:16:51.270 --> 00:16:54.850

And in the end what it really comes down to is,

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00:16:55.350 --> 00:16:58.970

is the parents because kids, they,

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00:16:59.080 --> 00:17:01.730

they're just the products of their environment in that case.

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00:17:01.730 --> 00:17:03.570

Cause I was asking what kind of uh,

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00:17:03.580 --> 00:17:07.290

strategies could kids adapt or they don't end up like me [laughter]  
and end up

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00:17:07.290 --> 00:17:09.410

having all like these identity problems. And he is like,

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00:17:09.410 --> 00:17:11.810

it's really up to the parents to,

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00:17:12.710 --> 00:17:16.850

to be open to the culture that they brought their kids to. So I was  
wondering,

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00:17:17.110 --> 00:17:18.210

you are doing that right?

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00:17:18.400 --> 00:17:21.610

What are some of the strategies you kind of use so that you,

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00:17:22.230 --> 00:17:26.570

you make your kids still proud of their heritage but at the same time willing

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00:17:26.910 --> 00:17:30.450

and open to adapt to all these different cultural norms?

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00:17:31.790 --> 00:17:33.690

[Chantal] Ooh, that's a loaded question. Um,

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00:17:34.210 --> 00:17:38.930

I think just because we are a little bit more like go with the flow and

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00:17:38.960 --> 00:17:43.220

kind of easygoing, I think that makes it doable.

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00:17:43.880 --> 00:17:48.380

Um, we're not very super close minded in the thoughts of like,

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00:17:48.380 --> 00:17:51.640

this is how it should be done or we should do it this way. You know,

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00:17:51.640 --> 00:17:55.760

cuz some cultures are very much like that and we've had the fear

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00:17:56.700 --> 00:17:58.960

lifted, you could say. Um,

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00:17:59.390 --> 00:18:04.240

when I grew up we certainly really had a fear of different ways of people doing

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00:18:04.240 --> 00:18:08.560

things and that comes from what I was taught as a kid, you know? So, um,

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00:18:09.300 --> 00:18:10.800

you know, these type of people are this,

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00:18:10.800 --> 00:18:14.520

so you have this mental kind of barrier in your mind and you actually are

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00:18:14.520 --> 00:18:16.080  
fearful of this group of people.

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00:18:16.580 --> 00:18:18.800  
But when you travel so much and you've been to those countries,

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00:18:18.800 --> 00:18:22.400  
you realize how beautiful everyone is and how wonderful the world is  
and most

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00:18:22.400 --> 00:18:26.520  
cultures are just amazing. Um, so I think that helps a lot.

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00:18:27.180 --> 00:18:31.200  
And uh, the kids just naturally become that, right? Yeah.

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00:18:31.430 --> 00:18:32.360  
More aware of that.

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00:18:33.260 --> 00:18:35.320  
[Nolan] Now, I know you've written about this as well,</v>

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00:18:35.620 --> 00:18:38.600  
so what are some of the stereotypes, um,

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00:18:38.600 --> 00:18:42.480  
that kind of have been broken for you or these kind of preconceived  
ideas you

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00:18:42.480 --> 00:18:46.720  
had about a country or about a certain group of people that you  
realize it

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00:18:46.720 --> 00:18:49.040  
wasn't really true once you, once you went there?

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00:18:49.940 --> 00:18:54.200  
[Chantal] Um, well and a lot of it too, like you think of movies,  
right?</v>

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00:18:54.580 --> 00:18:58.280

So when you watch a lot of movies, uh, from an American perspective,

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00:18:58.960 --> 00:19:02.360

a lot of these like countries that are portrayed as dangerous or whatever,

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00:19:02.540 --> 00:19:05.600

or uh, you think of terrorism or you think, you know,

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00:19:05.600 --> 00:19:08.200

you just have this like mindset like, oh they're all like that.

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00:19:08.620 --> 00:19:13.280

And now it's actually maybe the reverse where I should be a little bit more like

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00:19:13.720 --> 00:19:17.880

cautious, you know, of certain, now I'm [laughter], you know?

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00:19:17.880 --> 00:19:19.000

And then because we walked down,

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00:19:19.060 --> 00:19:22.400

we were in the country of Guyana and I don't wanna pick on Guyana,

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00:19:22.400 --> 00:19:25.640

but it is like probably one of the most dangerous countries we've visited

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00:19:26.120 --> 00:19:30.960

recently. And because we have experienced so much, we're kind of just like, oh,

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00:19:30.960 --> 00:19:31.793

it's okay, you know,

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00:19:31.980 --> 00:19:36.200

but then we were like really realizing how dangerous it was and what we've put

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00:19:36.200 --> 00:19:38.560

ourselves in situations like that. So we were like, ooh,

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00:19:38.560 --> 00:19:41.640

we have to still keep our heads on our shoulders, you know? Um,

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00:19:41.940 --> 00:19:44.080

cuz not everyone is nice, right? So [laughter]

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00:19:44.310 --> 00:19:44.830

[Nolan] Yeah.</v>

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00:19:44.830 --> 00:19:48.720

[Chantal] Yeah. Not that we had any problem, but we could have, you know.</v>

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00:19:49.690 --> 00:19:51.180

[Nolan] Yeah. Again, that's,</v>

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00:19:51.180 --> 00:19:54.180

that's why I think when it comes to stereotypes and generalizations,

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00:19:54.760 --> 00:19:56.020

we have to try and break them,

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00:19:56.040 --> 00:20:00.740

but at the same time it is sometimes useful to be aware of them and to

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00:20:00.770 --> 00:20:02.140

also, these aren't stereotypes,

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00:20:02.140 --> 00:20:05.980

but just to be aware of how the country functions and,

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00:20:06.240 --> 00:20:08.500

and also how it is doing economically.

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00:20:08.500 --> 00:20:10.980

Cuz that plays a big role in how dangerous it this as well.

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00:20:11.360 --> 00:20:15.790

And I don't think it's generalizing to say this country's dangerous or,

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00:20:16.010 --> 00:20:19.190

you know, certain things can happen here. It's just being aware, right?

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00:20:19.190 --> 00:20:23.350

[Chantal] Yeah. Well certain ones are more dangerous than o obviously, you know? Yeah.</v>

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00:20:23.580 --> 00:20:28.530

[Nolan] Yeah, yeah. Exactly. Um, and then, okay,</v>

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00:20:28.530 --> 00:20:31.210

to get into the, the homeschooling side of things,

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00:20:31.370 --> 00:20:33.930

I think this is really interesting because I think this is something that

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00:20:34.120 --> 00:20:38.770

discourages a lot of people to do what you're doing and you're showing that it's

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00:20:38.770 --> 00:20:41.210

completely possible. Um,

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00:20:43.270 --> 00:20:45.340

first of all, what do you think some of the,

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00:20:46.320 --> 00:20:50.060

the cons are of homeschooling? Let's get into that first. Like what,

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00:20:50.130 --> 00:20:54.540

what was difficult at first and how are you overcoming those challenges?

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00:20:54.960 --> 00:20:55.270

Oof.

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00:20:55.270 --> 00:20:59.940



[Chantal] We're not really overcoming them. Um, but okay, the g  
[laughter], like I said,</v>

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00:20:59.940 --> 00:21:03.460

I'll just be straight out, um, open. So cons would be like,

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00:21:03.460 --> 00:21:06.660

our girls didn't do theatre, right?

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00:21:07.090 --> 00:21:10.500

They didn't participate in the volleyball team, they didn't do  
scouts,

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00:21:10.500 --> 00:21:14.420

they didn't do all those things. And right now, like, well they,

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00:21:14.560 --> 00:21:16.740

that's not really fully true. Like when we were in Spain,

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00:21:16.740 --> 00:21:20.180

they did do Spanish theatre, right? So, and they did flamenco  
classes,

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00:21:20.280 --> 00:21:23.060

but like that's because we were there for a while. But it's not,

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00:21:23.370 --> 00:21:25.660

it's not like when you're on the move all the time, you,

405

00:21:25.680 --> 00:21:27.620

you don't have your ballet class or this, you know,

406

00:21:27.840 --> 00:21:32.780

so you're not growing up with what a traditional childhood

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00:21:32.780 --> 00:21:37.000

would be. And so I think that is definitely a con,

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00:21:37.460 --> 00:21:40.040

but most people who travel don't move around so much.

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00:21:40.340 --> 00:21:44.440

You can go travel and go stay four months and totally integrate them into that.

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00:21:44.540 --> 00:21:46.000

So don't take my example,

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00:21:46.000 --> 00:21:49.760

whoever's listening as this is terrible because to be honest,

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00:21:49.860 --> 00:21:53.520

if you were staying even like four or six months, you can easily integrate them.

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00:21:53.740 --> 00:21:57.600

And one thing that we often will do is integrate them into youth, uh,

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00:21:57.600 --> 00:22:00.760

programs through a church and we know it's a safe environment,

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00:22:00.760 --> 00:22:03.800

they can meet the local kids and they usually have fun and games and whatever.

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00:22:03.860 --> 00:22:07.560

And so we've done that in a lot of the countries we've visited and we try to

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00:22:07.560 --> 00:22:12.440

find local things that they can do to integrate a little bit with the youth, um,

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00:22:12.440 --> 00:22:15.640

because of that. But certainly they, yeah, that's one of the cons.

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00:22:15.780 --> 00:22:17.320

And then the other one would be like,

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00:22:17.320 --> 00:22:20.080

you don't have your best buddy that you get to see every day, you know,

421  
00:22:20.550 --> 00:22:23.720  
have those sleepovers, best friends and stuff like that. So that,

422  
00:22:24.100 --> 00:22:28.840  
and then one major one is the whole schooling

423  
00:22:28.840 --> 00:22:33.680  
aspect is like having your grading, um, acknowledged. So for  
example,

424  
00:22:33.740 --> 00:22:34.250  
my daughter,

425  
00:22:34.250 --> 00:22:38.760  
she's trying to get into now her post-secondary schooling and she  
hasn't sat

426  
00:22:38.840 --> 00:22:39.673  
SAT tests.

