

# Understanding Remembrance Day in Canada

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Every year on **November 11**, Canadians pause to remember and honour the people who served, and continue to serve in the military during times of war, conflict and peacekeeping. This day is called **Remembrance Day**, and it's one of the most solemn and meaningful commemorations in Canada.

At 11 a.m., people across the country stop what they are doing for **two minutes of silence** to reflect on the sacrifices made by soldiers and their families. Please join **the ceremonies at your campus** to honour the fallen soldiers, and reflect on peace, freedom, and gratitude.

You may noticed people wearing a **red poppy** on their clothing - a powerful symbol of remembrance inspired by the famous poem "*In Flanders Fields*."

If you are new to Canada, this may feel different from how your home country remembers or honours those who served. You are encourage to take part by observing the moment of silence, attend a ceremony at your campus, or simply taking time to learn more about Canada's history and peacekeeping effort.

As international students, your perspectives and experiences also enrich Canada's story. Together, we remember, not to glorify war, but to appreciate the peace and opportunities we share today.

*"Lest we forget."*

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