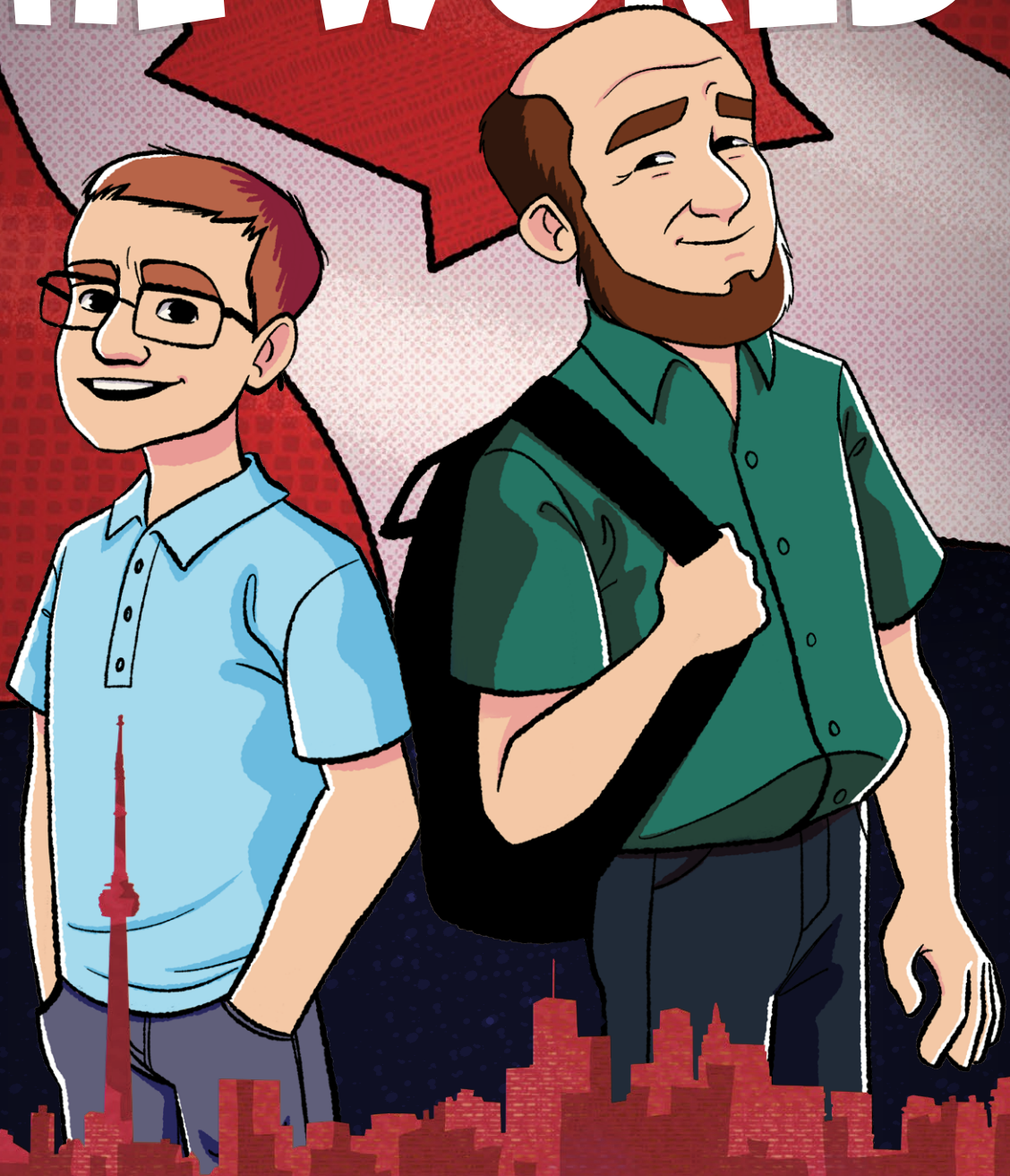


AROUND THE WORLD



MARCEL MAKES A SACRIFICE

Welcome to Canada

Canada is a wide country that covers the upper half of North America. With a landmass that stretches from the Pacific Ocean to the Atlantic and up to the Arctic Circle, Canada is the second largest country on earth by total area, after Russia. With glacier lakes, thick forests, and long, ice-covered islands, Canada is beautiful — but most of that gorgeous land is uninhabitable. In fact, over eighty percent of Canadians live in the warmer south, and within a hundred miles of the United States border.

Like the United States, Canada is a young country made up of former British colonies.

While most Canadians speak English, there are actually two official languages: English and French. People in the eastern **province** of Quebec speak French as their only official language. That's because a large French-Catholic population settled there a few centuries ago. If you visit Quebec, you'll even see signs and billboards written in French.

Since its founding in 1867, Canada has grown into a wealthy, advanced, and culturally diverse country. People from all over the world come to Canada for its universities, opportunity, natural beauty, and friendly, neighborly culture. People often talk about Canada's **universal**, government-run healthcare system. Even though having the government run their healthcare means Canadians have fewer options for treatment, and longer wait times than people in other advanced countries to see a doctor or have a test taken, people are convinced it's better that way and fair for everyone. On the whole, Canadians enjoy long life expectancy and a high standard of living.