427  
00:22:39.980 --> 00:22:44.560  
So we're from a perspective that we don't really care as much

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00:22:44.630 --> 00:22:47.480  
because in my opinion, if you have a good attitude,

429  
00:22:48.020 --> 00:22:51.160  
you can learn anything like it. I mean, you obviously need to know  
the basics,

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00:22:51.460 --> 00:22:55.040  
but anything can be taught and you could do well in any industry if  
you have the

431  
00:22:55.040 --> 00:22:57.080  
willingness to learn and the attitude to do it.

432  
00:22:57.080 --> 00:23:01.970  
And that far surpasses anyone who's very academic and like robotic

433  
00:23:02.030 --> 00:23:05.570

in my opinion. And I've seen robotic countries where people just like are like,

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00:23:05.630 --> 00:23:07.090  
so like study, study, study,

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00:23:07.110 --> 00:23:10.410  
but like there's no socialization there and you're not gonna win in life if you

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00:23:10.410 --> 00:23:13.290  
can't have a proper conversation and have those people skills.

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00:23:13.290 --> 00:23:16.650  
So you have to have the balance. So, so is it a pro or a con? Yeah,

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00:23:16.650 --> 00:23:20.410  
it's a con in certain, but everything can be done, so Yeah.

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00:23:20.600 --> 00:23:24.090  
[Nolan] Yeah, yeah. I guess it depends what direction they want to go into as well.</v>

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00:23:24.640 --> 00:23:29.090  
I've, I've noticed it with, with some of my students, um, when I teach,

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00:23:29.090 --> 00:23:30.330  
especially Chinese children,

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00:23:30.360 --> 00:23:35.050  
they're my favorites because they're very disciplined, uh, very well behaved.

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00:23:35.470 --> 00:23:39.690  
Uh, when you give kind of critical feedback, which apparently they, they say,

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00:23:39.710 --> 00:23:41.610  
oh, don't be too negative. Um,

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00:23:41.610 --> 00:23:45.640

but I find Chinese students can take negative feedback way better than most

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00:23:45.640 --> 00:23:47.880

Western students or I wouldn't say European,

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00:23:47.920 --> 00:23:50.200

I say Americans and Canadian kids, they,

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00:23:50.200 --> 00:23:54.800

they don't take negative feedback too good [laughter] these days.

Um,

449

00:23:54.990 --> 00:23:56.680

obviously generalizing there a bit.

450

00:23:57.220 --> 00:24:00.600

[Chantal] But No, but you know what is, cuz like they're not, um, in Canada and,

451

00:24:00.660 --> 00:24:03.400

and America's like always like, oh, you're a winner, you're so good.

452

00:24:03.710 --> 00:24:06.040

It's like being positive about the child and it's just like, dude,

453

00:24:06.040 --> 00:24:08.520

it's okay to tell a child like they've done wrong or whatever, you know,

454

00:24:08.520 --> 00:24:10.840

like you don't know, but this mentality and,

455

00:24:10.980 --> 00:24:13.920

and certainly not tell somebody else's child, like forget about that.

456

00:24:13.920 --> 00:24:16.800

Like this is the one difference I love when I go to, uh,

457

00:24:16.800 --> 00:24:19.760

when we're in Europe was like all the other parents disciplining the

other

458

00:24:19.880 --> 00:24:23.280

children around them is still happens. And if you do that in America, man,

459

00:24:23.420 --> 00:24:26.720

the the mom's gonna like beat you up or something. Like, you cannot do that to,

460

00:24:26.870 --> 00:24:29.280

what are you talking about to my child? You know, [laughter]

461

00:24:29.870 --> 00:24:34.080

[Nolan] That, that's so true. Uh, so where,</v>

462

00:24:34.080 --> 00:24:38.080

where do you lie right now on this? Like w would you be open to another parent?

463

00:24:38.580 --> 00:24:41.520

Um, telling, telling your kid what's up or?

464

00:24:41.860 --> 00:24:42.920

[Chantal] Oh yeah, like when we were kid,</v>

465

00:24:43.000 --> 00:24:47.560

I mean it was the most shocking thing actually when we were first in Europe is

466

00:24:47.560 --> 00:24:50.160

people would tell because we had been in Florida,

467

00:24:50.340 --> 00:24:55.200

so we had like this like loud child according to the European

468

00:24:55.200 --> 00:24:58.680

kind of standards and they'd be always like telling them to be quiet. Um,

469

00:24:58.780 --> 00:25:02.520

you know, and we were just like, oh, okay. Um, so.

470

00:25:02.630 --> 00:25:05.280

[Nolan] What about in Spain? Would they tell them to be quiet in Spain?</v>

471

00:25:05.280 --> 00:25:06.960

Because I find Spain louder than.

472

00:25:07.340 --> 00:25:07.950

[Chantal] Oh yeah, totally.</v>

473

00:25:07.950 --> 00:25:11.840

Actually in Spain it's the opposite and they're always like so happy to

474

00:25:11.840 --> 00:25:16.720

see the children and it's like, yeah, I'm talking to Switzerland. [laughter], yes.

475

00:25:16.720 --> 00:25:17.553

Yeah, yeah.

476

00:25:17.700 --> 00:25:18.533

[Nolan] Uh.</v>

477

00:25:18.580 --> 00:25:20.320

[Chantal] But then, and then you talk about the French ladies,</v>

478

00:25:20.390 --> 00:25:22.760

like they actually schooled their children way too much.

479

00:25:22.900 --> 00:25:26.040

I'm always like looking at the French moms and my girls are always like, mom,

480

00:25:26.040 --> 00:25:30.240

you're so nice compared to, to them [laughter] and generalizing [laughter]

481

00:25:31.100 --> 00:25:35.320

[Nolan] Um, I'm curious here with um, this cuz your, your daughter's lived in Spain.</v>

482

00:25:35.470 --> 00:25:39.360

You lived in Spain and then being American From my experience as a,

483

00:25:39.500 --> 00:25:42.960

as someone who was raised in Canada and now lives in Spain, uh,

484

00:25:42.980 --> 00:25:46.640

my parents are from Belgium. But I've noticed when I grew up my

485

00:25:46.740 --> 00:25:51.000

my parents were much more family oriented than most of my friends around me,

486

00:25:51.000 --> 00:25:51.200

right?

487

00:25:51.200 --> 00:25:55.760

Like we would have meals at a certain time and that meal is super important that

488

00:25:55.760 --> 00:25:57.520

you can't go hang out with your friends at that time.

489

00:25:57.540 --> 00:25:59.120

You go and have your family meal.

490

00:25:59.560 --> 00:26:03.240

Remember at the time complaining about it now I'm really appreciative of it

491

00:26:03.240 --> 00:26:05.920

and grateful. Um, and then now we here in Spain,

492

00:26:05.940 --> 00:26:10.400

I'm having the opposite where all my friends are busy on Sunday because Sunday

493

00:26:10.620 --> 00:26:15.610

is a family day and I have no one to meet up with on a Sunday. And it,



494

00:26:15.990 --> 00:26:19.010

the longer I live in Spain, even though I moved away from my family,

495

00:26:19.510 --> 00:26:22.530

the more I more I'm adapting to the culture here,

496

00:26:22.530 --> 00:26:25.330

the more I have this like need to be around family.

497

00:26:26.230 --> 00:26:29.370

So I wonder how, what do you think is happening with,

498

00:26:29.370 --> 00:26:31.090

with your family or with your daughters?

499

00:26:31.090 --> 00:26:35.930

Do you feel like they're more am North American in the sense of being

500

00:26:35.930 --> 00:26:37.450

very independent from family,

501

00:26:37.680 --> 00:26:42.490

wanting the need to move away from family or kinda like where the Spanish

502

00:26:42.590 --> 00:26:45.680

and, and then well actually, um,

503

00:26:45.750 --> 00:26:48.280

Eastern cultures as well wanting to be near family.

504

00:26:49.080 --> 00:26:53.720

[Chantal] I think our girls have grown up because we are always together. Um,</v>

505

00:26:53.780 --> 00:26:57.200

and we, I grew up with a family that was like yours.

506

00:26:57.220 --> 00:27:02.160

So my dad is Swiss and we would have family meals together, sit

down,

507

00:27:02.540 --> 00:27:05.840

you know, even like things like just eating fast standing up wasn't like,

508

00:27:05.860 --> 00:27:08.800

it was like sit down, have a proper sit down, you know? Um,

509

00:27:08.940 --> 00:27:12.240

and when we do that now, like we often when we're in an area,

510

00:27:12.410 --> 00:27:15.080

we'll meet some of the local kids that come over and have a meal with us.

511

00:27:15.430 --> 00:27:18.680

This one girl was with us and she'll like, do you guys do this all the time?

512

00:27:18.700 --> 00:27:22.840

We were like, do what she like have lunch and like sit and talk and whatever.

513

00:27:22.840 --> 00:27:27.000

And we're like, yeah, that's, and it was foreign to her. And I was like, wow,

514

00:27:27.000 --> 00:27:29.080

that's so crazy. Um,

515

00:27:29.520 --> 00:27:34.440

a lot of parents had the experience where they were now home during COVID

516

00:27:34.440 --> 00:27:36.080

and I talked to many of them that were like,

517

00:27:36.080 --> 00:27:40.120

didn't have that experience of having meals together and it's something that was

518

00:27:40.150 --> 00:27:42.840  
lost and that's been lost because in,

519  
00:27:43.180 --> 00:27:48.080  
in America people are working two jobs or each parent and there's  
no,

520  
00:27:48.700 --> 00:27:52.440  
um, there's no value on that family structure anymore.

