



P.E.I. - QUÉBEC

SIX-MONTH STUDENT EXCHANGE

PRINCE EDWARD ISLAND HANDBOOK

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1.0 DESCRIPTION

PROGRAM:

The student exchange program is offered to public school students who are currently in Grade 10 and who, during the exchange year will be in the same school administrative unit. An island anglophone student is twinned with a Quebec francophone student.

OBJECTIVES:

- To improve French language skills of Island students.
- To favor cultural exchanges.
- To make participants aware of another educational system.

ACTIVITIES:

Each student selected will leave for Quebec in early February and will attend classes and take courses similar to his/hers until the end of April. The Island student will live with the twinned Quebec family. The Island student will already have received the Quebec student for the same duration from the beginning of September to the end of November.

CONDITIONS:

Each school makes its intention of participating known to the coordinator of French Programs by a pre-determined date.

- Following the interview with each candidate, a list of eligible candidates is developed.
- Parents or guardians must give their approval. Families of a limited number of students are visited by a consultant or the coordinator. This activity occurs following evaluation of student applications. There is no exception to this rule. Only the consultant or the coordinator completes the INTERVIEW QUESTIONNAIRE.

SELECTION CRITERIA:

- Agreement of parents or guardians and the school.
- Interest shown by student and family.
- Ease of adapting to a new environment and integration into a new family.
- Intention of remaining with the program until the end of 6 month period of exchange.
- Sense of humour.
- Maturity and sense of responsibility.
- Openness and lack of prejudice.
- Good health.
- Above average results and

- recommendation of school and parents.
- Ability to accommodate another adolescent in the home during three months.
- Acceptance by host family of twinning chosen by program officials.
- Good knowledge of French.

COSTS:

Selected students pay a pre-established participation fee of \$200.00. The provincial Department of Education and Early Childhood Development of P.E.I. pays for the return travel of each participant from Charlottetown to the exchange site in Quebec and back.

The costs associated with room and board are assured by the reciprocity of the exchange.

Any student who returns home before the end of the exchange will do so at his own expense or that of his family, except for extraordinary cases beyond the control of participants.

The Department of Education and Early Childhood Development will provide the services of a chaperone during each part of the exchange trip.

Security information

The collection of this information is directly related to and necessary for this program as cited in Section 31 (c) of the Freedom of Information and Protection of Privacy Act which states that:

31. No personal information may be collected by or for a public body unless

(c) that information relates directly to and is necessary for an operating program or activity of the public body.

As noted in section 32 (2) (c)

(c) the title, business address and business telephone number of an officer or employee of the public body who can answer the individual's questions about the collection.

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**THE HOSTING PERIOD
IN PRINCE EDWARD ISLAND
SEPTEMBER - NOVEMBER**

2.0 THE HOSTING PERIOD - September - November

During this three-month period, the major responsibility of the P.E.I. student and family is to welcome the Quebec student and make him/her feel comfortable in your home.

It can be a frightening experience for a teenager to leave a "safe" environment to live with a new family for three months. This difficulty is usually compounded by language/communication difficulties.

A great deal of **PATIENCE** and **UNDERSTANDING** are required during this period.

This section attempts to give some suggestions which may help you during the September - December portion of the exchange.

Correspondence with Quebec Partners/Family

Successful candidates should prepare to correspond with their partner and Quebec family. Correspondence should begin in June and may be initiated by either twin. This allows adequate time for administrative details in both provinces. Students should pay particular attention to their first letter or e-mail.

Wondering what to write about? Suggestions include letting your partner know about:

- yourself: e.g. photos, typical daily activities, domestic chores, weekend activities
- your family: e.g. typical evening and weekend activities, photos
- your school: e.g. include a school handbook, outline courses available, co-curricular and extra-curricular programs available (sports, club, music, etc.)
- your community: e.g. discuss the clubs, recreation facilities, geographic location, population, economy of the area, cultural and sports activities - include photos, maps, newspapers.

Obviously, the collection of this information will keep students busy in May. The June package should include basics. Letters or e-mails throughout the summer can fill in the details. Communication between families help develop important ties for the exchange. When you receive a letter or an e-mail, reply immediately. Regular correspondence is crucial to the success of the exchange.