Fun Facts

- Size of population: 39 million people
- Size of country: 3.5 million square miles
- Official languages: French and English
- Neighboring countries: The United States, Greenland
- In the winter, temperatures in Canada's cities get as low as -22° F
- Canada has ten provinces and three territories
- Canada and the United States share the longest border in the world

Province - Part of a country with its own administration and government (like a 'state' or a 'territory'). Canada has ten provinces and three territories.

Universal - Something that's applicable or available to everyone in a group, such as a country's population. A healthcare system like Canada's is universal, or 'socialized.'

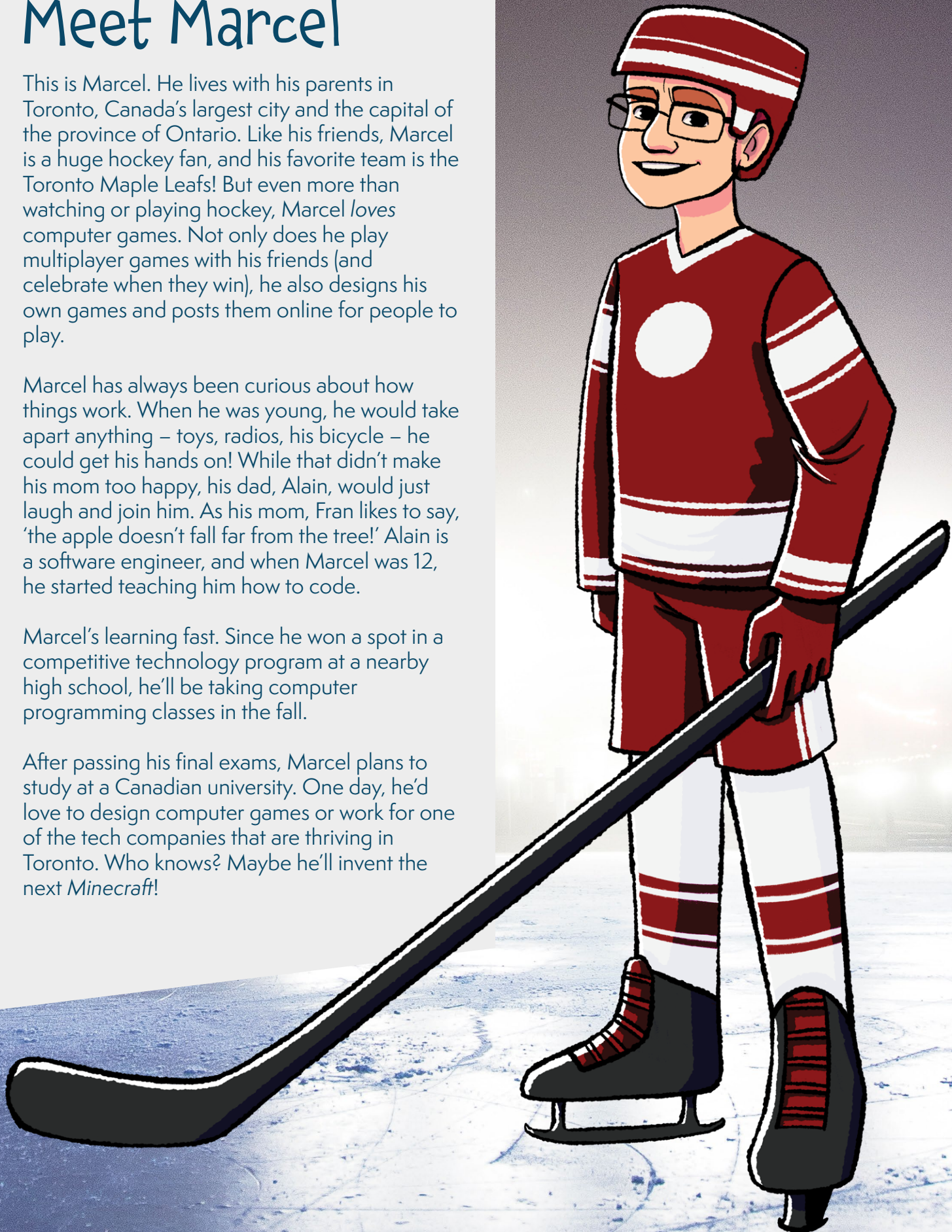
Meet Marcel

This is Marcel. He lives with his parents in Toronto, Canada's largest city and the capital of the province of Ontario. Like his friends, Marcel is a huge hockey fan, and his favorite team is the Toronto Maple Leafs! But even more than watching or playing hockey, Marcel *loves* computer games. Not only does he play multiplayer games with his friends (and celebrate when they win), he also designs his own games and posts them online for people to play.

Marcel has always been curious about how things work. When he was young, he would take apart anything – toys, radios, his bicycle – he could get his hands on! While that didn't make his mom too happy, his dad, Alain, would just laugh and join him. As his mom, Fran likes to say, 'the apple doesn't fall far from the tree!' Alain is a software engineer, and when Marcel was 12, he started teaching him how to code.

Marcel's learning fast. Since he won a spot in a competitive technology program at a nearby high school, he'll be taking computer programming classes in the fall.

After passing his final exams, Marcel plans to study at a Canadian university. One day, he'd love to design computer games or work for one of the tech companies that are thriving in Toronto. Who knows? Maybe he'll invent the next *Minecraft*!



