



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 e-mail, phone, or letter. Tell them about yourself and your family. Send photos of the family & your home if possible

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 & knowing 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. Check your phone service provider for rates. To call France you must dial 011.33. + telephone number. If the beginning of the telephone number is 04.94, you delete the first 0 and dial 494. + rest of number. Example: 011.33.494.12.34.56. You should advise the student that future calls should be at their expense. If they do not have a Calling Card - suggest they purchase one. If you have e-mail & the visitor has e-mail at home, suggest using this method of communicating.
- 3) To make them feel comfortable upon arrival, show them around the home, ask to see photos of their family, discuss special interest & hobbies. They may be tired and prefer early bedtime.
- 4) Light meals at first until they adjust. French 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 or travelers checks - 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.com
- 13) There is a Facebook page under "Fréjus Fredericksburg"