2.1 Before Arrival

- preparation of room or private space (bed, furniture) for new family member
- parents are encouraged to communicate with the Quebec student's parents during the summer giving more information about life in PEI:
- exchange addresses and telephone numbers during summer
- consider next year's courses and timetable carefully, in consultation with liaison teacher, parents and school administration.

2.2 Arrival

- P.E.I. students and families must be at pickup point to welcome Quebec student.
- P.E.I. student must help him/her settle into home, unpack, home tour, go over household rules. These could include:
 - chores
 - curfew
 - rules concerning alcohol
 - church
 - medical problems
 - showers how many per day, how long
 - smoking, who smokes in family
 - clothing
 - climate
 - diet

- computer schedule
- make the arrival a special event, i.e. flowers, party, B.B.Q., dinner, etc.
- be considerate of your partner, he/she may be tired, may not understand, may need to go over slowly again 2-3 days later.

2.3 At School

- take the Quebec partner to school, the first person that he/she should meet is the liaison teacher, next the school counsellor and the administrators. If this is not possible as these persons are usually very busy during that week, we suggest that the student follow you to your classes until he/she receives a schedule. You must inform him/her of school rules, i.e. opening exercises, timetable, cafeteria, gymnasium, bus pass, locker, tour of school.
- once the Quebec student's schedule is finalized, we suggest that you take him/her to all classes and introduce him/her to the subject teachers. If there is a major problem, tell the liaison teacher but remember "little" things are good excuses to get upset about when there are major cultural, language adjustments to make...so be patient.
- try to find an activity where there is little need to talk, e.g. go for a swim, play racquetball, etc.
- even when language competence is limited, everyone knows if one is talked about rather than talked to. Do not treat your partner as a third person when you are both conversing with friends.
- when you are learning a second language you tire very quickly. Allow for lots of sleep, sports, non-conversational activities and private space for your partner.

2.4 Family Situation

- The presence of a new family member can cause jealousy on the part of younger family members or identical twins. Suddenly someone is receiving more attention and the younger member has his/her nose out of joint. These young family members can be excellent teachers. At the same time if the Quebec student is watching English television, the young child does not have the right to change stations without asking.
- The Quebec student should be encouraged to come out of his/her room (it is not easy to communicate with four walls), i.e. television, write letters in kitchen, family room, help with family chores.
- Talk to and be with your partner when something is wrong and when all is right but remember it is not necessary to be with each other every minute.
- In the early stages of the exchange continue to verify that your partner understands and that he/she is not just polite and saying yes.
- If you as the host student and family see that after the first few weeks the Quebec student is:
 - snacking more than usual
 - spending all his/her time in his/her room without indicating that he/she is tired
 - crying a lot
 - writing a lot of e-mails

You should sit down with the Quebec student and make sure that things are alright. If necessary, involve the school liaison teacher and the Department coordinator.

The Quebec student must be encouraged to communicate with the P.E.I. partner if there is the slightest concern at any time. The Quebec student must realize that you and your family care. In many cases an indication of affection, a hug or a pat on the back will break the barrier.

Family Rules

Many P.E.I. families have very few written rules but if you feel it would benefit the situation, a short written list should be given so that the Quebec student understands what is expected

- meal times (during week and weekend)
- shower schedule
- curfews (week nights, weekends)
- family chores, setting table, dishes
- television - how much? how late?
- family activities, i.e. church (approximately 15% of Quebec students attend mass regularly).
- computer - how much?

Telephone Calls

- *Local Calls*: Frequent calls to other Quebec students (more than once a day, more than five minutes) should be discouraged. The calls should be made in English. The French students are here to learn English, not to perfect their French.
- *Long Distance Calls*: While it is natural that Quebec students will wish to call their friends in the area, perhaps those in another city and their family, it is necessary to have a clear understanding as to the payment of long distance calls.

We suggest that Quebec students pay for all long distance calls in P.E.I. and that P.E.I. students pay for all long distance calls while in Quebec.