Proud Citizens

Marcel's parents, Alain and Fran, are proud Canadians. They love Toronto, with its parks, landmarks, and busy neighborhoods that buzz with different languages. Over the years, they've taken Marcel to every one of Canada's ten provinces, as well as the Yukon and Nunavut territories in the far north. During the Winter Olympics, Marcel hangs the Maple Leaf Flag in his window, and then he joins his parents to cheer on Canada!

Marcel's grandfather Henri, who died from cancer when Marcel was very young, also spent his life in Canada. Grandpa Henri loved to tell stories from his childhood during the Great Depression, when Toronto was much smaller and filled with the old red streetcars. After serving in the Canadian Army during World War II, Grandpa Henri worked as a construction site manager and raised his two sons — Alain and Marcel's Uncle Jacques.



Canada vs. the United States

Canada and the United States have a lot in common. They share the same language, they value most of the same freedoms, and they both have representative governments elected by the population (although instead of a 'President,' Canada has a 'Prime Minister'). With a long-standing **alliance** and no hostility, many Canadians work, study, and even live in the United States. Celebrities like singer Celine Dion, the band Nickelback, and actors Jim Carrey and Ryan Gosling are all Canadian.

But there are differences, too. On average, Canadians pay higher taxes to their government than Americans. Studies show that regular families in America with two kids and one working parent pay an average of 8.5% of their total income toward taxes, but that same family in Canada pays an average of 20.4%! In some Canadian households, the average paid in taxes can even be as high as 36.4% — more than what they spend on food, clothing, and other essentials. This means that over one-third of the money some Canadians earn goes

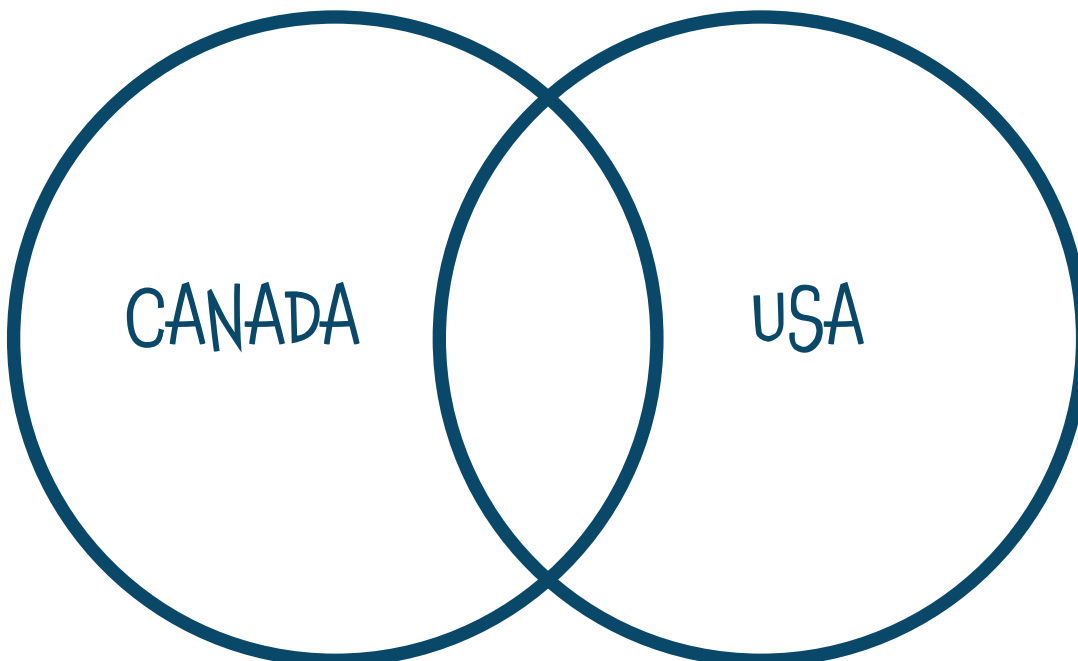
straight to the government, which gets to decide what to spend it on.

Compared to the 50 U.S. states, and to other countries with advanced economies, Canada's taxes are among the highest. While these high taxes pay for education, and for services like roads and highways, they also fund the universal healthcare system that provides free medical care for all Canadians.

Another difference between the United States and Canada is how the two countries structure healthcare. While healthcare in the United States is largely **privatized**, with people and their employers paying for medical care, Canada's is universal, and run by the government. This means that Canada's entire population receives free healthcare, but that everyone pays for it through high taxes. It also means that even though some people pay thousands more in taxes, they still get the same medical services as everyone else.

Diagram the Differences

Fill in the Venn Diagram with the similarities and differences between the USA and Canada.



Alliance -
A formal agreement between two nations to support each other in war and work together.

Privatized -
Paid for by individual people and companies.

Fill in the Map!

Canada is made up of ten provinces and three territories. Do you know which is which? Fill in the provinces and territories.





Traveling to the States

Like many Canadians, Marcel has been to the United States. His family traveled there once to visit his Uncle Jacques, who is Alain's younger brother, and his cousin, Chloe. Around his age and a hockey player herself, Chloe keeps in touch with Marcel by chatting online and commenting on the games he posts. So far, Uncle Jacques is the only family member who left Canada to live in the States. After Grandpa Henri's death, Uncle Jacques and his family moved to Columbus, Ohio so he could pursue a graduate degree. Now, he works as a researcher in America's dynamic **biomedical** industry.



