



OSEF FRANCE-CANADA Inc.

Organisme Séjours Educatifs Français



SUMMER PROGRAM

SPEND 4 WEEKS IN FRANCE

13 to 17 year old Students, live the French life and improve your language and cultural skills!

OSEF France-Canada Inc. (A non profit association – Law 1901 - Youth and Sports organization in France) invites you to discover France and improve your French language skills in a four week reciprocal exchange program for individual students.

OSEF. France-Canada has been organizing linguistic and cultural exchanges in Canada since 1995.

You will travel to your host family at the end of June and return at the end of July with your French exchange partner until the end of August. Host families are carefully selected and all required documents are reviewed.

The goal of this program is to enhance language proficiency, promote personal growth and development, increase awareness of another culture and foster a global perspective.

The cost of the program is:
Ontario: \$ 3,000
Other provinces: \$ 3,800

The cost covers the selection of your partner, preparatory meetings in your home region and the host country, international air travel with escort(s), a one day visit of Paris (Eiffel Tower, Montmartre, Notre-Dame de Paris, Champs Elysées avenue, a boat trip on the Seine), a one day stop-over in Toronto upon your return for a visit to Niagara Falls, and hotels in Paris and Toronto during the visits. The cost also covers continuous support from the O.S.E.F. France – Canada team during your entire program both in France and in Canada. when you return with your partner.

The OSEF France-Canada student exchange program is a reciprocal exchange program.

For further information contact:

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OSEF FRANCE CANADA

organisme séjours éducatifs français



**FRENCH STUDENT EXCHANGE PROGRAM
FRANCE
4 WEEKS HOMESTAY PROGRAM
STUDENTS – 13 TO 17 YEARS**

JULY
*Live with a French Family
In France*

AUGUST
**HOST A FRENCH STUDENT
IN CANADA**



SUMMARY

ONE MONTH SUMMER EXCHANGE PROGRAM

- OSEF Presentation
- OSEF Team in France
- Summary Exchange Report
- Registration Procedures
 - Information Meetings
 - Registration
 - Matching Process
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 - Administrative Formalities
 - Program Costs
 - Withdrawal
 - Exchange Program Dates
 - Volunteer Coordinators
- You are going to live with a host family for four weeks
 - Adaptation
 - Meals
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 - Calling home – Internet
 - OSEF Regulations

OSEF France-Canada Inc.

**Christine LENFANT
President - OSEF France**

**In 1991, OSEF was
founded after extensive
contacts with Departments
of Education in Canada.**

**OSEF operates under the
name of OSEF France-
Canada Inc., and at times
in collaboration with other
Canadian student
associations.**

**Above all, OSEF offers a
family atmosphere
through a team of
volunteers who have their
hearts set on providing
well planned exchanges
with the help of reliable
and responsible host
families, and with a
maximum of safe guards.**

OSEF partners, Canadian school boards, and Canadian associations, promote cultural and linguistic exchanges. The Ontario Department of Education established the European exchange programs 30 years ago.

OSEF is a French Association instituted through Bill 1901 - Youth and Sports Organization. This association, who has several partners throughout Canada, collaborates with schools districts from the English speaking provinces of Canada, and receives the endorsement from the provincial Departments of Education.

Each year, in summer, approximately 100 students from different regions of France and from other countries participate in a one-month exchange to Canada. These exchanges are for students aged 13 to 17.

OSEF receives the endorsement from numerous schools in France for its reliability and commitment to the exchange.

The number of participants has increased continuously thanks to information sessions for parents and students and by word of mouth.

The association is composed of the executive members, the founders of the Association and the volunteers who provide support to the organization.

Volunteers interested in the exchanges have joined the organization and provide support as coordinators for the young Canadian and French students who participate in the exchange.

Before each exchange program, the list of Canadian students participating is submitted to the Embassy of Canada in Paris.

Once the matching is completed, OSEF is granted the authorization to proceed under the section of **law 1901-Youth and Sports**.

OSEF TEAM

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Arrival/Departures - Airport

Michèle et Bernard DUSSAUCY

Associate Presidents

Other volunteers

See enclosed list

Sport Global Tour (France)

Travel Agencies

Globetrotter Travel (Canada)

OSEF France Canada in France, in Canada, in China and in U.S.A.