521  
00:27:53.020 --> 00:27:55.960  
And Sundays are always working cuz everything's open,

522  
00:27:55.960 --> 00:27:59.520  
whereas in Europe still a lot of stores are closed. So there's more  
of a,

523  
00:27:59.580 --> 00:28:03.400  
an ability to have that family, um, day if you will,

524  
00:28:03.460 --> 00:28:07.360  
and kind of like that time together, things close at lunchtime still  
in Europe,

525  
00:28:07.380 --> 00:28:11.490  
you know, all those things that, um, have been thrown out the door.

526  
00:28:11.910 --> 00:28:16.730  
And um, biggest difference too is like when we go back to America,

527  
00:28:17.150 --> 00:28:20.530  
you see people on their phones during conversations while they're  
eating or

528  
00:28:20.690 --> 00:28:24.410  
whatever and it's just something that, you know, we don't do very  
much.

529  
00:28:24.510 --> 00:28:27.090  
And the girls notice that a lot. They're like, wow, you know,

530  
00:28:27.090 --> 00:28:29.610

that's crazy [laughter], you know? Yeah.

531

00:28:29.800 --> 00:28:30.440

[Nolan] Yeah, yeah.</v>

532

00:28:30.440 --> 00:28:34.250

It's something that when I go back to Canada definitely disturbs me is the

533

00:28:34.490 --> 00:28:36.610

amount people are on their phones and yeah,

534

00:28:36.610 --> 00:28:41.330

the socializing aspect is definitely, in my opinion, I like it more here in,

535

00:28:41.350 --> 00:28:42.183

in Europe.

536

00:28:42.320 --> 00:28:46.010

[Chantal] Yeah. Um, I mean we're all, we're all like, we're all, uh,</v>

537

00:28:46.010 --> 00:28:47.890

we all fall prey to like being on your phone,

538

00:28:47.950 --> 00:28:52.010

but like there's just a little bit way less than in in Canada,

539

00:28:52.310 --> 00:28:53.450

us for sure. Yeah.

540

00:28:54.030 --> 00:28:55.930

[Nolan] Now one thing I I've always been curious about,</v>

541

00:28:55.930 --> 00:28:59.890

what I don't like here in Europe is everyone sends me voice messages, right?

542

00:29:00.010 --> 00:29:01.410

I find it, I don't know how it is in America.

543

00:29:01.470 --> 00:29:06.170

In Canada it's much more popular just to get a text message if even if it's via

544

00:29:06.410 --> 00:29:08.050

WhatsApp or whatever. Um,

545

00:29:08.050 --> 00:29:12.490

and then here I always get a voice message and I hate it because if I'm out

546

00:29:12.630 --> 00:29:15.130

if I'm out, I can't really hear it. Plus it's,

547

00:29:15.130 --> 00:29:19.290

it takes a lot more time to listen to a message than it does to type it out.

548

00:29:19.630 --> 00:29:21.410

And I looked at some of the reasons behind it,

549

00:29:21.410 --> 00:29:26.060

and obviously it's like the linguistic, um, how, how there, um,

550

00:29:26.080 --> 00:29:29.460

how much variety is variety there is here. Um,

551

00:29:30.040 --> 00:29:33.580

and then also English has shorter words.

552

00:29:33.650 --> 00:29:37.420

It's a little bit easier to, to make it shorter in a message, but yeah,

553

00:29:37.760 --> 00:29:38.980

you've noticed it's true.

554

00:29:39.410 --> 00:29:40.900

[Chantal] It's absolutely true.</v>

555

00:29:43.260 --> 00:29:46.920

[Nolan] Do you send, uh, the voice message or do you type write it out?</v>

556

00:29:48.470 --> 00:29:52.710

[Chantal] I hardly, um, oh, I do a bit of both, but like certainly when I'm,</v>

557

00:29:53.230 --> 00:29:55.230

I adapt to the person who's messaging me.

558

00:29:55.650 --> 00:29:57.150

So when somebody sends me a voice message,

559

00:29:57.180 --> 00:30:01.150

then I start voice messaging them back. The ones who text, I text. But yeah,

560

00:30:01.410 --> 00:30:03.950

you're right, you're right. I never thought of it as a,

561

00:30:04.070 --> 00:30:07.990

a difference between different continents, but it is true. Yeah.

562

00:30:08.170 --> 00:30:10.590

[Nolan] It does seem that way. Yeah. Um,</v>

563

00:30:10.590 --> 00:30:13.710

well just to bring this back into the schooling, because let,

564

00:30:13.710 --> 00:30:15.670

let's look at the benefits of homeschooling.

565

00:30:16.210 --> 00:30:20.980

There's a lot of videos out there now talking about how the public school

566

00:30:21.000 --> 00:30:24.940

system destroys the brains of kids and just on a,

567

00:30:25.010 --> 00:30:28.540

just on a physiological level, it's sleep. And they've been,

568

00:30:28.540 --> 00:30:30.900

they've done studies with this in the states,

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00:30:30.920 --> 00:30:35.780

but they've also noticed that this is true cross culturally like culture

570

00:30:35.780 --> 00:30:38.420

definitely affects how much sleep you need and everything.

571

00:30:38.480 --> 00:30:43.100

But when it comes to teenagers especially, um, during, during puberty,

572

00:30:43.100 --> 00:30:47.620

there's a, uh, steep decline in rem rem sleep and then, uh,

573

00:30:47.620 --> 00:30:49.140

an increase in non-REM sleep.

574

00:30:49.160 --> 00:30:52.940

So the other three stages that are important as well. Um,

575

00:30:53.040 --> 00:30:56.340

and then there circadian rhythm completely shifts.

576

00:30:56.800 --> 00:31:01.780

So like asking a teenager to go to bed at 10:00 PM is like

577

00:31:01.780 --> 00:31:06.380

asking an adult to go to bed at 7:00 PM and asking him to wake up at

578

00:31:06.430 --> 00:31:11.420

7:00 AM is like asking an adult to wake up at 4:00 AM And of course there

579

00:31:11.420 --> 00:31:14.060

are always individual differences here, but we're talking about in general,

580

00:31:14.160 --> 00:31:17.220

and it is quite cross-cultural here. Um,

581

00:31:17.240 --> 00:31:19.940

and that's one of the reasons that kids struggle in school. And they've,

582

00:31:19.940 --> 00:31:21.340

they've shifted the,

583

00:31:21.340 --> 00:31:25.660

they've experimented with this and shifted the classes an hour later

584

00:31:26.280 --> 00:31:30.460

and it had an increase in the marks, wellbeing just overall better. Wow.

585

00:31:30.750 --> 00:31:31.583

[Chantal] Isn't that amazing.</v>

586

00:31:32.240 --> 00:31:34.140

[Nolan] So how has it been with your kids? Because, well,</v>

587

00:31:34.140 --> 00:31:36.820

the on one side they have to suffer from jet lag a lot of time.

588

00:31:37.220 --> 00:31:38.380

[Chantal] I was gonna say we, they.</v>

589

00:31:38.500 --> 00:31:41.980

[Nolan] Probably have the choice to sleep in a bit more, I don't know. Oh.</v>

590

00:31:42.130 --> 00:31:43.140

[Chantal] Yeah. Like, uh,</v>

591

00:31:43.140 --> 00:31:46.620

when I compare my friends teenage kids that sometimes will sleep till noon,

592

00:31:46.880 --> 00:31:51.260

our girls just don't. And I think it's because we're on a rhythm. Um,



593

00:31:51.680 --> 00:31:54.940

and our rhythm changes depending on the country we go to.

594

00:31:54.940 --> 00:31:57.100

This is really interesting. When we're in Spain,

595

00:31:57.100 --> 00:32:00.260

all of a sudden we're eating out late at night and we sometimes end up in bed at

596

00:32:00.260 --> 00:32:04.700

2:00 AM and then, so we naturally adapt when we are in certain, um,

597

00:32:05.050 --> 00:32:05.940

like, I don't know,

598

00:32:05.940 --> 00:32:08.860

certain countries we're up at 5:00 AM and we just naturally get up at 5:00 AM

599

00:32:08.860 --> 00:32:13.340

and, uh, because the culture is different and, uh, the weather's different.

600

00:32:13.380 --> 00:32:16.180

I don't know, things change. It's really interesting. I, um,

601

00:32:16.240 --> 00:32:19.260

I'm gonna have to watch the video or the podcast you did with, um,

602

00:32:19.680 --> 00:32:23.180

the doctor you were saying with, um, the, the sleep and everything like that.

603

00:32:23.180 --> 00:32:23.380

Like,

604

00:32:23.380 --> 00:32:27.340

that's really interesting because one thing we notice is that our kids sometimes

605

00:32:27.340 --> 00:32:31.540

sleep better in different places than others, and we don't know why.  
You know,

606

00:32:31.540 --> 00:32:34.860

it could be the bed could be like you're constantly changing beds,  
pillows,

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00:32:34.860 --> 00:32:39.480

all that. So, you know, that's, that must take a toll on you and at  
some point,

608

00:32:39.480 --> 00:32:40.800

right? I mean, we're just used to it,

609

00:32:40.820 --> 00:32:43.960

but I know some people like they have to have their certain pillow  
or you know?[laughter]

610

00:32:44.340 --> 00:32:45.640

[Nolan] Definitely. Well,</v>

611

00:32:45.640 --> 00:32:48.920

I I think it would be very interesting for sleep researchers to talk  
to your

612

00:32:49.040 --> 00:32:49.680

children because they,

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00:32:49.680 --> 00:32:54.040

they have a very unique standpoint here because what I just talked  
about comes

614

00:32:54.040 --> 00:32:55.360

from some research that's a bit older.

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00:32:55.860 --> 00:33:00.110

And then the episode you're talking about with Dr. Benjamin Chung,  
uh,

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00:33:00.110 --> 00:33:03.990

this is actually brand new research that they're doing at UBC in,

in, uh,

617

00:33:03.990 --> 00:33:04.823

Vancouver.

