

# E0 Adventures in Canada

I attended the [E0](#) Canada regional conference in Ottawa Canada last week. It was exciting seeing my [E0](#) friends and I enjoyed the opportunity to learn from the speakers. It was a busy 3 days with lots of learning and amazing off site events.

Ottawa is the capital of the Province of Canada like DC is to the US. Ottawa is Canada's fourth largest city and is also where their parliament resides. We took a tour of the different chambers that make up the parliament. It was interesting as well as educational to learn the similarities and differences between Canada and the US.

The highlight of my trip was traveling by train along the river heading north of Ottawa to a small town called Wakefield. The 90 minute journey gave way to some amazing scenery and provided invaluable time to just sit and talk with fellow [E0](#) members.