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OSEF SUMMARY EXCHANGE REPORT

Year	1999	2000	2001	2002	2003	2004	2005	2006	2007
3-month exchange	35/130/126/180	239	285	329	298	358	365	371	412
1-month exchange	1998 : 25	28	22	55	65	56	84	66	57
Number 15 Days	1995 : 2 Twinningss 1996 : 3 Twinningss 1997 : 3 Twinningss 1998 : 5 Twinningss	7 Twinningss	4 Twinningss	2 Twinningss	3 Twinningss	3 Twinningss	3 Twinningss	1 Twinning	
Twining	Gemenos 32 Pontarlier 30 Elancourt 13 Alençon 29 Bourgheroulde 22	Pontarlier 28 Elancourt 30 Alençon 37	Pontarlier 28 Elancourt 20 Caen 37 Vif 25	Le Puy en Velay 13 Montfort sur Risle 10	Rouen 35 Le Puy en Velay 15 Oliver 32	Havre 30 Versailles 25 Montfort sur Risle 25		St Valery/caux 24	
Total Departures	92/193/189/351	352	417	407	445	494	459	467	469
Alberta	1998 : 27	22	18	32	20	38	57	45	75
B.C.	1998 : 6	12	28	30	34	32	20	42	29

HOW TO APPLY

Information Meetings

Informational meetings will be held in major centers for students and parents interested in the exchange program. Meetings may be held in other cities if enough interest is shown. Presentations will be made about the organization and the exchange programs.

Students who have already participated are invited to attend these meetings and share their experience.

Information documentation and pre-registration packages are also available at these meetings.

Registration

Program registrations will be accepted by mail, from **September to April** at the Alberta and British Columbia office.

The pre-registration

1. The **preliminary application form** package is to be returned to the Alberta or British Columbia office with a check for \$ 400 (\$300 non-refundable fee).

2. Upon receipt of those documents, the **final application** is forwarded to the candidates.

The final application must be accurate and honest.

3. The final application must be completed in **black ink** and returned within one month. This document helps us find a suitable exchange partner and will be submitted to the host family. (Return the original application and 2 complete copies of all documents).

After receipt of your exchange partner's application, please return the acceptance contract.

4. The selected application of the French student will be sent to the Canadian student in May. The OSEF team reviews all documentation and final application forms. Candidates are matched, mostly according to age, interests and personality traits.

5. Exchange contracts, custody declaration and Police Record check must be returned before the match can be confirmed.

Late applications may be accepted up to May 15th pending a suitable match and flight availability.

Preparatory meetings before departure where possible.

Preparatory meetings prior to departure are held for students and their parents in June. Dates and locations will be confirmed later. At that meeting, details of cultural, linguistic and other aspects will be discussed along with travel information and scheduled tours while in Paris.

Who is the right exchange partner for you?

There is no perfect profile but only people that accept and respect their exchange partner and their culture.

The Matching Process

It is a cooperative process between France and Canada.

Families' Responsibilities

The success of this process relies on you. The information you provide in the application form will be used to find the right partner for you. It is in your best interest to be honest and sincere.

The application form

The final application form must be completed in **BLACK INK**. It is compulsory as we fax information overseas.

Candidates must fill out their own application in order to give us a good idea of their personality. You are responsible for the disclosures and the nondisclosures of your personal information. Smoking, anorexia, depression, special diets, allergies, bed wetting, and/or other problems need to be disclosed at this stage of the application process.

Parents have to fill out their own sections of the final application form.

The matching process involves both French and Canadian OSEF personnel and partners.

All applications are read very carefully.

Students are matched according to their age and profile. An effort is made to match students of the same age but sometimes it is difficult to find students with both the same affinities and age. There is no perfect profile but only people who accept and respect their exchange partner and their culture.

The Canadian family receives the original French candidate's application in May and the French family receives the Canadian application around the same time. You must read the application carefully and let the volunteer coordinator know as soon as possible that you accept with the match.

Matching students is not a cloning process. One of the aims of the exchange is for you to discover who your exchange partner is, develop a relationship, and learn to appreciate their qualities.

The Canadian and French families are responsible for:

- hosting an exchange student for four weeks,
- treating the student like a family member,
- providing a receptive, friendly and secure experience for the exchange student,
- providing three meals a day for the exchange student,
- helping the exchange student adapt to a new environment,
- helping improve the exchange student's language skills and cultural awareness by participating as a family in a wide range of activities,

Families' Responsibilities (continued)

- contacting immediately the OSEF office in Canada/France in case of illness, injury, accident or medical procedures.

Sometimes a family has to cancel due to unforeseen circumstances. Do not be surprised. If this happens, another host family will be found. Generally, the new arrangements work out very well and it is a way of extending the friendships between students and families and respecting the reciprocity principles.