618

00:33:05.610 --> 00:33:09.830

And they were looking at the differences in how culture affects sleep.

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00:33:10.050 --> 00:33:14.630

And Japanese people, they have a much different perception of sleep than we do,

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00:33:14.630 --> 00:33:19.030

especially in the west and in United States and in Canada, um, right,

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00:33:19.030 --> 00:33:21.390

it's sleep is kind of seen as like a weaker thing,

622

00:33:21.580 --> 00:33:26.070

whereas we really celebrate sleep and we also sleep longer hours in America

623

00:33:26.070 --> 00:33:28.870

[Chantal] Oh yeah. [Nolan] But then it turns out,

624

00:33:29.260 --> 00:33:33.590

when you measure all the physiological problems that are associated with lack of

625

00:33:33.590 --> 00:33:34.170

sleep,

626

00:33:34.170 --> 00:33:38.910

the Japanese people have less than the Americans when they

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00:33:38.970 --> 00:33:41.230

get the, when they both have less sleep,

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00:33:41.460 --> 00:33:43.350

like they're just able to handle it better.

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00:33:43.370 --> 00:33:45.470

And it seems to really be a cultural thing.

630

00:33:45.490 --> 00:33:47.110

So what you're saying now about your,

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00:33:47.860 --> 00:33:51.990

your daughters is being able to shift depending on the cultural environment kind

632

00:33:51.990 --> 00:33:53.310

of aligns with that research,

633

00:33:53.530 --> 00:33:57.710

but just on such an extreme level because they're shifting all the time.

634

00:33:58.420 --> 00:34:01.710

[Chantal] Yeah. Um, I don't know. And then like the,</v>

635

00:34:01.710 --> 00:34:06.070

like the whole time zone changes and then travel just exhausts you to be honest.

636

00:34:06.070 --> 00:34:10.590

Like when you're sightseeing and traveling and moving and moving, moving it,

637

00:34:10.590 --> 00:34:13.630

there's like a whole different level of uh, you know,

638

00:34:13.630 --> 00:34:17.350

you just get tired because it's exhausting [laughter], right? Uh,

639

00:34:17.430 --> 00:34:19.670

I say to my girls, like, they, they were joking the other day.

640

00:34:19.670 --> 00:34:22.630

My one daughter said that she wanted to go join the army because she's like,

641

00:34:22.710 --> 00:34:26.190

I would put the guys to shame. She's like 12 kilos on my back,

642

00:34:26.250 --> 00:34:31.150

run through an airport, don't feed me all day. I can go, you know, 30 degrees,

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00:34:31.150 --> 00:34:34.870

40 degrees weather, I can handle it. Like she's just like, I'm like,

644

00:34:34.890 --> 00:34:37.870

she feels like she can like do all these things because what we put them

645

00:34:37.870 --> 00:34:39.390

through, you know what I mean? Um,

646

00:34:39.390 --> 00:34:42.710

most kids would just be like kicking and complaining the whole day long,

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00:34:42.730 --> 00:34:44.310

but they're just like, oh, you know,

648

00:34:44.620 --> 00:34:47.470

through subways and metros and on trains and upstairs and you know,

649

00:34:47.730 --> 00:34:52.390

all that crazy stuff that you do. Um, but yeah, I don't know.

650

00:34:53.500 --> 00:34:56.680

[Nolan] Uh, now I'm curious, what, what do they want to study? Do they want to go back?</v>

651

00:34:56.820 --> 00:35:00.400

Do they want to go back to United States to study or study in Europe or?

652

00:35:00.580 --> 00:35:04.080

[Chantal] Uh, yeah, so like, uh, just to clarify, we're actually Canadian and Swiss,</v>

653

00:35:04.260 --> 00:35:05.120

so Oh.

654

00:35:05.120 --> 00:35:06.080

[Nolan] Okay. Canadian. So, but.</v>

655

00:35:06.080 --> 00:35:08.760

[Chantal] We Okay. Yeah. So, but we did live in Florida so they,</v>

656

00:35:08.870 --> 00:35:10.440

they kind of feel like that's home as well.

657

00:35:10.500 --> 00:35:14.280

So they've got a lot of places that feel like home. Uh, it's really funny too,

658

00:35:14.280 --> 00:35:16.880

our kids will, every time we're out, they're like, when are we going home?

659

00:35:16.880 --> 00:35:20.320

Meaning like, where are we sleep sleeping tonight is home. You know, we,

660

00:35:20.680 --> 00:35:24.280

wherever we go is like, that's home now, you know, [laughter], it's crazy. Um,

661

00:35:24.580 --> 00:35:27.440

but my one daughter, she wants to study hotel management.

662

00:35:27.700 --> 00:35:31.280

She would love to get into the hotel industry and I mean she's slept in

663

00:35:31.280 --> 00:35:35.440

countless hotel rooms and experienced all different types of accommodations.

664

00:35:35.540 --> 00:35:40.040

And so she has her own vision of what she wants and she wants to own a specific

665  
00:35:40.110 --> 00:35:45.040  
type of hotel and she's got like this big vision. Um, so we'll see.

666  
00:35:45.260 --> 00:35:48.280  
And then the other two are trying to still figure out,

667  
00:35:48.280 --> 00:35:49.200  
and that's a big challenge.

668  
00:35:49.200 --> 00:35:52.400  
Like what do we do and where do we study and where are you guys  
gonna be if

669  
00:35:52.400 --> 00:35:56.160  
we're studying here? Like there's all these questions that come into  
play. Um,

670  
00:35:56.510 --> 00:35:59.440  
yeah, so big decision times right now.

671  
00:36:00.280 --> 00:36:03.620  
[Nolan] And but do they wanna study in Canada then or in in Europe?  
</v>

672  
00:36:04.120 --> 00:36:04.953  
[Chantal] Europe.</v>

673  
00:36:05.500 --> 00:36:06.333  
[Nolan] In Europe.</v>

674  
00:36:06.460 --> 00:36:10.040  
[Chantal] Uh, yeah. They feel like, cuz we, they never really lived  
in Canada.</v>

675  
00:36:10.150 --> 00:36:13.280  
Like my one daughter we left when she was like four weeks old and  
the other two

676  
00:36:13.630 --> 00:36:15.680  
were like two and four. Um,

677

00:36:15.980 --> 00:36:19.360

so home for them feels more like Europe right now.

678

00:36:19.360 --> 00:36:22.560

And it also feels like New Zealand like the, so, yeah.

679

00:36:22.940 --> 00:36:27.080

[Nolan] In interesting. Well it'll be less expensive as well in  
Yeah. Europe.</v>

680

00:36:27.220 --> 00:36:30.000

The depending though like I think people have a little bit of a  
misconception

681

00:36:30.000 --> 00:36:34.440

there. If you, if you compare a lot of the public universities or  
the,

682

00:36:34.740 --> 00:36:36.360

the most regular universities,

683

00:36:36.390 --> 00:36:38.760

it's definitely cheaper in a lot of European countries.

684

00:36:39.060 --> 00:36:41.760

But if you're comparing the top university, not to America,

685

00:36:41.760 --> 00:36:45.960

America is [laughter] is another story, but Canada And um,

686

00:36:46.700 --> 00:36:49.760

and uh, a lot of places in Europe, the top universities can be a,

687

00:36:50.040 --> 00:36:50.880

a similar price.

688

00:36:51.600 --> 00:36:53.160

[Chantal] Actually. Probably. Yeah. Yeah.</v>

689

00:36:53.160 --> 00:36:55.800

Especially when you look like she was looking at different schools



in

690

00:36:55.800 --> 00:36:56.480

Switzerland.

691

00:36:56.480 --> 00:37:00.080

I mean the hotel management schools there are like the top in the world, right?

692

00:37:00.180 --> 00:37:03.000

So it obviously comes with a certain fee and I'm like, oh.

693

00:37:03.070 --> 00:37:06.240

[Nolan] Well almost everything in Switzerland is, is [laughter] top level.</v>

694

00:37:06.240 --> 00:37:09.800

Everything functions quite well, uh even the corruption functions

695

00:37:10.000 --> 00:37:14.600

Well, but [laughter], yeah, uh, that's a well run country. Yes. Um,

696

00:37:15.440 --> 00:37:19.600

[laughter] and just, um, okay. Wondering about,

697

00:37:20.520 --> 00:37:25.420

oh, um, sorry, where as I go on with this. Um, okay,

698

00:37:25.420 --> 00:37:29.820

so, so some more of the chameleon aspect of your daughters. You've,

699

00:37:29.820 --> 00:37:32.380

you've mentioned a lot about this, how they feel at home in Europe.

700

00:37:33.280 --> 00:37:37.020

Do you think one of the reasons they might feel more at home in Europe than in

701

00:37:37.020 --> 00:37:40.540

Canada is because they're such chameleon? Because that's,

702

00:37:40.540 --> 00:37:42.620  
this is kind of what I have, um,

703  
00:37:42.620 --> 00:37:47.460  
here in Europe is I don't feel like I'm Belgian. I don't feel like I'm,

704  
00:37:47.640 --> 00:37:50.780  
I'm Spanish, I don't feel like I'm Canadian.

705  
00:37:50.930 --> 00:37:55.820  
I've always felt like a world citizen and I find being in Europe gives me

706  
00:37:55.820 --> 00:37:59.100  
the best opportunity to be a world citizen.

707  
00:37:59.480 --> 00:38:02.180  
Cuz I feel like I know the world's round [laughter],

708  
00:38:02.360 --> 00:38:06.220  
but I feel like I'm in the center of the world here. Oh, interesting. Uh,

709  
00:38:06.250 --> 00:38:08.980  
because it's just so easy to get around and it's always,

710  
00:38:09.210 --> 00:38:13.100  
it's easy like cheap flights to all of a sudden experience a different language,

711  
00:38:13.100 --> 00:38:15.740  
experience a different culture. Whereas in Canada,

712  
00:38:16.660 --> 00:38:20.580  
[laughter] you fly the same amount of distance and exact same culture. Uh,

713  
00:38:20.580 --> 00:38:22.060  
well maybe it's slight variations, but.

