

Time	Description
0:00	Introduction; immigrating to Canada; war in Afghanistan
7:50	Challenges as a newcomer
11:55	Impressions of Canada; multiculturalism
15:20	Afghanistan; (reasons for choosing) Ontario; friends in Canada from Afghanistan
22:40	Education (going back to school); Canadian weather
28:45	Religion; miracles; spirituality
47:00	Regrets; closing remarks