Administrative formalities

All participants must have a valid passport during all the exchange. A photocopy of the passport must be included in the application. It is recommended that students also carry a photocopy of their passport in their OSEF provided back-pack.

Legal Formalities

The Canadian and French families must fill out a Custody Declaration form that has to be signed and sealed by a lawyer. Canadian and French families must also provide the OSEF Association with a police record check for all adult family members living in the home during the exchange. (18 and older)

Program Costs

The cost of the program is :

\$ 3800.00 (\$3000.00 Toronto)

Students flying from destinations other than the provincial port of entry will be asked to pay the "add-on" fare, unless ground transportation is provided by the family. The cost will be given at the time of printing of tickets (one month prior to departure).

- a) \$ 400 - Program registration (\$300 non-refundable)
- b) \$ 1000 - Included with the final application
- c) \$ 1200 - April 15 (post-dated) \$800.00 Toronto
- d) \$ 1200 - May 15 (post-dated) \$800.00 Toronto

Any extra surcharges from Air Canada will be sent to you at this time. If necessary, alternate payment plans may be agreed upon, at no extra cost. We ask you to include the two last payments (post-dated cheques) with the final application form.

The program price includes:

- the selection of the partner,
- the preparatory meeting before departure,
- return international air transportation between Canada and France,
- chaperones on international flights and during visits of Paris,
- connecting air travel or express train in France as required,
- chaperone for students travelling by train in France,
- permanent contact with the OSEF coordinators during the stay,
- one orientation day in Paris with visits to the Eiffel Tower, other monuments and boat ride on the Seine (Bateaux-Parisiens),
- hotel accommodation and meals in Paris,
- coach pick up at airport and travel in Paris and transfers to train station and airport,
- Visit to Toronto and Niagara Falls on return day of program with

- visit to CN Tower, Skylon Tower, Maid of the Mist, IMAX theatre, white waters, diner at “Betty’s”, hotel accommodation,
- hospitalization and repatriation insurance,
- administrative fees.

Not included :

- **Pocket money, passport and visa fees (when required)**
- **Flight cancellation insurance**
- **Doctor visits / prescriptions**

Withdrawal

If a candidate cannot participate in the exchange and must cancel his application, (i.e. death of a family member, loss of employment, severe illness or hospitalization):

Less than 90 days:

- Less than 90 days prior to departure: sums paid will be reimbursed, except a \$ 300 non-refundable fee plus fees incurred by OSEF for contracts with airlines, bus companies, hotels, etc... (Down payments have to be made in advance to secure reservations).

More than 90 days:

- More than 90 days prior to departure: sums paid will be reimbursed except a \$ 300 non-refundable fee.

After talking with the families, **the French and Canadian OSEF France-Canada offices reserve the right to reject a final application**, if it is judged that the candidate is not able to fulfill the requirements of the exchange. In such a situation full reimbursement will be made.

Program Duration

The first part of the exchange program begins at the end of **June** with the departure of the Canadian students and ends with the return at the **end of July (with their French exchange partners)**.

The second part of the exchange begins with the arrival of the French students at the end of **July** and ends with the return to France at the end of **August**.

Exact arrival and departure information will be confirmed at a later date.

OSEF France-Canada Association will meet the students at Charles De Gaulle airport in Paris. The day is spent discovering Paris. Students are picked up or will travel to their French families the following day. A chaperone travels with the students on trains.

Adult Chaperones

OSEF France-Canada selects the volunteer coordinators who travel with the students very carefully. During the travel and flight from Canada to Paris, OSEF France-Canada Inc. representatives chaperone the students. They are on hand to solve any problem that may occur. The escorts also spend a few days with the local coordinators to ensure that students settle in.

YOU ARE GOING TO LIVE FOUR WEEKS WITH A FRENCH FAMILY

Adaptation

When you come to France, your exchange partner will be on his/her summer holidays. This will give you the opportunity to adapt to your new environment, to get to know your exchange partner and their family members, to learn about the family's lifestyle and to improve your language skills.

When you land in France, your exchange program begins with an orientation. Proposed schedule:

1st day: Visit of Paris – Notre-Dame – Bateaux Parisiens, etc. - return to your hotel and dinner.

2nd day: Orientation meeting - Departure for connecting flights
Departure by train (TGV)
Host families of students staying in the vicinity of Paris pick them up at the hotel.

The first contact with your host family is planned on the second day.

Some students may find the first days difficult. This is normal. Do not create a panic by calling your parents when you feel home sick. Your parents are many kilometres away and this will only add more stress.