Biomedical - A field of study that combines biological research and medicine.



A Family Argument



Rationing - When an entity like a government only allows people to have a fixed amount of something.

Specialist - A doctor who trains and studies to help people with one particular area of their health. For example, a pediatrician (a children's doctor), a heart specialist, or a brain surgeon.

Marcel wonders why his dad and uncle don't talk very much. Recently, and now that he's a little older, his mom explained that Alain and Jacques started arguing after Grandpa Henri died — when a delayed operation failed to remove all of his stomach cancer. Uncle Jacques thinks that Canada's universal healthcare system, with the long wait times that come with **rationing**, failed to save Grandpa Henri's life. He thinks that if Grandpa Henri had traveled to the United States to see a **specialist**, get tested, and have surgery right away, he would still be alive today. He thinks America's privatized healthcare system is much better than Canada's universal one.

But Alain disagrees. He understands that universal health care isn't perfect, but he thinks that Grandpa Henri's doctors did their best. Alain counters that private healthcare in the United States is very expensive, and that high costs should not be a barrier that stops people from getting medical treatment.

Over time, the two brothers stopped arguing, but Marcel wonders if the two families could be closer than they are. He also wonders why Uncle Jacques doesn't like universal healthcare. After all, Marcel and his parents have a great relationship with Dr. Roe, the family doctor they go to for small checkups. On the other hand, Marcel knows that people in Canada have to wait for hospital visits. When he fell during a hockey game and fractured his arm a few years ago, Marcel waited one painful week to see Dr. Roe and have his arm put in a cast. But after that, his arm healed.

What's wrong with waiting weeks to see a doctor?

Alain speaks highly of universal healthcare. Marcel wonders how a healthcare system where everyone pays for medical care with their own money can possibly be better than a government-run system that treats people for free. After chatting online with Chloe about her experiences with doctors and hospital visits, Marcel is investigating the differences between American and Canadian healthcare. So far, he's intrigued...and he hasn't even played an online game in a few days.



Discovering Private Healthcare

From talking to Chloe and reading different articles, Marcel is getting a clearer picture of private healthcare and its advantages. Every article points out that American healthcare is very expensive — but when it comes to treatment, quality, and results, American healthcare ranks among the best healthcare systems in the world. Unlike Canada, the United States has a high number of specialist doctors, private medical clinics, and machines like X-ray and MRI scanners. Next to other developed countries, the United States frequently ranks first for pioneering research and advanced medical technology. This is because America's lower taxes, competition, and successful biomedical and pharmaceutical industries draw skilled professionals from around the world.

In a video chat with Uncle Jacques, Marcel learned that the United States — and unfortunately, not Canada — is a world leader in medical innovation. Medical technology and new procedures, that help people live healthier, happier lives, are developed in America. Uncle Jacques added that after Grandpa Henri's death, he could not trust Canada's healthcare system. He moved to the United States because there were better opportunities to study biomedicine and work in that field "with the government out of the way."

Marcel wonders how people in the United States pay for all this expensive healthcare. As it turns out, most Americans pay for a healthcare insurance plan and split the cost with their employer. If someone doesn't like their plan, they can choose a different one — or even a different doctor, if they're willing to pay out of their own pocket. Of course, most Americans cannot afford to do that, and almost 30 million people (ten percent of the population) don't have jobs with health insurance. As a solution, the American government offers tax-funded insurance programs like Medicaid for people with low income and Medicare for senior citizens. This means that not all Americans get the same medical care. People who pay more for healthcare generally get better services.

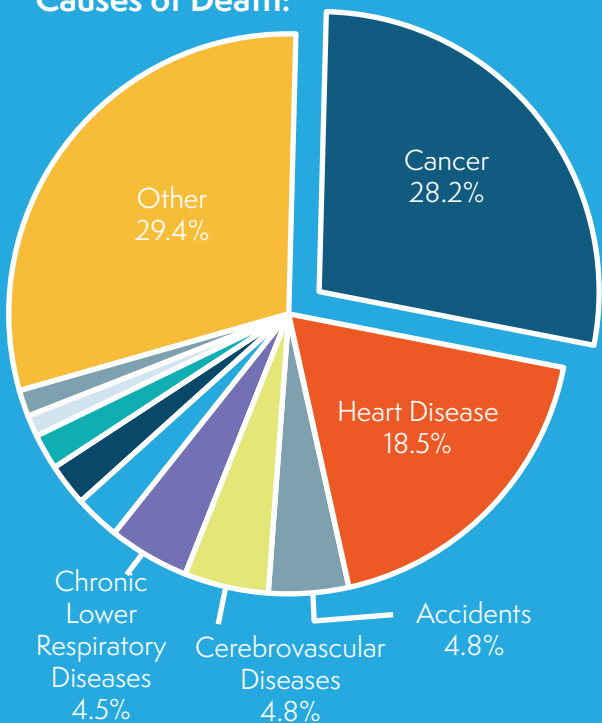
Think About It

Put yourself in Marcel's shoes. What are the pros and cons to the two different healthcare systems? Consider factors such as cost, quality, and accessibility. If you were in Marcel's situation, what would you choose to do if presented with a medical emergency?



Cancer in Canada

Causes of Death:



Fast Facts:

- 2 in 5 Canadians are expected to develop cancer during their lifetime.
- About 1 out of 4 Canadians is expected to die from cancer.
- Lung, breast, colorectal, and prostate cancer account for 46% of all new cancer cases.