Language

The Quebec student may use English to swear, completely unaware that the meaning in English is much stronger. If this should happen, the Quebec student must be told politely that this is most inappropriate behaviour.

General Observations

Many students from Quebec are used to very direct communication about any subject with parents, or a school figure; they tend to be very frank and honest (the P.E.I. students tend to be more diplomatic).

The homes in Quebec tend to be less structured and regulated (the Quebec students readily note the greater structure and regulation of P.E.I. homes).

In both provinces rural families spend a lot of time on family oriented activities vs urban families.

Letters and e-mails are very popular ways to stay in touch but may cause problems if you spend a lot of your free time writing long letters or e-mails in your room every night in your first language.

Direct communication, if the P.E.I. parents want the Quebec twin to do something (i.e. clean up his/her room) they should tell him/her what they want done; problems can occur if the P.E.I. student is used as an intermediary and third party.

Friends

You will introduce your Quebec twin to your own circle of friends. During the exchange, the Quebec student will make his/her own circle of friends. This will allow both young people to spend some time apart...a healthy situation.

The host in each province is not expected to provide instant friends. Friendships require time to develop in a normal fashion and should not be forced. With little support and the added dimension of a new language it is a challenge to find new friends.

The Quebec student will be the focus of a great deal of attention since he/she is the new person on the scene. Quebec students by their direct nature will acquire a lot of friends rapidly. Jealousy may creep into the relationship between the twins. The reverse situation may occur in Quebec.

One of the best ways of learning a second language is to go out with a girl/boy from the host province who only speaks your second language. If your twin decides to use this method, ask him/her to introduce the girl/boy to your home for parental approval.

During the fall term, the parents should make every attempt to attend the parents night at school to:

- Access the progress of their own son/daughter and the Quebec student - is he/she attending, participating, progressing?
- See if the teachers are aware that the P.E.I. student will be attending school in Quebec for three months (February - April).
- Ask how the work will be covered, i.e. has the written contract been drawn up?

Language Learning

When an exchange student becomes capable of expressing him/herself in a second language it is a wonderfully satisfying accomplishment. However, there is a price that is exacted. The frustration period will usually last for a period of six weeks. Single words will be replaced by groups of words. An entire sentence is a major victory. The strength of the motivation to learn the second language and the family environment will determine the rate of progress. Here are a few ideas to help the Quebec student.

- Show the Quebec student how to answer the phone and then have him/her do it all the time. (If it is important the caller will telephone again.)
- Dictate the grocery lists to the Quebec student (take him/her to the supermarket) and what he/she wants to eat must be said in English.
- Ask the Quebec student questions which require more than simple yes - no response.
- Have the Quebec student write a daily/weekly letter about anything (i.e. a diary) and after dinner have the twins sit down in the kitchen and correct it.
- Expose the Quebec student to all types of social games, cards, scrabble, English T.V., video, music.

Always make sure that if the Quebec student wants something, he/she will have to ask for it in English. (help him/her in English if necessary)

**THE VISITING PERIOD
IN QUEBEC
FEBRUARY - APRIL**

3.0 THE VISITING PERIOD - February - April

3.1 Preparation

You have said a temporary goodbye to a new friend. Besides the readjustment to your family dynamics you will complete the final stage of your pre-departure schedule. Yes, this is a hectic, crazy time. You begin to realize that soon it will be your turn!