714  
00:38:22.810 --> 00:38:27.460

[Chantal] Yeah, pretty much that. Um, hmm. That's a really interesting question. So,

715

00:38:28.280 --> 00:38:32.330

um, I think they just can relate to the culture,

716

00:38:33.150 --> 00:38:33.700

uh,

717

00:38:33.700 --> 00:38:38.600

maybe in Europe and the way everyone is versus,

718

00:38:39.580 --> 00:38:40.960

um, when they go back to Canada,

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00:38:41.190 --> 00:38:45.360

they just don't feel culturally the same.

720

00:38:46.320 --> 00:38:48.320

Although saying that when we went to New Zealand,

721

00:38:48.430 --> 00:38:51.920

they've really related to the culture because everyone's just laid back and

722

00:38:52.040 --> 00:38:55.480

everyone speaks English and they said it feels like they're in America.

723

00:38:56.140 --> 00:38:57.200

So I don't know.

724

00:38:57.340 --> 00:39:02.040

And maybe they just have a preference for Europe and that's also where

725

00:39:02.150 --> 00:39:05.360

home is, that's where our stuff is at the moment.

726

00:39:05.660 --> 00:39:09.880

And so that to them means home when we go there and all their stuff is there in

727

00:39:09.880 --> 00:39:11.720

their room and stuff like that. So.

728

00:39:12.900 --> 00:39:14.520

[Nolan] Uh, now, now the laid aspect,</v>

729

00:39:14.740 --> 00:39:18.080

the laid back aspect of New Zealand kind of makes me think of the West Coast.

730

00:39:18.080 --> 00:39:20.760

And I don't know how I missed this. I read a bunch of your articles, you know,

731

00:39:20.760 --> 00:39:22.440

a bunch of your videos. I, I don't,

732

00:39:22.560 --> 00:39:25.880

I didn't catch which city you're from in Canada? Uh.

733

00:39:26.060 --> 00:39:28.120

[Chantal] Um, north of Kingston actually.</v>

734

00:39:29.480 --> 00:39:32.250

[Nolan] Okay. Yeah, I guess I think there,</v>

735

00:39:32.250 --> 00:39:36.290

there might be a greater cultural difference between New Zealand and Kingston

736

00:39:36.290 --> 00:39:40.090

than maybe like the west coast of Canada and New Zealand.

737

00:39:40.270 --> 00:39:41.810

I'm not sure if I'm right in saying that, but.

738

00:39:42.030 --> 00:39:44.690

[Chantal] Why is West Coast very, is West Coast very laid back?</v>

739

00:39:45.250 --> 00:39:46.770

[Nolan] I think it's more laid back than the East Coast.</v>

740

00:39:46.770 --> 00:39:50.170

Like when I used to work in marketing, um, I noticed that, you know,

741

00:39:50.170 --> 00:39:52.770

like in the east, people from Toronto were quite a bit more,

742

00:39:52.960 --> 00:39:55.930

more punctual and structured. Um, oh for sure.

743

00:39:56.040 --> 00:39:58.210

Also just more like task oriented.

744

00:39:58.670 --> 00:40:01.530

And the west coast was a little bit more laid back with a lot of things.

745

00:40:02.190 --> 00:40:05.570

[Chantal] Ah, that's interesting. Okay. Yeah, I can see that.</v>

746

00:40:06.250 --> 00:40:08.450

[Nolan] I think it's the lifestyle too in New Zealand, right?</v>

747

00:40:08.450 --> 00:40:12.090

Like you have the opportunity to go snowboarding sometimes and surfing in the

748

00:40:12.090 --> 00:40:14.530

same day, [laughter] and during some seasons it's.

749

00:40:14.760 --> 00:40:19.210

[Chantal] Yeah, it's just, uh, the people there are very, uh, I don't know,</v>

750

00:40:19.330 --> 00:40:23.010

I just really like it, um, in the sense that it's very, like you said,

751

00:40:23.270 --> 00:40:27.130

or I just said like laid back and it's still things are done on a handshake. Um,

752

00:40:28.030 --> 00:40:31.490

you know, it's not like okay, we're gonna do a, a work agreement in, you know,

753

00:40:31.510 --> 00:40:35.130

in America and all these places you have to like sign all these like papers and

754

00:40:35.630 --> 00:40:39.290

you know, over there it's just like, yep, all good, good to go, good as gold.

755

00:40:39.350 --> 00:40:40.370

You know? And you're just like, wow,

756

00:40:40.370 --> 00:40:43.170

this feels like maybe what it would've been like, you know,

757

00:40:43.270 --> 00:40:45.570

30 years ago in our country. I don't know.

758

00:40:46.090 --> 00:40:48.450

I I just really enjoy that aspect of it.

759

00:40:48.510 --> 00:40:52.650

And the people are genuinely like friendly and

760

00:40:53.160 --> 00:40:57.530

Authentic. There's way more authenticity. Um, you know,

761

00:40:57.710 --> 00:40:58.730

and that just, I.

762

00:40:58.730 --> 00:41:02.410

[Nolan] Feel the research I think 30 years ago might have been similar actually.</v>

763

00:41:02.410 --> 00:41:06.170

Cause a lot of research comes from 30 years ago and compared to other English

764

00:41:06.170 --> 00:41:09.650

speaking countries, New Zealand is a bit more, um,

765

00:41:09.930 --> 00:41:12.490

relationship based than, uh,

766

00:41:12.560 --> 00:41:15.330

task based compared to like Canada and the States.

767

00:41:15.950 --> 00:41:17.170

[Chantal] Um, oh, interesting. I.</v>

768

00:41:17.210 --> 00:41:21.080

[Nolan] I wonder if that has something to do with it. Um, uh, just, just thinking about,</v>

769

00:41:21.500 --> 00:41:22.333

um,

770

00:41:22.350 --> 00:41:26.800

your daughter's experience in wanting to go into hotel management and then your

771

00:41:26.800 --> 00:41:30.840

whole family just going from hotel to hotel and Airbnbs,

772

00:41:31.350 --> 00:41:36.320

what is your opinion on the discussions surround Airbnb and what

773

00:41:36.320 --> 00:41:40.120

it does to the economy, what it does to the local economy, um,

774

00:41:40.700 --> 00:41:42.920

if it's beneficial or not? What do you think?

775

00:41:43.220 --> 00:41:46.280

[Chantal] We used to book a lot with Airbnb, um,</v>

776

00:41:46.380 --> 00:41:49.640

but that was before I discovered sites like Home Exchange.

777

00:41:50.300 --> 00:41:52.200

And I would say right now,

778

00:41:52.350 --> 00:41:56.880

like 90% probably of our travel is with home

779

00:41:57.160 --> 00:42:01.760

exchange and that's just revolutionized everything. And um,

780

00:42:02.060 --> 00:42:02.893

so it's,

781

00:42:03.000 --> 00:42:06.480

I think it's just what everyone should do when it comes to travel because you're

782

00:42:06.820 --> 00:42:10.520

not everyone can do it obviously now everyone has that mindset of sharing and

783

00:42:10.520 --> 00:42:14.320

opening your home, but it's literally like exchanging homes,

784

00:42:14.450 --> 00:42:17.480

exchanging with guest points versus um,

785

00:42:17.550 --> 00:42:21.840

dollars and there's a whole different mentality around it.

786

00:42:21.860 --> 00:42:26.280

And the mindset is very, um, community oriented and trustworthy.

787

00:42:26.500 --> 00:42:28.880

People take care of your place, you take care of their place.

788

00:42:28.880 --> 00:42:31.760

Like it's very good and there's a lot of vacant,

789

00:42:31.940 --> 00:42:34.760

vacant homes out there that are just not being utilized, right.



790

00:42:34.820 --> 00:42:39.680

And so I think it'll be interesting to see where the future goes with that. Um,

791

00:42:40.510 --> 00:42:44.120

yeah, I just much prefer, I don't really like Airbnbs if we have to avoid them.

792

00:42:44.280 --> 00:42:47.560

I prefer not to stay at Airbnb. Um, yeah.

793

00:42:48.380 --> 00:42:52.440

[Nolan] Um, what do you prefer about home exchange versus the Airbnb?</v>

794

00:42:52.810 --> 00:42:55.920

[Chantal] Everything. Okay. So when you go into someone's home,</v>

795

00:42:56.430 --> 00:42:59.240

it's not the sterile a environment you're in their home.

796

00:42:59.340 --> 00:43:01.640

So just little things like when you go to Airbnb's,

797

00:43:01.640 --> 00:43:04.560

a lot of times right now it's might as well be a hotel room with maybe a little

798

00:43:04.560 --> 00:43:08.480

kitchenette. It's not, it doesn't have anything. No, no.

799

00:43:09.070 --> 00:43:10.000

Most countries, like,

800

00:43:10.000 --> 00:43:12.240

you don't have all the things when you go into someone's home.

801

00:43:12.310 --> 00:43:15.200

Like when somebody comes to my home, there's oil, there's vinegar, there's salt,

802

00:43:15.200 --> 00:43:18.960

there's pepper, there's coffee. And it's really much like if you use the pasta,

803

00:43:18.960 --> 00:43:21.920

replace the same brand of pasta and good to go. You know,

804

00:43:21.920 --> 00:43:26.400

you don't walk into a home that's like nothing there.

805

00:43:26.980 --> 00:43:30.480

Um, desks and functioning things like,

806

00:43:30.480 --> 00:43:34.800

just like you're missing a charger or an adapter that's in their house or, um,

807

00:43:34.920 --> 00:43:35.760

I don't know. Everything,

808

00:43:35.760 --> 00:43:40.160

everything that comes with like living in somebody's home versus even gardening.