Healthcare Hits Home

Recently, healthcare has become an even bigger headache for Marcel's family. Hospitals are more short-staffed than ever, so no one in Marcel's family has been to a regular checkup in a long time. On the evening news, Marcel hears that a national doctor shortage is growing even bigger. Their family doctor, Dr. Roe, just retired. Alain and Fran have been searching, but they haven't found a new family doctor yet.

But what really worries everyone is Alain. He's been having pain in his stomach and lower back, and it's grown so bad that he's taking time off work. The pain reminds Fran of the symptoms Grandpa Henri had before the doctor finally diagnosed him with stomach cancer. After a huge hassle, Alain finally scheduled a doctor's visit to get the pain checked out. The visit will be free, but it's still a few months away...and if the doctor orders tests or scans from an MRI machine, Alain will have to wait weeks to get them.

Marcel is worried too. If Alain has cancer, he'll need treatment right away. Will he be able to get a surgery scheduled in time if he needs it? When Marcel asked his dad if he would ever consider taking the family to the United States, where he could pay to see a doctor and have surgery immediately, Alain shook his head.

"It's too expensive," Alain said. "And if I did go, you and your mom would have to come with me. You would miss a lot of school, and you might even lose your spot in the computer programming class you're excited about."

With Alain's first appointment coming up, Fran and Marcel are holding their breath.



Free Healthcare Isn't Free

Marcel is learning that if something's free, there's usually a hidden cost. In Canada, the government-run healthcare system charges no fees. Tests, doctor visits, and even expensive procedures like surgery are free because it's a **single-payer system**. This means the whole population pays for it through high taxes — and that they pay for it in other ways like lower quality, less innovation, longer wait times, and fewer high-tech machines and specialist doctors.

Unlike a private system, which lets doctors and insurance companies compete with each other and develop new services in a way that will attract patients, a single-payer system gives the government a **monopoly**. In Canada, private doctors and insurance companies cannot compete with the government. Furthermore, each Canadian province has its own health insurance plan that determines how doctors are paid. This

means that Canadians who spend many years in medical school to become specialists still might not make as much as specialists in the United States, where doctors compete with each other and can offer services in a private clinic. Marcel wonders if this is one reason why more Canadian doctors are **general practitioners** like Dr. Roe than specialists, and why American patients tend to see more specialists than patients in Canada. Because of the limited number of procedures and specialists, Canadian patients with serious illnesses often wait weeks or even months to see a specialist — unless they get permission to go to the front of the line.

When someone needs a major operation like back surgery, or has life-threatening stomach cancer like Grandpa Henri, waiting months for surgery means unbearable pain, and the difference between life or death.

Single-payer System - A healthcare system which the government controls and pays for with the taxes it collects from the people of the nation.

Monopoly - When an entity, such as a corporation or government, has total control over a good or a service people need.

General Practitioner - A family doctor, or a doctor who treats people of all ages rather than people with a specific disease or illness.



American vs. Canadian Healthcare

American	Canadian
Healthcare is privatized . Programs like Medicare or Medicaid pay for the elderly and poor.	Healthcare is universal . It's paid for by taxes, and controlled by each province and territory.
Most people split health insurance costs with their employer.	The population pays for healthcare through high taxes .
Health insurance companies compete with each other to attract customers.	Private companies cannot offer insurance or services that the government does.
Patients often pay fees for services and doctor visits.	Because they're paid for by taxes, services and doctor visits are free .
Most American doctors are specialists .	Most Canadian doctors are general practitioners .
American doctors make an average of \$260,000 per year , but specialists are paid much higher.	Canadian doctors (including many specialists) make an average of \$216,000 per year .
American patients wait 40 minutes to 2 hours to be seen in the emergency room.	Canadian patients wait 4 hours to be seen in the emergency room...but they sometimes wait 8 hours or longer.
American patients have access to MRI scanners, ultrasound machines, and X-rays when they need them .	Patients in Canada have to wait days, weeks, or even months , for MRI scanners and other machines.
When American patients have a life-threatening illness, they can get treatment quickly .	Patients in Canada with pain or a life-threatening illness wait weeks, or even months for treatment .

Why Canadians Travel for Surgery

The more he investigates, the more Marcel is realizing that the healthcare system he once thought was the best lags behind countries like the United States, where doctors compete and medical companies innovate. He's also wondering if Canada's universal healthcare would be in much worse shape if Canada didn't share a border with the United States. Most Canadians live close enough to travel to the United States, where they can pay for medical procedures they cannot get in Canada.

Marcel understands that when something is free, people will want more of it, and *someone* will have to ration it. This is one of the reasons why Canadians wait longer to see a specialist doctor, get an X-ray or an MRI scan, or have a scheduled surgery than people in other advanced countries. Government-run healthcare means limits on how many doctors can be hired, or how many procedures can be given, which means that the true costs of free healthcare are rationing, long wait times, and poor quality. From the news Marcel hears, the rising costs and large number of elderly Canadians needing healthcare means the system's problems are only growing worse.





For all of these reasons, many Canadians travel to the United States where they can pay for medical procedures without having to wait. With private clinics, many specialist doctors, and enough high-tech medical machines to go around, the United States is a worldwide destination for **medical tourism**. By some estimates, Canadians make over 200,000 trips outside their country for a medical procedure each year. All the same, most Canadians consider their healthcare system a source of national pride. This makes many, like Marcel's dad, reluctant to travel for medical care.