- December is the month to do as many assignments as possible according to your contact with each subject teacher.
- Experience in the past has shown that the more work that is completed before going the easier it is to readjust to the P.E.I. school system and way of living upon returning. May and June are months full of end of the year activities. It is the worst time to do work that could have been done prior to the departure.
- A weekly schedule of things to do would help. Time will pass very quickly. A clothing list is a good place to start. Ask your partner what kind of clothes to bring. If there is a lot of baggage, send some ahead (i.e. via bus express) and let your partner's family know it is coming and to pick it up.
- Start watching the telejournal (the news) in French to acclimatize your ears and help reduce the shock.
- Prepare a Christmas list for your family: French dictionary, clothing, luggage, skis, money.
- * *Some teachers may suggest you give a presentation to the class upon returning about the area you lived in Quebec. The presentation might be done from an historical, geographical, sociological viewpoint. Think about pictures, research necessary before you leave.*
- Hopefully your twin will have shown you the course list from your polyvalente (high school). You might consider giving your school a tentative list of courses you would like to take, keeping in mind that changes will have to be made. This may be given to your twin to take back with him/her.
- Make an arrangement with your family as to how much writing and phoning will take place. An agreement with your friends that you will write a common letter or e-mail to them will allow you to spend more time with your twin and host family learning French. Arrange with a reliable friend to collect notes, handouts in each of your classes during your absence.
- Many students like to keep a journal recording their experiences. You might like to start this in September with the arrival of your twin noting his/her initial problems, this should be reread when you arrive in Quebec to remind you of what your twin went through.
- Make a family decision with respect to finances and a weekly/monthly budget. Will you use traveller's cheques, a weekly/monthly cheque from home, a bank account? Experience indicates that students spend an average of \$600 - \$700 on personal needs. This does not include new clothes, ski passes, gifts when returning home.

Packing

Just a few reminders:

- Have you checked on the climate for your region?
- Remember, you won't have a lot of room in suitcases for a huge wardrobe and there are washing facilities in Quebec, so take a limited wardrobe, with maximum flexibility!
- Coordinates, layers of clothing are the most practical way of wardrobe planning.
- Be sure to take a warm winter coat.

Summary

BEFORE DEPARTURE (January)

send excess luggage ahead of time, i.e. bus express (call receiving family and tell them bags will be arriving)

medical and dental checkups prior to departure

have as much coursework/assignments done before departure as possible

3.2 Student Arrival in Quebec Community (February)

The first two weeks in Quebec will be a challenge - you will be surrounded with "new" people and situations.

3.3 The Family

- when you arrive, you will be tired, disoriented and inundated with new information all in French
- don't hesitate to ask people to repeat information and names
- **Never say that you have understood a communication in French if this is not true. Ask for repetitions until you understand.**
- when you arrive, you will be asked if you wish to rest, unpack, etc. in your new room
- don't hesitate to tell your partner and your host family if you are tired (due to travel, constant usage of French, etc.)
- ask your partner about the family rules

In your family, when the rules are understood, there is no need to ask or confirm. In a new family you must learn the rules.

Meals

- At what time?
- Any diet restrictions (allergies, vegetarian diet) should be discussed

Housework

- What is expected of you? (i.e. which chores are you expected to do?) How often?
- Where are the cleaning materials?
- Dishes? Washing? Ironing?
- Your room - must be kept tidy! If sharing a room determine who does what!

Bathroom Schedule

One more family member will affect the schedule, particularly if all are sharing one facility. Find out the schedule and live by it!

Hints for Improved Family Relations

The very first thing that you must ask yourself is what you can do. Most important is that you realize it is your responsibility to adjust to your host family's way of doing things, and not the other way around.

What is your family expecting? Again we cannot generalize, but you can be sure that they are hoping for a response from you, a sign that you care about their caring! We would like to suggest four ways that you can be responsive.

1. Share yourself with your family. They are concerned with how you feel and how you are doing. They want to learn all about you, your family, your culture and customs. Spend time talking to them, offer to prepare a special meal (even if you can't cook, there must be a friend who can help you). Share unique celebrations with them - birthday breakfast, or whatever. Above all, **never say "No"**. If the family invites you to go somewhere with them - a museum perhaps or apple picking - accept, even if you really dislike museums, and can't stand the sight of an apple tree. After all, these are all the experiences that you have come here for. Even if you are tired, push yourself a little extra.
2. React and respond to whatever they say to you or do for you. If your host mother has prepared a special dish for you, don't hesitate to say "How delicious!" If you don't really like it very much, a comment about how nice it was to do that will suffice. If people do things for you, show appreciation, or they won't try again. Whatever they do, they expect a response from you and it is one way for you to repay them.
3. Volunteer to help. Most families assign some chores to each family member, and they will expect you to do your part, but may be reluctant to ask you to help. You are expected to understand that there are responsibilities for everyone involved in running a household, and you must do your share. Some students have found that more was expected of them from their "new" family than from their family back home. Don't wait, volunteer and ask what you can do so that the family has no reason to be disappointed and complain that the exchange student thinks that housework should be done by others or magically takes care of itself!