If language is a barrier, you can email the local coordinator who is your contact. You will find the information on the laminated card handed upon your arrival.

Your family has been carefully chosen by OSEF France-Canada and is on hand to provide support and assistance. They are aware of your feelings and the experience you are going through.

The volunteer coordinators and members of the French team are available to provide support during your stay.

Do not try to keep in touch with other Canadian students. That is not the goal of the exchange.

Always keep in mind that you are not a guest in the family. You are a **new member of the family**, which means that you must respect their rules. Your host family is not going to change their lifestyle for you. You are not in France to revolutionize their culture but to discover it without comparing it to your own culture and expectations. You take it the way it is. **You are the one who must adapt.** Your exchange partner will be there to help you. Move forward, ask questions, and adapt to the family circle and life.

French families are traditional; children have to abide by the rules. Their lifestyle is different but if you maintain an open-minded attitude, you will discover warm, friendly, and giving people.

You must communicate immediately, without shyness, making sure that you understand what is expected from you, the family lifestyle and what you must do to fit in. This is the secret of a successful home stay program.

For instance, if you are tired and need to rest or wish to spend some time alone, say so openly to the family. This honest discussion will prevent many misunderstandings, hurt feelings, etc...

You do not have to live in the back pocket of your exchange partner all the time, nor does he/she. Consider your exchange partner as a brother or sister. You can establish friendships with others and do some things on your own. Discuss your plans with your partner and your host parents well ahead of time. Do not surprise them with plans they have never heard about. You must show sensitivity and respect. If the family disagrees with your plans, you will have to accept their decision.

Meals at home

The weekend is dedicated to the family.

As for food, taste everything. If there is something you do not like or wish to eat, say so **politely**. If you do not say anything, you might get a few more helpings as your family will think you enjoy it and want to please you. **Mealtimes are an important part of the day in France.** Everyone gathers around the table for a late meal; they share their day, their joys and frustrations. Listen, participate and share with them.

Spending Money

You may have a debit card. Be in mind that user fees are very high and applied every time you use your card. Use your card with care. Check with your bank before you leave.

Traveller's cheques must be cashed at a bank with your passport as identification. You will also pay a service fee. You can also change some Canadian dollars into Euros before you leave in order to have some cash on hand. Credit cards are accepted almost everywhere. Visa and Master Cards are commonly used. American Express Card is not as widely accepted.

If you wish to buy clothes, sports wear, jeans, etc... be aware that they cost a lot more in France. Be an informed shopper not a compulsive buyer.

\$ 500 is the minimum amount of spending money suggested. You must budget carefully. Remember to bring a little gift for your host family. A book about Canada or your province will be a great keepsake.

Telephone and Internet

Pay phones are not as accessible in France as in Canada. You will need to purchase a telephone card in France or use a calling card or Canada Direct.

Do not monopolize the family phone or the internet. Do not expect your host family to pay for your phone calls. Use your phone card. This way you will avoid misunderstandings and problems with phone bills.

If you get lost, call your host family to come and pick you up.

Every year, OSEF France-Canada receives phone bills from families. We cannot be responsible for phone calls made by students.

Always keep some change in your pocket for an emergency.

Pay for your calls before you leave if you have used the family's phone!

Do not call home too often. Your body and your mind will be in France. **Pre-arrange phone calls** to your parents at times that will be convenient for everyone. (Do not forget that there is a time zone difference).

If you use the Internet, remember that the time spent on the Internet is not being used to communicate in French. Use it sparingly; internet fees are high in France.

Please contact OSEF France-Canada if you experience a problem. We will listen to you and help you find a solution.

OSEF expects the students to adapt to the family and their new environment. Each application is carefully screened. Students are matched according to different factors but there is also the human side to an exchange. It is important to realize that there will not be a family identical to yours, nor an ideal exchange partner that will meet all your expectations. There is no cloning in an exchange.

You are now ready to pack your suitcases, go and face a new world.... But don't forget the OSEF regulations.

Going back home

You are not allowed to bring back alcohol, wine, unprocessed food... Please read the **Canada Custom** information pamphlet before you leave.

**HOSTING YOUR CHILD'S PARTNER IS VERY IMPORTANT
PLEASE WELCOME HIM/HER WARMLY
PLAN ACTIVITIES AND/OR VISITS BEFORE HIS/HER ARRIVAL**

THINK RECIPROCITY!

Exchange students should be welcomed as family members even if his/her culture, way of life and language are different!