Alain finally had his appointment. Now everyone is waiting on the biopsy test to see if he has cancer. Marcel wonders what the family will do if the test comes back positive. Will his dad get special permission to have surgery fast? If not, will he change his mind and travel to the United States for one? Marcel knows that Alain doesn't want to; his dad still disagrees with Uncle Jacques about healthcare and Grandpa Henri's death. But if medical tourism is Alain's only option, is there anything Marcel can do to change his mind?

Medical Tourism -

When someone travels to another country for a medical procedure.





Marcel Makes a Sacrifice

After the doctor's appointment, Alain's pain became unbearable. When the biopsy came back positive, Fran, Marcel, and the entire family were crushed to learn he had a stomach tumor. On the advice of his doctor, Alain went to Ontario's medical insurance authority to ask for immediate surgery. With immediate surgery, they could remove the tumor before it spread. The insurance board replied that, yes, they would put Alain in the front of the line — and they scheduled a date for surgery in five and a half months.

Five and a half months? Marcel thought. *No, there has to be a better way.*

When he spoke to his family in Ohio about it, Uncle Jacques asked if Alain, Fran, and Marcel would consider staying with them while Alain had a nearby hospital perform the surgery. Uncle Jacques even offered to help pay for it. Was there anything Marcel could say to convince his dad to go to Ohio and get the medical care he needed?

One evening, when he was designing a game with portals to cheer himself up, Marcel found a solution — but he'd have to make a sacrifice. The next morning, he spoke to his mom about it, and then he called the school with the computer programming class...and told them he would not be attending that fall. At first, Alain was very upset. He insisted that he and the surgeons still had a very good chance of beating the cancer here in Toronto, even if he waited five months. He knew Marcel worked very hard to earn his spot at the competitive high school. Giving it up meant Marcel would have to apply all over again with no guarantee of getting accepted.

But Marcel told his father he was glad to do it — he'd much rather live with Uncle Jacques for a month or two and take classes at Chloe's high school if it meant Alain could get the surgery he needs right away. "Whatever happens, I'll be OK," Marcel said. "But if you don't go and get surgery now, you might not be."



A Different Kind of Reunion

Finally, and after a long talk with his wife and brother, Alain agreed. Fran helped Marcel enroll at Chloe's high school as an exchange student, and Jacques helped Alain schedule an immediate surgery at the nearby Ohio State University Hospital. Now, the whole family is packing their bags for a new adventure — and a different kind of reunion they never thought they'd be having.

Marcel is confident. He knows that with immediate surgery his dad's chances of beating the tumor and making a full recovery are very high. While he hasn't fully changed his mind about Canada's universal healthcare being a good thing, Alain is proud of Marcel for educating himself about the other side of the issue. He's even prouder that his son made a necessary sacrifice, one that gave him the push he needed to travel for healthcare without shame, like many other Canadians.



Invent a Game

Create your own game using the following coding principles.

Algorithm

An algorithm is a set of instructions that are carried out one after another. Write down the steps of the game below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Decomposition

Decomposition is breaking down a complex problem or system into smaller parts that are more manageable and easier to understand. Look at your instructions, or algorithm, above and find ways to make it simpler.

Debugging

Debugging means identifying and removing errors. Try out your instructions, or algorithm. What works well? What needs to be improved?



Royal Coat of Arms of Canada



A coat of arms is a special design used to represent a group of people. For example, some families, countries, and organizations use a coat of arms. This coat of arms usually includes imagery such as a shield, animals, flags, plants, and other images as symbols. Often times, important words or phrases are also included.

Take a look at the Royal Coat of Arms of Canada. What could the images represent?