Above all, remember that you are expected to accept and adapt to the life style of your Quebec family.

Any TRAVELLING that you do must be approved by your natural and host family, your liaison teacher, but in general travelling alone or with other teenagers is not encouraged.

VISITS FROM P.E.I. FRIENDS OR FAMILY can disrupt the exchange year. This is especially true of boy or girl friends; therefore they are not allowed. We recommend that your family not come at all, but if they do, they should arrange the visit with the host family and then stay in a hotel. It is confusing to have two sets of parents with two different value systems, and difficulties can develop.

Religion

Your host family may well have different views on religion than your family in P.E.I. They may not be regular church-goers. If this is important to you, discuss this with the family immediately upon arrival and make the arrangements necessary.

The liaison teacher will be the key person should there be difficulties which need to be resolved. Don't hesitate to discuss issues with him/her which you feel uncomfortable about at home.

Danger! Danger!

- Your partner is the "person you know" in this strange new world. There will be a tendency to "cling" to this familiar person. Remember that this can become tiresome, even an imposition after a couple of weeks.
- Your partner will be more than pleased to help you by translating! This is great practice in English for him/her but doesn't help you at all!

Make sure that you say **NO ENGLISH PLEASE** calmly, but firmly. Instead:

- ask them to repeat, more slowly if necessary
- use gestures, mime, facial expressions
- allow for time to write down a new expression or two
- younger brothers and sisters are a great help learning new words in French

Friends

- Your partner will introduce you to friends at school, people in the community. Never refuse to try a new activity or an occasion to meet new people.
- New friendships usually require time and commitment. This does become more difficult when your French is not as fluent as you would wish.
- Don't expect your partner's friends to become yours automatically. Your needs will probably be quite different.
- It will be up to you to make the effort to integrate into the school and the community. This can be very taxing and frustrating, especially in the first weeks (when your French is very limited).
- Don't hesitate to make your own friends. There is no need to "live in each other's pocket". In fact, depending on your partner too much, too long could develop a resentment. (Discuss this with your partner, should it arise.)
- Friendships with other P.E.I. exchange students are natural - but - restrict your English. You're here to learn French.

Special Friends

- If your partner has a boyfriend/girlfriend there may be occasions when you're invited to join them for an outing. If you feel like a "fifth wheel" discuss this uncomfortable feeling openly with your partner.

- Should you develop a "special relationship", remember to abide by the family rules! If you find the Quebec parents "over-protecting" ask yourself how you would act as a parent, hosting another teenager. Be sure to invite your friend(s) to meet your Quebec family.
- Remember, that you are in Quebec only three months. Your new boyfriend/girlfriend is not a souvenir you can pack and take home!

Telephone

- It is natural that you call home **occasionally**, especially upon arrival. Yet, more than one phone call home a week may be an indication of problems, and will cause your host family some concern. (Should you be homesick, discuss this with your host family, ask for a hug, do something - a suggestion list can be found further on in this section.)
- Phone calls to other P.E.I. exchange students should be infrequent and in **French** (as much as possible). Be sure to limit, then eliminate English as your French improves. Remember you are here to learn more about Quebec, rather than other Islanders.
- Do not abuse the host family's telephone. Calls home and any other telephone charges (toll calls) should be paid for promptly. Telephone companies list all toll calls, so it is easy to identify yours by number. It helps your finances to be aware of the widely different charges at various times of the day. Check your phone book for information.

Even local calls must be of reasonable length so that the family's telephone is not tied up.

Letters and e-mails

- Like the telephone this is a very "popular" way to maintain links with home. Remember, friends and family in P.E.I. love you. Your absence doesn't diminish their caring and they will be there when you go home! So concentrate on your experiences here.
- If you find yourself spending hours in your room alone or writing more than two or three letters a week or spending almost every night on the computer chatting with friends and family, you may have some serious difficulty. This type of activity is not helping you learn French and may be a sign of homesickness, culture shock, frustration or difficulty and frustration with language learning.

