



FREDERICKSBURG SISTER CITY ASSOCIATION, INC

IMPORTANT INFORMATION – SUMMER EXCHANGE

We have had many successful exchanges over the years and have found certain information helps make for a pleasant visit. We are happy to share them with you.

Contact your guest by email, phone, or letter. Tell them about yourself and your family. Send photos of the family & your home if possible. [WhatsApp seems to be used by most Europeans and is a cheaper alternative as long as you have a Wi-Fi connection].

Additional helpful information:

- 1) Arrival reception - Greet your visitor with a sign with the student's name on it. This helps avoid the confusion when so many people arrive at once; in addition, it is comforting to see your name & know where you should go. A balloon or other small gift of your choice is always welcome.
- 2) Upon arrival at your home, offer to let the student call home to speak briefly to their parents assuring them of a safe arrival (Remember France is 6 hours ahead of US time; US 12 noon in France is 6:00PM. If you have e-mail & the visitor has e-mail at home, suggest using this method of communicating as an alternative to What's App.
- 3) To make them feel comfortable upon arrival, show them around the home, ask to see photos of their family, discuss special interests & hobbies. They may be tired and prefer early bedtime.
- 4) A robust meal upon arrival has been shown to help adjust for jet lag. French people tend to eat more healthy meals than Americans do. Try to determine if there are certain things they cannot/will not eat. Offer "American" foods to "try". French eat dinner much later than Americans so be sure to let them know your meal times.
- 5) Include them in family plans and chores.
- 6) Come to an understanding about laundry & showers
- 7) Music & shopping always heals the soul
- 8) Your RULES are their rules.
- 9) To assure they are prepared to leave for events on time - be sure to tell them ahead of time that "We must leave by _____ o'clock ". Because of their unfamiliarity with distances in this area, this will be a big help.
- 10) They may need to exchange money - check with your bank for this service, including any fees involved.
- 11) **If you take a trip out of town, be sure to advise a chaperone.**
- 12) Visit the Sister City website at www.fredericksburgfrejus.org
- 13) There is a Facebook page under "Fréjus Fredericksburg"