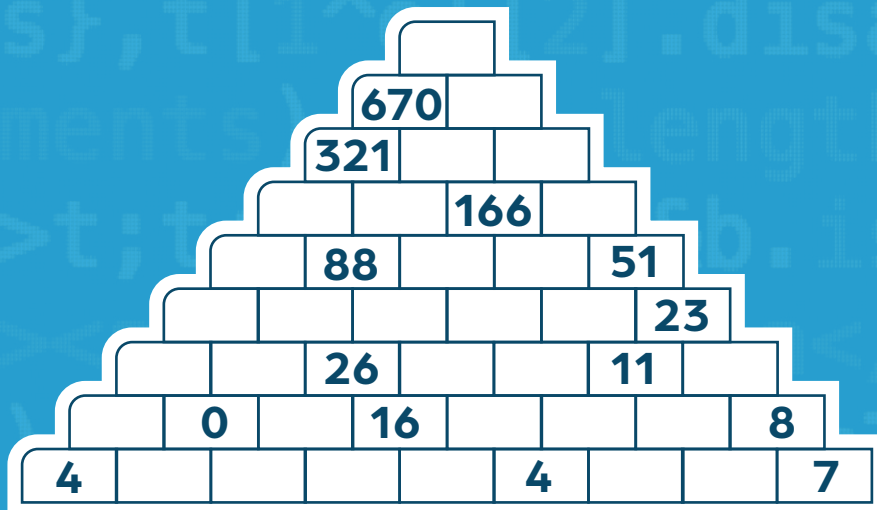
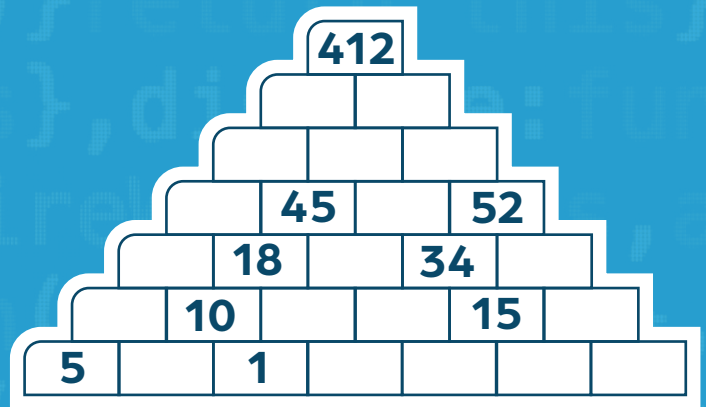
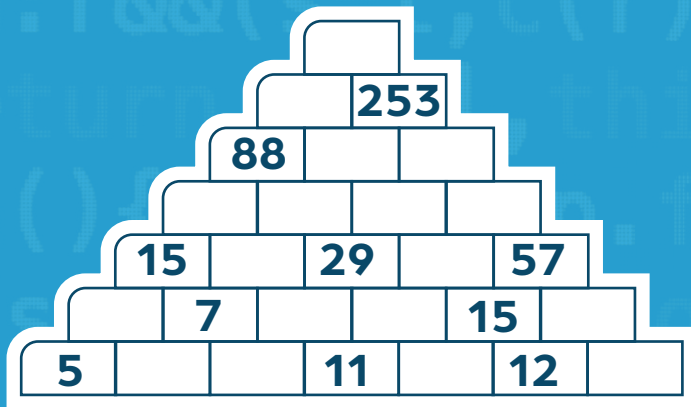
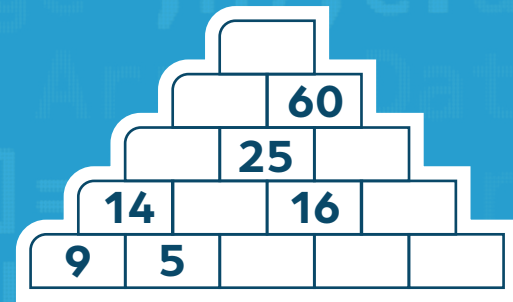
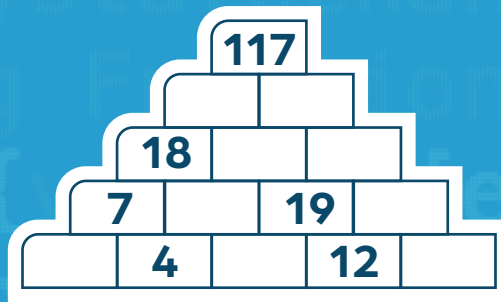
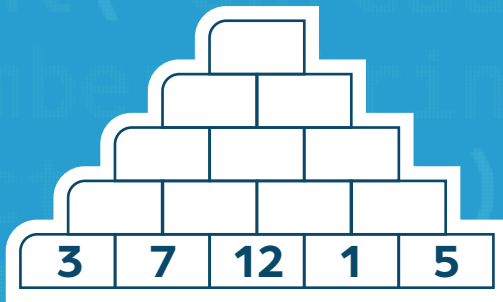
Think about your family. What kind of symbols and images would you include in a coat of arms in order to represent your family? What phrase might you write on it? Design a coat of arms below.





Math Pyramids

Math and problem solving are important skills if you are interested in computer coding. Solve the following math pyramids. Add the adjacent numbers together and write the sum in the block above. Continue until you have solved the entire pyramid.



Have Fun Binary Code

Binary code is a coding system using two digits, 0 and 1. These 1s and 0s represent a letter, digit, or other character in a computer or other electronic device. Write your name in binary code below.

A 01000001

B 01000010

C 01000011

D 01000100

E 01000101

F 01000110

G 01000111

H 01001000

I 01001001

J 01001010

K 01001011

L 01001100

M 01001101

N 01001110

O 01001111

P 01010000

Q 01010001

R 01010010

S 01010011

T 01010100

U 01010101

V 01010110

W 01010111

X 01011000

Y 01011001

Z 01011010



Poutine

If you're hungry and if it's cold outside, ask your parents to help you make a famous Canadian dish! Poutine is savory, gooey, and easy to make.

Prep Time: 25 - 30 minutes

Ingredients:

- Frozen, pre-cut sliced potatoes*
- Salt
- Canola or vegetable oil for frying
- Cheese curds (shredded cheese will do in a pinch)

For Poutine Gravy:

- 2 Tablespoons butter
- 1 Tablespoon flour
- ¼ Teaspoon garlic powder
- ¼ Teaspoon oregano
- ¼ Teaspoon thyme
- ¼ Teaspoon pepper
- 2 and ½ Cups beef broth

*For an extra challenge, you can cut your own fries from russet potatoes and soak them in ice water! Freezing takes about an hour.