Consult these sections for ideas, suggestions.

Remember that letter-writing, telephone calls, e-mails, speaking English with other exchangees are not solutions - just band-aid methods.

3.4 The School

- When you arrive at school the first day, have your partner introduce you to your liaison teacher. This should be the first person you meet. Then be sure to meet the administration. However, this might not be possible as they are quite busy.
- **Be sure to ask for repetitions of names until you know them.**
- You may not receive a timetable immediately. You may visit classes or go to classes with your partner until a timetable is arranged.
- The school situation in Quebec is very different than in P.E.I. Do not insist on a certain schedule or course. This may not be possible in your new school, due to timetable and class-size restrictions.
- Not all teachers will be excited about having an "Anglais(e)" in class. Remember that you are an ambassador for P.E.I. You must be diplomatic and considerate at all times.

Imposing your views on others may create unnecessary conflict.

- You will be a new face in the school - and obviously Anglais! You will feel "stared at" - a very accurate observation! A friendly smile and "salut!" should see you through this rather frightening situation.

Don't be afraid to use your limited vocabulary and get to know people in your school/community. Often the negative feelings are about the unknown. Giving people a chance to know you, and the Island will usually dispel most of fears - yours and theirs!

Be prepared to talk about P.E.I.. You will be asked to speak in your own classes and possibly in others, as well as for groups in and out of school. Don't be surprised at some of the questions.

School

You are in Quebec as an exchange STUDENT, not on a continuous vacation or travel program. This means that you are expected to attend school regularly, work hard, and earn acceptable grades and demonstrate a positive attitude, even if you receive no academic credit at home for your schooling here. At some point, you might feel that this is a "lost" semester as far as progress with your education is concerned, but you have chosen to enrich your life with this exchange experience and in a few years it is a decision that you are unlikely to regret.

School will be very different from the one you are accustomed to. You will have a different group of classmates every hour and you will find a variety of courses to choose from, besides the compulsory courses that you might have to take. Get your counsellor's advice. We recommend that you take advantage of the opportunity to select classes in Canadian history. And don't shy away from other academic classes or advanced courses; you will find them a challenge. If your French is a bit shaky, stay away from courses with a long reading list. But above all, try to take classes that you cannot get at home.

The clubs and teams that you join can offer new friendships. Participate! Participate! As soon as you can, visit the clubs teams at school (a drama group, a computer club, or join the tennis, soccer or volleyball team.) The sports are not very competitive, but if the team is not already full of players, you might be just the person they've been waiting for! Involvement is the key.

Student Frustrations

Yes, you're finally here in Quebec! The dream has become reality and you've learned that dreams are limited by being only of one perspective - yours! Now you have others in your life... and a new culture with which you are not familiar... and a language that seems to become more frustrating by the minute, because everyone speaks so fast! and... a new school... and...

You are overwhelmed!

The questions are How do I survive? and When will all this French be comprehensible?

Knowing more about what you may encounter and suggestions to help you through difficult times will help.

Attitude

Your attitude will, to a great extent, determine the success or failure of your exchange. First of all, you must have a positive frame of mind. No matter what happens, or where you are, or with whom, be curious and open, look for the good things and for what you can learn from the experience. But above all, remember two "C's" - consideration and cooperation.

A common characteristic of teenagers is that they tend to be self-centered. This is part of these growing years. But in the situation that you have chosen, greater maturity is demanded of you and you are obliged to cooperate and to have consideration for others - to think about them and what they might want. The little, everyday things count most - say "thank you", come home when you are expected, eat the food that is placed in front of you, smile and say "hello" when you walk in the door, offer to set the table, to take out the garbage or rake the yard, keep your room clean, join the family in their activities, write thank-you notes to their friends who have shown you a special kindness, forego an evening with the "gang" to attend a family dinner.

It may seem like a burden to you, but you are not responsible only for yourself, for you and your behavior. The image that you leave in the minds of the people in your community will pave the way or block it for those who follow you. It can mean that there will be other homes for exchange students or that there will be none. Even if you have to "bend backwards", don't be selfish, be mature and be a good ambassador!