809

00:43:40.160 --> 00:43:43.800

I know this sounds weird, but I love like going, when I go to a home exchange,

810

00:43:43.800 --> 00:43:44.633

someone has a garden,

811

00:43:44.640 --> 00:43:48.480

I go out and weed the garden cause it's like therapeutic for me. I love it. Um,

812

00:43:48.540 --> 00:43:50.960

or water, their flowers or you know, like whatever.

813

00:43:50.990 --> 00:43:54.320

It's just like you're living in someone's home and so you feel like you have a

814

00:43:54.320 --> 00:43:57.160

home life when you're going to an Airbnb or feel like you're traveling.

815

00:43:57.360 --> 00:44:00.280

I guess that's the biggest difference. Home life versus traveling life.

816

00:44:00.620 --> 00:44:03.160

And we like to feel home. Yeah.

817

00:44:03.560 --> 00:44:06.480

[Nolan] I I've been thinking about getting into home exchange as well. Um,</v>

818

00:44:06.520 --> 00:44:08.680

I just haven't really, I'm just so busy right now.

819

00:44:08.680 --> 00:44:11.640

I haven't had the opportunity to go somewhere for a long period of time.

820

00:44:12.080 --> 00:44:14.280

I might actually do that this summer. Um,

821

00:44:14.350 --> 00:44:17.400

also they just seem like a really good business. I have, uh, clothes,

822

00:44:17.400 --> 00:44:20.400

well my best friend, his parents use uh,

823

00:44:20.950 --> 00:44:23.480

Home Exchange quite often and most of just like you,

824

00:44:23.510 --> 00:44:27.880

they prefer it over Airbnb a lot of the time and they, they use it for, uh,

825

00:44:27.880 --> 00:44:32.560

for a lot of their travels and during covid when obviously a lot of people who

826

00:44:32.620 --> 00:44:37.240

had these plans and had had money and everything and or the points, the,

827

00:44:37.340 --> 00:44:41.920

the points exchanged. Um, forget exactly how it worked.

828

00:44:42.180 --> 00:44:46.760

But they, they got everything back. Even though in the policy, like they,

829

00:44:47.310 --> 00:44:52.040

Home Exchange could have just kept it as it is. Everyone that had things set up,

830

00:44:52.040 --> 00:44:54.320

they got all their points back in some cases,

831

00:44:54.400 --> 00:44:56.560

I guess there's money involved as well. They got that.

832

00:44:57.070 --> 00:45:01.440

[Chantal] They, they were really good with Covid, um, to, to be lenient with that,</v>

833

00:45:01.440 --> 00:45:03.800

which was really good for people who yeah.

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00:45:03.820 --> 00:45:07.120

Had book things or had to reschedule or whatever. So yeah,

835

00:45:07.150 --> 00:45:09.240

that worked out really good. Um,

836

00:45:09.590 --> 00:45:12.560

like most of our stays have been wow.

837

00:45:12.950 --> 00:45:15.520

Like since we discovered Home Exchange in two,

838

00:45:15.520 --> 00:45:19.400

2019 and there's like other sites out there that are similar,

839

00:45:19.540 --> 00:45:22.920

but this one's kind of maybe the biggest one that we've been using.  
And yeah,

840

00:45:22.920 --> 00:45:27.000

it's just fantastic. Like, there's people arriving to my place right  
now,

841

00:45:27.110 --> 00:45:30.320

they're from Siesta Key Florida. They're getting there. Um,

842

00:45:30.350 --> 00:45:34.560

they paid me with points. The next home we're staying at in Thailand  
is amazing.

843

00:45:35.180 --> 00:45:37.040

Um, they have a future place, uh,

844

00:45:37.060 --> 00:45:39.920

in our place cuz they're wanting to go snowboarding in March. So  
like,

845

00:45:39.920 --> 00:45:43.240

it's just this open network and the people you end up meeting  
friends. Like,

846

00:45:43.240 --> 00:45:46.000

I have a lot of people that I communicate now with on a regular,

847

00:45:46.110 --> 00:45:47.960

they're like friends to me, you know what I mean?

848

00:45:47.960 --> 00:45:50.000

And they're from home exchange and they're all travelers.

849

00:45:50.020 --> 00:45:51.440

So you have this different, you know,

850

00:45:51.440 --> 00:45:54.720

it's a different mindset than most people have when you're non

traveler.

851

00:45:54.820 --> 00:45:55.653

So Yeah.

852

00:45:55.710 --> 00:45:56.200

[Nolan] True. Yeah.</v>

853

00:45:56.200 --> 00:45:59.040

I guess you'd be meeting people with who are travelers and then also I guess

854

00:45:59.040 --> 00:46:01.480

it's a little bit of an intimate experience because they're,

855

00:46:01.480 --> 00:46:03.880

they're living in your home and you're living in their home,

856

00:46:03.940 --> 00:46:08.160

so you obviously get to know them without even meeting them face to face. Right?

857

00:46:08.190 --> 00:46:08.720

[Chantal] Yeah, yeah.

858

00:46:08.720 --> 00:46:11.920

Yeah, yeah. People send you pictures. Like, it's just, it's really cool. I mean,</v>

859

00:46:11.940 --> 00:46:15.240

not everyone likes that. I have a friend who's like, I don't want, I,

860

00:46:15.320 --> 00:46:18.120

I wouldn't want to know the person where I'm staying when I go somewhere.

861

00:46:18.120 --> 00:46:20.760

I just want it to be like, I don't wanna have to talk to somebody or, you know,

862

00:46:20.830 --> 00:46:23.960

they just want their own thing. I'm like, so it's not for everyone, you know,

863

00:46:24.380 --> 00:46:26.480  
but it's certainly well,

864

00:46:27.060 --> 00:46:32.000  
way more affordable than paying everything out of your pocket and you

865

00:46:32.000 --> 00:46:32.833  
Yeah, you're,

866

00:46:33.160 --> 00:46:36.000  
I always think like the people you're gonna meet and the people that you don't

867

00:46:36.000 --> 00:46:36.600  
know yet, like,

868

00:46:36.600 --> 00:46:39.720  
those are all future relationships that you'll have for life and that's so

869

00:46:40.000 --> 00:46:40.833  
valuable.

870

00:46:41.040 --> 00:46:44.010  
[Nolan] Yeah. And they, you have insurance as well with it, right?</v>  
v>

871

00:46:44.190 --> 00:46:47.610  
The home exchange provides a, an insurance or you can pay for it.

872

00:46:47.610 --> 00:46:48.310  
[Chantal] Absolutely.

873

00:46:48.310 --> 00:46:51.650  
Yep. There's, and there's one included like in your membership. Um, yeah,</v>

874

00:46:51.870 --> 00:46:52.703

so you're covered.

875

00:46:53.760 --> 00:46:58.690

[Nolan] Nice. Um, well I guess I was a little free advertisement for, uh, Home Exchange,</v>

876

00:46:59.070 --> 00:47:02.050

but what I'm curious about too is, is your business, uh,

877

00:47:02.050 --> 00:47:04.090

we're coming up near the end of the episode here and I,

878

00:47:04.130 --> 00:47:07.090

I would love to learn a little bit more about it because I know you sell courses

879

00:47:07.550 --> 00:47:08.410

and um,

880

00:47:08.480 --> 00:47:12.050

also of course your business is one of the reasons this is all possible for your

881

00:47:12.050 --> 00:47:14.450

family, right? So can you tell us a little bit more about it?

882

00:47:14.920 --> 00:47:18.410

[Chantal] Yeah, um, well I wear several hats you could say.</v>

883

00:47:18.670 --> 00:47:22.730

And so my husband and I, when we were first married, we,

884

00:47:23.110 --> 00:47:25.770

we build a lot of relationships in Canada,

885

00:47:25.990 --> 00:47:28.370

in Ontario with a lot of the local businesses.

886

00:47:28.470 --> 00:47:32.240

And a lot of those clients are still our clients today. Um,

887



00:47:32.580 --> 00:47:36.680

and the beauty of being able to work online and work remotely is that you can

888

00:47:36.700 --> 00:47:38.840

run your business from everywhere or anywhere, right?

889

00:47:38.860 --> 00:47:43.640

So as long as we have internet, I can constantly be, uh, working as we go. Um,

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00:47:44.100 --> 00:47:45.440

so it's not easy.

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00:47:45.510 --> 00:47:48.560

Like sometimes you're waking up in the middle of the night to do a phone call or

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00:47:48.560 --> 00:47:53.120

what have you, and you're managing a lot of things. So we kind of,

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00:47:53.490 --> 00:47:55.040

we've been doing that for many, many years,

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00:47:55.040 --> 00:47:58.040

which is online marketing for companies like web development and,

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00:47:58.180 --> 00:48:01.160

and what have you, domains and hosting and um,

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00:48:01.400 --> 00:48:04.680

anything to do with online marketing. And then when we started traveling,

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00:48:04.900 --> 00:48:06.640

we were like, oh, we should really like,

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00:48:06.870 --> 00:48:10.560

turn this into a business so that we can like, make travel our business, you know?

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00:48:10.740 --> 00:48:15.680

So that's why we started Growing Up Without Borders and our YouTube channel and

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00:48:15.680 --> 00:48:17.240

such. And at the time I was like, oh,

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00:48:17.280 --> 00:48:20.600

I don't know if I should like do that because it's putting our family out there.

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00:48:20.700 --> 00:48:25.080

And I was worried that my existing clients would know that we're traveling and

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00:48:25.080 --> 00:48:27.160

then think that we're not taking care of business.

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00:48:27.220 --> 00:48:29.920

So I was like a little bit concerned about that. Um,

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00:48:30.100 --> 00:48:33.360

but then the benefits outweighed that and we're like,

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00:48:33.360 --> 00:48:37.640

and now probably 95% of the people that are my clients still don't know I'm

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00:48:37.640 --> 00:48:41.360

traveling. They think I'm still local, so they don't really care. [Nolan] Oh really?