Instructions:

1. Put a sauce pot on medium heat and melt the butter. Add the flour and all the spices to make a roux that will thicken the gravy. Keep stirring for 2-3 minutes.
2. Add beef broth to the sauce pot. Use a whisk or a fork to stir the mixture until the roux and beef broth are evenly combined.
3. Cook the gravy for 2-3 minutes until it's nice, thick, and bubbly. Take the gravy off the stove and cover it.
4. In a large pot or skillet on medium heat, warm enough canola or vegetable oil to come two inches up the sides.
5. Fry the sliced potatoes for 5-8 minutes until they are slightly browned. Remove the fries from the oil and drain on a paper towel-lined plate.
6. After all the potatoes have been fried, turn the heat up to medium-high. Fry the fries again for 1-2 minutes or until golden brown and crispy.
7. Remove the fries from the oil, drain on a paper towel-lined plate, and sprinkle with salt.
8. Put the poutine together by covering the fries with 2-3 spoons of gravy, cheese curds, and more gravy.
9. Enjoy the delicious 'mess' on a plate!

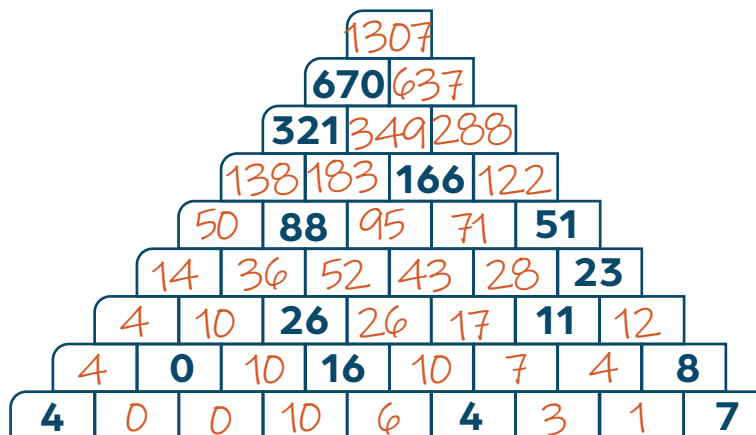
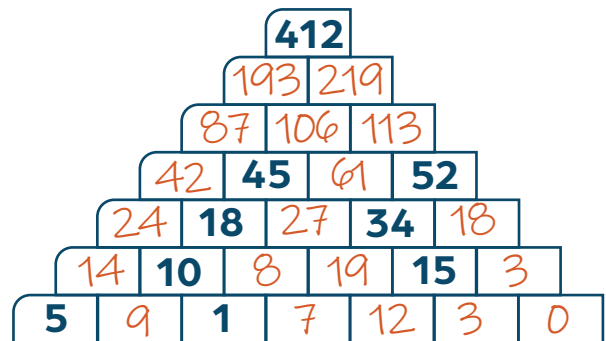
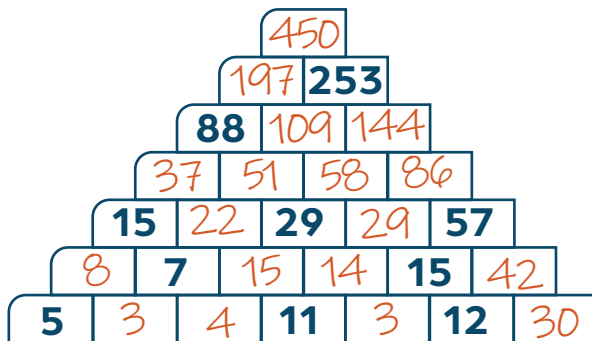
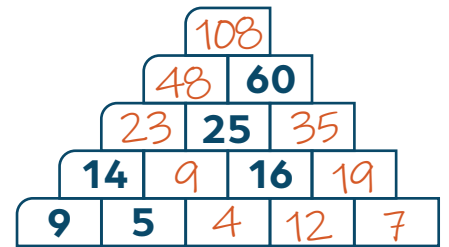
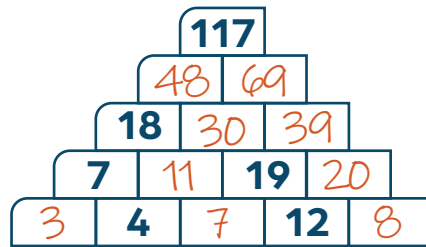
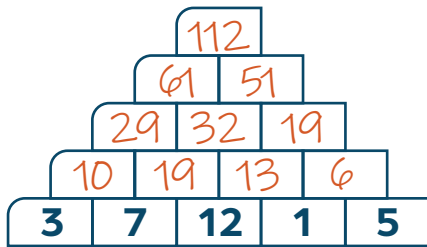


Did you know?

Poutine is Quebec slang for *mess*.

Answer Key:

Math Pyramids:



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Images: Getty Images, Unsplash, Freepik (pg 8-9), Sodacan (pg 17)

The image features five diverse cartoon characters standing in a row against a blue background with a white outline of a world map. From left to right: a man in a dark military uniform with a peaked cap and medals; a young boy in a blue and white soccer jersey with the number 30, holding an orange ball; a girl with long brown hair in a blue top and yellow skirt; a girl with dark skin and braided hair in a yellow top and patterned skirt; and a boy in a red t-shirt and dark shorts. The title 'AROUND THE WORLD' is written in large, bold, white, sans-serif capital letters across the middle of the image, with 'ANIMATED SERIES' in smaller, bold, white, sans-serif capital letters below it.

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