Culture Shock

At some time during your months in Quebec you will probably ask yourself, "What am I doing here? I could be with my friends and family, or at least with people who believe the same as I do!" You will have to deal with depression and homesickness. Most important for you to know is that you are not alone and that this is a perfectly natural way to feel when you find yourself in a culture different from your own. When the rhythm of our daily existence is disrupted and all the familiar supports that we have lived with all our lives are suddenly pulled out from under us, we suffer "culture shock"! But remember that "culture shock" is a common and normal reaction when you are in a strange place.

What are some of the things that happen to you? Most common are feelings of depression and anger. You become irritated about almost everything. You feel that everything in Quebec is stupid and everything "back home" is wonderful. You feel that no one understands you. You don't feel like going out, you are afraid to take risks; you are tired and sleep much more than usual, and you gain weight and blame it on the new food. (Perhaps you have already been told that exchange students in P.E.I. also gain weight.)

Ignoring the three unacceptable methods of dealing with these problems - i.e., drinking, drugging or going home - there are some alternative methods of confronting depression caused in part by culture shock, unfulfilled expectations and loneliness.

Be busy doing things. When you are bored or lonely, make a decision to do something immediately! Engage in activities that you may have previously avoided or considered silly. Go watch a football game or call someone from school and arrange to get together now. Go to a movie, a concert or just out for coffee or a soda.

Concentrate on the here and now. Put behind the memories of "the way things are done back home". Look at the life around you as being interesting and different - not better or worse. If you are critical and negative you will quickly alienate people and become isolated from them.

Talk to your host family. Sometimes talking about how you feel makes the feeling itself less intense. And they will be happy that you have shared yourself with them.

Eat sensibly and avoid junk food even when you are surrounded by it.

Don't spend all of your time with other exchange students. You will only feed on each other's dissatisfaction as you spend your time complaining and reminiscing about all the good things you left behind.

Don't sit in your room writing letters or e-mails. This solitary activity is not good for you, and your family and friends won't know how to interpret your feelings and may become upset. If you must write your feelings down, let the letter or e-mail sit for twenty-four hours or more and reread it before mailing it. The world may look totally different by then.

Make friends. The only way for you to make new friends is to talk to strangers. Most of the students at your school are already part of a group, but they are interested in you - you may be a curiosity at first, but most North Americans are friendly and will include you if you make the first move. Don't wait for them to call you and don't get discouraged.

Join clubs and sports team. Participate in school and community activities. Join a church youth group or volunteer to teach some young people a skill that you know and they are trying to learn.

If you feel that your problem is different and this advice does not help, and your host family does not understand then you must contact your liaison teacher. He/she is dedicated to providing you with a rewarding exchange experience and will do all he/she can to see that goal is achieved.

Language Learning

- If you are speaking French, your knowledge of that language is probably more than adequate, and you feel good. Everyone in North America will be full of admiration for your linguistic ability. Sometimes, however, it will be necessary to investigate the real meaning of a word. Have a pocket dictionary handy and make use of it. You have probably brought a bilingual dictionary with you, but here you should also have a French Dictionary, such as LAROUSSE. Buy one, if your host family does not have one.
- Also be sure that you are aware of the effect that certain words have on the listener. Ask if you don't understand something and be sensitive to the nuances of words. In talking about complex subjects you will still find yourself searching for the right way to express yourself, but don't let that deter you from getting into interesting discussions.
- When you are in a conversation you want to present the best possible you there is. This is difficult, when you can't find the words. Frustration leads to lower self-confidence.

Know That

- People may perceive you as being quiet or shy. Remember that while this may not be the "true you" it is a phase you're going through as you learn French.
- When you relax and accept that you are a fine person, you learn more quickly.
- If you're not afraid to ask people to repeat, they will do their best to help you.
- PATIENCE AND PERMISSION are key words.

Be patient with yourself and ask for the information you need - they will help. You can not become bilingual overnight and there are no magic potions currently on the market!