Your child will not live in a similar lifestyle as in your home. This is the same for the French student! It's the new experience which makes this exchange enriching!

OSEF REGULATIONS

Please read very carefully

1. Students must adapt to the lifestyle of the host family (schedules, meals, outings, chores).
2. **Students are not allowed to drive any type of motorized vehicles** including motorcycles.
3. **For their own safety**, students are not allowed to hitch-hike.
4. Students may not purchase or drink wine or spirits. In the home, wine may be offered at meal times by the parents. However, the Canadian student is under no obligation to accept.
5. **Possession and use of illegal drugs are cause for an immediate return.**
6. Students are forbidden to travel on their own to other places or countries.
OSEF France-Canada will not accept any responsibility for such behaviour.
7. **No refund will be given if students do not complete the exchange.**
8. If a family is unable to host an exchange student, an extra \$500 fee will be assessed as compensation to the new host family.

Most important

- 👉 **Be attentive to the needs of your exchange partner**
- 👉 **Accept corrections**
- 👉 **Avoid isolation**
- 👉 **Share your news from Canada**
- 👉 **Plan your telephone calls home**
- 👉 **Do not compare or criticize**
- 👉 **Taste everything**
- 👉 **Do not forget to read your information booklet**

*If you can follow these guidelines, then you have a much greater chance of experiencing the most memorable time of your life.
Therefore, don't hesitate, sign up and ...*

!!! BON VOYAGE !!!



OSEF FRANCE CANADA

Organisme Séjours Educatifs Français



A FEW FACTS ABOUT OSEF

OSEF (Organisme Séjours Educatifs Français), a French association instituted through Bill 1901, founded in 1994, promotes linguistic and cultural exchanges between France, Belgium and Luxembourg and all English speaking provinces in Canada and Australia.

OSEF started to look into programs with the USA and China at the end of 2007.

OSEF is supported by Canadian school boards and their French equivalent “Rectorats”. It also has the support of the Ministry of Education in Belgium, the Cultural service of the French Embassy in New York, USA, and Peking, China.

Summer Exchange: about 100 students participate every year in our 1 month homestay program. Canadian students spend the month of July in France, return with their French exchange partner, and the French students leave at the end of August.

6, 9 & 11 week program: each year, in August, over 400 students from different regions of France, Belgium and Luxembourg participate in a 6, 9 or 11 weeks exchange to Canada. These exchanges are for students aged 13 to 17. French students stay in Canada from around mid-August till the beginning of November. All stay with their exchange partner’s family and attend school where they are given an attendance report. The Canadian students go to Europe from February to the end of April (depending on the date of arrival in February) the following year. They also have to attend their exchange partner’s school.

Every year, Christine LENFANT visits the French “rectorats” to meet the people from the National Education and inform them about the programs. She also visits officials in Canada. This program was created by the Canadian Ministry of Education about 30 years ago.

Summer programs are now offered to the **USA students**. OSEF can also organise 2 month home stay and school exchange programs upon teachers’ request. As many as 3 or 4 students from the same school can participate. Upon the Principal’s permission, more students can participate as long as it doesn’t disrupt the flow of the school program.

OSEF organises information meetings in November and December in schools all around France and in Canada. Equivalent meeting can be organised in American schools upon request.

Candidates and their parents complete a **pre-inscription form** then a family file which will help identifying the best exchange partner according to the age, character traits, interests etc.

In every country, including USA, our **volunteer coordinators** are there to help the students whatever the concern. Before his/her departure, the candidate receives a card with the names of the coordinators and their phone numbers.

In May and June, Christine Lenfant and her team hold **preparation meetings** for the French and Canadian candidates and their parents. The same meetings will be held for the American candidates before the group departure.

Students travel on **regular air lines**. **Coordinators chaperone the groups**. They spend time in the country to be on hand for the students should problems occur.

OSEF has home liability coverage. French and Canadian students are covered by their parent's home liability insurance. Furthermore EuropAssistance insurance (included) guarantees the reimbursement of hospital and repatriation fees should it become necessary.

Upon arrival in France, **2 preparation days** are organised for the students: they visit the Eiffel Tower, Notre-Dame, the Champs-Élysées and have a boat ride on the River Seine. On the second evening, a meeting with the exchange students is held to inform them as to the procedures for the transfers to the parents, the connecting flights or train transportation, and to hand out the necessary documentation for their program duration.

PLEASE CONTACT OUR COORDINATORS TO APPLY OR FOR FURTHER INFORMATION.