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00:48:41.830 --> 00:48:45.560

I didn't expect that. Okay. [Chantal] I know, like, um,

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00:48:45.700 --> 00:48:49.800

so client I just talked to two weeks ago, I don't know,

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00:48:50.460 --> 00:48:53.960

he was like, what are you up to? And uh, we, we sort of, I don't wanna,

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00:48:53.990 --> 00:48:56.880

when somebody asks me, I tell them, but I don't really tell them.

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00:48:56.960 --> 00:48:59.200

I don't tell 'em to the extent. So I just said, ah, you know,

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00:48:59.200 --> 00:49:01.200

we're kind of like nomadic now, you know, we're,

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00:49:01.520 --> 00:49:02.960

we're digital nomads or whatever.

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00:49:03.380 --> 00:49:06.600

But then he went on Google as we were on the phone call and he's like,

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00:49:06.600 --> 00:49:07.680

Chantal packed.

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00:49:07.750 --> 00:49:08.880

[Nolan] You're pretty famous, right?</v>

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00:49:08.880 --> 00:49:12.640

You have a over 125,000 subscribers on YouTube [laughter]

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00:49:12.710 --> 00:49:14.520

[Chantal] Yeah. But like, no, my clients like,</v>

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00:49:14.520 --> 00:49:17.360

why would a client Google somebody that they've been working with for years?

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00:49:17.360 --> 00:49:19.400

Right? They don't really do that, but this guy did. Cuz he is like,

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00:49:19.670 --> 00:49:22.760

he's like all of a sudden like, let me Google you. And then he read to me like,

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00:49:22.760 --> 00:49:27.720

what was coming up online? He goes, Hmm, [laughter] And then I was like, yeah,

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00:49:27.780 --> 00:49:32.480

that's what we've been up to. [laughter] [laughter] It was really funny. Uh.

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00:49:33.190 --> 00:49:36.120

[Nolan] Cool. Uh, crazy. And so,

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00:49:36.120 --> 00:49:40.280

so you have the digital marketing courses and you have other courses as well?

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00:49:40.830 --> 00:49:41.540

[Chantal] Yeah, so we,

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00:49:41.540 --> 00:49:45.760

the girls wanted to start like online geography classes for people who want to

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00:49:45.760 --> 00:49:49.600

learn geography from a fun perspective, from their perspective, you know,

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00:49:49.600 --> 00:49:52.360

just like, what's it like to, you know, visit the country.

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00:49:52.380 --> 00:49:57.280

So it's just like more authentic. Um, geography, classes made fun and um,

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00:49:57.540 --> 00:49:57.860

yep,

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00:49:57.860 --> 00:50:02.840

we offer consulting calls for people who want to learn about traveling with a

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00:50:02.840 --> 00:50:03.680

family as a family.

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00:50:03.920 --> 00:50:08.120

A lot of people are nervous to do it or just need knowledge on how to do it and

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00:50:08.120 --> 00:50:08.660

what have you.

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00:50:08.660 --> 00:50:13.480

So I do calls for people who want that kind of information from us and

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00:50:13.620 --> 00:50:17.240

um, yep. And then our YouTube channel we're starting to take off with, you know,

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00:50:17.240 --> 00:50:19.160

brand sponsorships and different things like that,

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00:50:19.310 --> 00:50:22.520

like as you probably do as well. And so, yeah.

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00:50:23.950 --> 00:50:26.880

[Nolan] Okay. Awesome. Um, uh,</v>

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00:50:26.880 --> 00:50:29.720

well and anything else that you think is important for the listeners to know

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00:50:29.720 --> 00:50:30.560

here about the,

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00:50:30.580 --> 00:50:34.880

the businesses or I guess some tips for how people could get into it?

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00:50:35.500 --> 00:50:39.160

Um, just, uh, little teasers of what you've give in your course, [laughter]

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00:50:39.860 --> 00:50:40.390

[Chantal] Oh,</v>

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00:50:40.390 --> 00:50:44.560

well my course is for people who are just starting off and who want to really

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00:50:44.560 --> 00:50:48.000

get started. So there's not like, there's still like good concrete information,

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00:50:48.020 --> 00:50:48.853

but it's, um,

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00:50:49.140 --> 00:50:53.840

my suggestion to people would be to format backwards what you want and

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00:50:53.840 --> 00:50:57.240

reverse kind of engineer what you want your life to be like.

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00:50:57.740 --> 00:50:59.760

So if this is the style of life you want,

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00:51:00.230 --> 00:51:04.000

then work it backwards versus trying to figure out the other way around.

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00:51:04.200 --> 00:51:07.040

And I'm trying to do that with my daughters now. I'm like, you know,

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00:51:07.060 --> 00:51:08.920

you really like doing this, maybe you should do that,

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00:51:09.020 --> 00:51:13.960

but then this is the lifestyle I want. Does it match this? Can it get me there?

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00:51:14.060 --> 00:51:14.580

You know?

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00:51:14.580 --> 00:51:18.440

And so if you reverse kind of engineer what you want to become or what kind of

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00:51:18.440 --> 00:51:20.640

lifestyle you want, um, that'll help.

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00:51:20.660 --> 00:51:25.640

And one of the things my husband and I from the get-go said is we don't wanna

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00:51:25.660 --> 00:51:29.480

be like in a specific location and be forced to be there.

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00:51:30.060 --> 00:51:34.240

And so we've done every decision so that we don't have to be there,

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00:51:34.240 --> 00:51:37.120

which meant turning down certain things that we had to turn down,

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00:51:37.130 --> 00:51:38.120

which could have been good,

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00:51:38.500 --> 00:51:42.680

but then in the long run give us the benefit of being digital nomads

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00:51:42.680 --> 00:51:44.040

essentially. So, yeah.

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00:51:44.390 --> 00:51:46.600

[Nolan] Yeah. And then I guess as you mentioned too,</v>

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00:51:46.980 --> 00:51:51.440

one of the choices you have to make then if you want to not be bound to a

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00:51:51.440 --> 00:51:55.560

country is waking up in the middle of the night, right? So how,

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00:51:55.900 --> 00:51:56.920

how do you deal with that?

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00:51:56.940 --> 00:52:01.360

How do you deal with a constantly fluctuating sleep schedule and

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00:52:01.720 --> 00:52:02.050

constantly,

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00:52:02.050 --> 00:52:06.960

maybe some days you have to work from six till two and other days you have to

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00:52:06.960 --> 00:52:11.400

work from 12 at night till four at night and then again and in the evening.

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00:52:11.990 --> 00:52:14.920

[Chantal] Most of the time, like in most countries, I can schedule it still to like,</v>

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00:52:15.100 --> 00:52:18.480

if I need to call a client or be on, uh, that I,

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00:52:18.780 --> 00:52:21.000

or a lot of it's through email now as well,

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00:52:21.010 --> 00:52:24.880

which is great cuz I just schedule my emails, um, to go out at certain times.

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00:52:24.980 --> 00:52:28.600

So I'm in that time zone and I'm starting to have clients, you know,

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00:52:28.600 --> 00:52:31.400

in different countries. So I just, I kind of work around that. But I,

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00:52:31.480 --> 00:52:35.920

I do value my sleep so I will do the best that I can to not have to schedule

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00:52:35.920 --> 00:52:38.960

those calls. But in certain cases you just have to,

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00:52:39.340 --> 00:52:43.840

but for the most part it's still within working and waking hours, so. Yeah.

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00:52:43.990 --> 00:52:47.400

[Nolan] Yeah. Okay. Well Chandel, we're coming up on the,</v>



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00:52:47.540 --> 00:52:49.720  
the end of the episode here. Uh,

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00:52:49.720 --> 00:52:52.200  
last thing I want to finish off here is because we both have,

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00:52:52.500 --> 00:52:56.000  
we were both drawn to very similar names for our projects, right?

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00:52:56.030 --> 00:53:00.240  
Mine Without Borders and my website is Born Without Borders.

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00:53:00.540 --> 00:53:02.720  
[Chantal] That's unbelievable. That's amazing.</v>

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00:53:03.230 --> 00:53:05.920  
[Nolan] Growing up Without Borders. [Chantal] Yes. Um,</v>

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00:53:06.190 --> 00:53:09.080  
[Nolan] what kind of got you into that name and is there,

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00:53:09.700 --> 00:53:14.240  
is there a certain like value system you have around this idea of  
without

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00:53:14.310 --> 00:53:15.070  
Borders?

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00:53:15.070 --> 00:53:15.820  
[Chantal] Yeah, it was,</v>

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00:53:15.820 --> 00:53:19.240  
and a lot of people will like comment about that to me on our  
YouTube channel

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00:53:19.240 --> 00:53:22.600  
being like, oh, borders are so important or you don't believe in  
borders.

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00:53:22.600 --> 00:53:25.840

Like obviously I believe in borders and cultural differences and all that,

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00:53:25.900 --> 00:53:28.640  
but our mentality of growing,

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00:53:28.670 --> 00:53:32.600  
like growing up was because our girls were growing up without borders.

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00:53:32.600 --> 00:53:34.000  
They were traveling around the world.

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00:53:34.000 --> 00:53:37.800  
They're like seeing different things and they don't have this mindset.

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00:53:37.950 --> 00:53:40.760  
It's just like what you said, you feel like you're from Earth. Like,

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00:53:40.760 --> 00:53:44.080  
and sometimes when people say that they feel like they're from planet Earth,

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00:53:44.080 --> 00:53:44.360  
you know,

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00:53:44.360 --> 00:53:48.360  
they see the world as one obviously different countries within that world,

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00:53:48.420 --> 00:53:52.760  
but they really see it as one borderless people of, you know.

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00:53:53.020 --> 00:53:57.160  
And so I think that that's how the kind of concept came out of that.

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00:53:57.380 --> 00:53:58.200  
So yeah.