Give yourself permission to make mistakes. This is how you learn and as you listen and practice more, you'll be able to acquire more vocabulary and learn more structures. It is natural, when you don't know an item in French, that you try English or a "literal translation" to communicate. As people give you the correct phrases and structures, you will be able to speak more fluently.

Research in linguistics (the study of languages and language learning) is determining that bilinguals have separate language centers. Translation to English merely strengthens your English center. To learn French and develop competence, you must use French in your daily life, thinking and even dreaming! This can happen while in Quebec. To take advantage of this opportunity, you must be ready to:

- stop translation into English
- learn the French names for objects, etc. (make lists)
- learn the structures that express ideas in French

- ask for words you need from your partner, family and friends
- then use them
- be ready to experience headaches, frustration from the concentration

The reward is incredible. After eleven weeks in Quebec, the results are almost magical! And you can be proud of your accomplishment!

4.0 AFTER THE EXCHANGE (May - June)

4.1 Return to P.E.I.

When you return to P.E.I., you probably discover that you're in the midst of another adjustment process! Just when you thought that you finished adjusting to another culture you find out that, in reality, change is the norm rather than an exception.

As you're struggling to "get those credits", finish the semester or prepare for the summer, you may wish to consider options for maintaining and improving your French. It is essential, once having achieved your current level of fluency, that you take the initiative to maintain and improve your skills.

While considering your options, some of the following suggestions may be helpful:

1. Investigation of Summer employment with P.E.I. Tourism, local tourist businesses or the national parks, where French would be an asset.
2. Assisting in day cares, nursery schools, kindergartens or playgrounds where French is the language of communication.
3. Volunteering to help at summer language camps.
4. Acting as a Big Brother or Sister to someone who speaks only French, (or whom you could tutor).
5. Adopt-a-grandparent who speaks French, preferably a Francophone. This suggestion and the previous ones have the advantage that you will need to use the language you have learned to communicate in a meaningful situation.

These ideas may be incorporated into your life in P.E.I. Further language study and summer work programs also exist, whereby it may be possible to work in a French-speaking milieu. Be sure to contact the nearest Canada Employment office for further details. Investigation of various options of post-secondary institutions will also disclose more opportunities to improve your French. This may be a worthwhile enquiry as you consider your choice of universities and programs. Be sure to discuss these possibilities with your liaison teacher.

5.0 INFORMATION

FOR STUDENTS AND PARENTS

PROCEDURE:

1. The student must advise the unit coordinator of his/her intention to participate after having become aware of registration conditions. A student cannot apply if the school has not given prior approval to the program.
2. The student completes the application form, writing clear in dark ink or by going to the Web site. He/she must sign and have parents sign. Unanswered questions or those for which false information might have been given could disqualify applicant at any time.
3. The student returns completed application to the school contact prior to date limit determined by the Department.
4. Once completed application forms have been evaluated, a limited number of students and their parents will be interviewed at home by a consultant/coordinator of the project named by the Department.
5. The consultant/coordinator will determine the time and date for interview of student (at school) and at home (for parents).
6. Once the P.E.I. student knows the name and address of his/her partner (usually during the month of May) he/she must contact the latter by letter, e-mail or by telephone.

CONDITIONS:

1. The parents or guardians of the student participating in the exchange agree to receive the twinned student in their home during the entire 3-month return visit.
2. One student per family only can participate during any given year.
3. Since the number of participants is limited, a participant cannot apply a second time.
4. The partner from Quebec must be treated preferentially during the Island visit (but not at the exclusion of other friends).
5. A pre-established participation fee of \$200.00 is required for selected students. Departure for Quebec of all participants takes place at the same time (beginning of February) with a return together (at the end of April). Return travel expenses are paid by the Department of Education and Early Childhood Development. All other costs i.e. return to P.E.I. during the exchange because of loneliness, are at the expense of the student and/or his family. The reciprocity of the exchange ensures to twinned families the cost of food and lodging.
6. It is the responsibility of the student and his school to take the necessary precautions prior to departure in February in order to foresee any catch-up required in different subjects where a student might have need. Within the framework of such an intensive immersion, especially for Core French students, it does not seem possible that the Island student would complete assignments which would relate directly to P.E.I. programs during a three-month stay in Quebec.