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00:53:58.200 --> 00:53:59.080  
[Nolan] Perfect. Cause that,</v>

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00:53:59.080 --> 00:54:02.600

that's exactly what I'm trying to promote with this podcast and with this

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00:54:02.600 --> 00:54:06.040

project as well. Uh, cuz I have had the same question where people are like, oh,

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00:54:06.040 --> 00:54:07.680

do you not believe in borders? And I say,

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00:54:07.950 --> 00:54:10.920

well of course I understand that borders are important,

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00:54:10.990 --> 00:54:14.520

they help to preserve linguistic heritages. Um,

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00:54:14.520 --> 00:54:18.720

they're also important for in some cases keeping some people out when we're

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00:54:18.720 --> 00:54:23.080

talking about terrorist groups or something like this, right? But um,

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00:54:24.460 --> 00:54:27.760

in the end I do believe a certain diminishing of the borders,

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00:54:27.760 --> 00:54:32.760

kind of like what European has with the Schengen states and things like this. Um,

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00:54:32.920 --> 00:54:37.200

I do think there's a lot of benefit to it. I've benefited from it. Um,

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00:54:37.420 --> 00:54:41.120

and I would like that to spread more around the world.

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00:54:41.900 --> 00:54:45.720

Do you think it will ever be possible for, let's say,

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00:54:46.740 --> 00:54:51.280

um, South America to have something a little bit more like what we have here in

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00:54:51.280 --> 00:54:54.840

Europe or let's say some parts of Asia? Do you,

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00:54:54.890 --> 00:54:57.200

could you see it happening or is it kind of like.

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00:54:57.680 --> 00:55:02.480

[Chantal] Movement, ease of movement, ease of, of visa free, ease of I think so.</v>

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00:55:03.540 --> 00:55:08.040

Um, I think so even Africa, like within uh,

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00:55:08.040 --> 00:55:09.240

the African countries,

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00:55:09.240 --> 00:55:13.680

certain ones I can see them being more like working together. Yeah,

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00:55:13.840 --> 00:55:17.280

I think so. I don't know, like, you know,

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00:55:17.280 --> 00:55:21.200

obviously certain countries have a lot bigger issues than we,

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00:55:21.420 --> 00:55:26.040

we even probably know. Um, but I think to a certain degree, yes.

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00:55:26.830 --> 00:55:28.360

[Nolan] Yeah, well it's good to know.</v>

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00:55:28.380 --> 00:55:32.440

Has someone who's traveled to so many places that it's definitely possible to

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00:55:32.440 --> 00:55:34.600

have this freedom of movement. Well.

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00:55:34.600 --> 00:55:36.520

[Chantal] Just look at how easier it has been,</v>

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00:55:36.630 --> 00:55:40.240

even just in the short amount of time probably that you've been traveling. Um,

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00:55:40.240 --> 00:55:44.680

things are getting easier, easier as you go. A lot of countries are doing, uh,

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00:55:44.820 --> 00:55:46.520

you know, where it used to be a lot of paperwork,

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00:55:46.520 --> 00:55:50.320

they're now doing visa on arrival or e visas or different things to make it more

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00:55:50.980 --> 00:55:52.680

doable. Um, yeah.

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00:55:53.020 --> 00:55:56.760

And hopefully for certain countries it's changing because like I said,

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00:55:56.760 --> 00:56:00.240

we have such good passports like, you know, we really don't. True, we.

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00:56:00.240 --> 00:56:03.360

[Nolan] Both through very privileged backgrounds, right. Canada, me,</v>

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00:56:03.360 --> 00:56:05.200

Canada and the Belgium, the two of the.

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00:56:05.270 --> 00:56:05.700

[Chantal] Yeah.</v>

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00:56:05.700 --> 00:56:10.480

I'd be interested to see if you've done any podcast with just geographically,

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00:56:10.480 --> 00:56:13.240

like some people will say, okay, you know, when people say, oh, white privilege,

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00:56:13.240 --> 00:56:18.080

right? Well there's also like this geographically privileged group of people.

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00:56:18.680 --> 00:56:22.320

A lot of people are geographically privileged just by being born in a certain

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00:56:22.320 --> 00:56:25.520

place. Like you are so privileged, you know what I mean?

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00:56:25.940 --> 00:56:28.120

We don't realize that until you really start traveling.

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00:56:28.450 --> 00:56:32.200

[Nolan] Definitely it's got me into trouble actually because I I did express that</v>

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00:56:32.200 --> 00:56:36.440

viewpoint once, um, when I was talking about sometimes like in America,

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00:56:36.580 --> 00:56:40.400

of course I like I'm completely aware about the racism, um,

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00:56:40.400 --> 00:56:44.400

towards African Americans and that it's very problematic and that it's systemic.

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00:56:44.880 --> 00:56:46.160

I understand all of that.

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00:56:46.180 --> 00:56:50.400

But I did bring up the point where if you want to travel like an African

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00:56:50.720 --> 00:56:51.050

American,

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00:56:51.050 --> 00:56:55.680

let's say like a middle class African American born in America is going to have

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00:56:55.680 --> 00:56:59.560

it a lot easier than a white Ukrainian before the war.

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00:56:59.740 --> 00:57:01.080

Cuz my partner's Ukrainians,

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00:57:01.080 --> 00:57:04.760

that's kind of what got me thinking about this like a white Ukrainian being able

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00:57:04.760 --> 00:57:08.960

to travel around the world because they interesting from geographically a

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00:57:08.960 --> 00:57:11.720

different place. They're not gonna be able to go around. Now,

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00:57:12.580 --> 00:57:14.000

of course for the African American,

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00:57:14.080 --> 00:57:17.480

I understand and some places are gonna experience racism and have difficulties

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00:57:17.480 --> 00:57:22.440

that the white Ukrainian man would not have. Of course I realize that.

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00:57:22.740 --> 00:57:24.680

But I was just saying from another standpoint,

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00:57:24.870 --> 00:57:27.720

geography plays a big role and just by being born in America,

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00:57:27.780 --> 00:57:31.680  
by being born in Belgium, no matter skin color, no matter this,

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00:57:31.740 --> 00:57:33.520  
you are born with a certain privilege as well.

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00:57:33.720 --> 00:57:34.060  
[Chantal] I know.</v>

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00:57:34.060 --> 00:57:35.680  
[Nolan] People don't talk about very often.</v>

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00:57:35.910 --> 00:57:39.920  
[Chantal] Yeah. It saddens me to like, I just, I don't know,</v>

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00:57:40.030 --> 00:57:44.200  
like when I travel I'm like, oh, it sucks for so many people. Like,

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00:57:44.220 --> 00:57:46.680  
and there's just like, why, you know, why,

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00:57:47.190 --> 00:57:50.400  
like why was this person just like,

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00:57:51.260 --> 00:57:53.400  
why can't it be better basically? I don't know. You just,

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00:57:53.540 --> 00:57:56.080  
but you will never understand that. You know what I mean?

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00:57:56.400 --> 00:57:59.280  
I don't think I'll ever understand it. But yeah. Anyway, [laughter]

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00:57:59.780 --> 00:58:02.600  
[Nolan] I'm trying to understand it with this show. Um, and in the end,</v>

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00:58:02.720 --> 00:58:05.560  
I guess it's kind of what we're both saying with our projects, right?

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00:58:05.580 --> 00:58:09.720

The with Without Borders idea is breaking down these preconceived notions

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00:58:09.720 --> 00:58:13.160

doesn't mean to break down, get rid of actual borders,

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00:58:13.160 --> 00:58:17.640

but it means to get rid of the borders between ourselves, like these,

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00:58:17.640 --> 00:58:20.720

these [laughter], these borders that kind of make up in our minds.

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00:58:20.750 --> 00:58:25.080

[Chantal] Yeah. Like I think it would be such a beneficial thing if in the high school</v>

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00:58:25.080 --> 00:58:26.920

curriculum would be, um,

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00:58:26.920 --> 00:58:30.970

every student has to go three months to a country that is, um,

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00:58:31.240 --> 00:58:35.410

just a harder country. Like very different than what they're used to culturally,

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00:58:35.770 --> 00:58:37.570

language, religion, everything.

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00:58:37.920 --> 00:58:42.730

Just to like that child will do so much better in life if they experience

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00:58:42.730 --> 00:58:45.530

that and then they come back. And I think it would, uh,

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00:58:45.530 --> 00:58:50.370

alleviate a lot of problems with, um, you know what people, I don't know.

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00:58:50.490 --> 00:58:53.770

I don't know if I wanna call it spoiled kids syndrome or whatever.  
You know,

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00:58:53.770 --> 00:58:54.370

it would just like,

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00:58:54.370 --> 00:58:57.850

it would really help with a lot of things and then people would have  
a better

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00:58:57.850 --> 00:59:01.450

understanding and the world would just be better in overall  
[laughter] definitely.

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00:59:01.450 --> 00:59:02.650

In my opinion. Yeah.

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00:59:03.030 --> 00:59:05.810

[Nolan] All right. Well Chantal, I think that's a good place to end  
it for today.</v>

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00:59:05.910 --> 00:59:07.530

And again, listeners, um,

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00:59:07.550 --> 00:59:10.970

I'm gonna put links to all of Chantal's courses into the  
description.

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00:59:11.030 --> 00:59:14.890

So if you're interested in checking them out and interested about  
learning how

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00:59:14.890 --> 00:59:17.530

to travel with a family, definitely check out those links.

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00:59:17.830 --> 00:59:19.490

And if you wanna support this show,

1106

00:59:19.490 --> 00:59:24.040

please go to [bornwithoutboeders.substack.com](http://bornwithoutboeders.substack.com). And

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00:59:24.040 --> 00:59:28.360

There's new episode every Tuesday. Tune in next time.

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00:59:28.380 --> 00:59:28.800

[Chantal] Thanks Nolan.</v>