



How to Succeed During Your High School Program in France





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Séjours linguistiques à l'étranger:

www.cei-sejour-linguistique.fr

Vacances en France et à l'étranger:

www.cei-colonie-vacances.fr



Introduction

Dear CEI student, You have completed your application, passed the French language test and received your acceptance letter- now it's time to get excited about your upcoming adventure! You will probably have a lot of questions, worries and anticipation for your journey. We therefore encourage you to be open and honest in your communication with our agency. We are here to help you prepare for your stay in France.

Sincerely,
the CEI team





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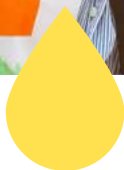


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General presentation of CEI

Since 1947, CEI has been organizing international exchanges for young people on an educative level as well as on a linguistic one. We are a non-profit organization and a member of several French and international federations which guarantee quality and reliability.





Presentation of program

- Foreign students, from 15 to 18 years old, come from countries all over the world and study in a French secondary school (Collège or Lycée)
- They share everyday life with a volunteer French host family
- They have the chance to drastically improve their French language skills in this program of total immersion
- They are presented the opportunity to explore the country first hand and learn more about the French culture, history and traditions from regions all over France



The host family

- Host families participate in this program voluntarily. They do not receive monetary compensation.
- Once you arrive, ask your family to show you around the house. Ask them about how things are organized.
- During the student's stay, CEI is the legal representative, but it is the host family that is the day-to-day guardian who grants permission in daily matters.
- The student must follow the rules of their host family, as they are an acting member of their family.



School establishment

- In France, classes usually start around 8-8:30 and end around 17-18:00.
- Students stay at school for lunch and eat in the cantine/self.
- Students will typically take public transportation to school. They will have to pay for the bus pass.
- Most foreign students need some time to adapt to the rhythm of the French school system, which could differ from that of their home country.



Exemple d'emploi du temps au lycée français: Première L

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
8h05	Économie	Sport		Épreuve écrite	Français
9h05	Anglais		Mathématiques		Histoire et géographie
10h10	Mathématiques	Français	Français	Espagnol ou Allemand	Physique
11h10	Histoire et géographie	Biologie		Histoire et géographie	Chimie
12h10/12/45	Déjeuner				
13h45	Français	Mathématiques		Anglais	Anglais
14h45		Français		Français	Histoire et géographie
15h50	Économie	Anglais		Travaux pratiques	Espagnol ou Allemand
16h50					Français



Rules to respect

Traveling

Participants are subject to the same rights as well as the same obligations as other French high schoolers. They are not allowed to miss classes for tourism trips or activities.

Schoolwork

Students must turn in schoolwork regularly, receive satisfactory results, display interest and motivation in class, have a respectable behavior and show up to all of their classes.

Behavior

During the student's stay, they are considered a representative of their home country; they should try to be enthusiastic and communicate with the host family, the high school and classmates!

Program: the keys to succes

Fitting in

From the beginning of the student's stay, they should try to relax and communicate as much as possible. Being open and communicative will really help them to adapt.

Asking questions

Students should familiarize themselves with their new home and the host family's habits by asking several practical questions about meal times, the bathroom, days at school...the more questions they ask, the more they prove to your family that they are interested and want to integrate in their daily lives.

Listen to your family

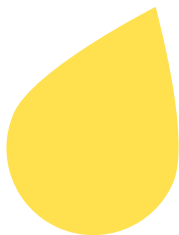
The host family will explain what they expect from the student: making the bed, cleaning their room, setting the table, helping with dishes, respecting house rules, etc.

Communicate

Discussion is an integral part of successful, sincere, and regular communication. Poor communication could result in high tensions or misunderstandings within the family, which would have been otherwise avoided with regular discussion and exchanges.

Demonstrate respect

The student will be hosted as a member of the family: they must follow the same guidelines and rules as the children of the house. The family will ask the student to limit phone use (landline or mobile) and internet use, avoid being late and playing music too loudly...and that they must respect their time and property.



Internet and telephone

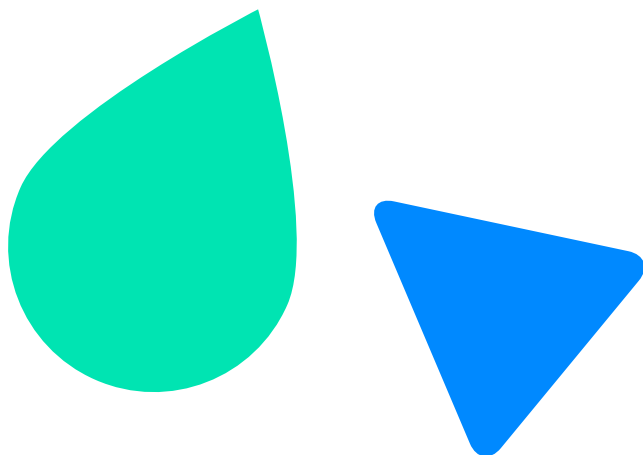
What to do

- In the family, ask for permission before connecting to the internet.
- Use computers in cybercafés or at school (in reasonable amounts).
- Buy a French SIM card.

What not to do

- Spend hours surfing the internet, monopolizing the computer.
- Go online when the family asked you not to.
- Leave your email inbox open: messages are personal. The family should not have access to personal emails nor to a diary. Try to be discreet.
- Defamation: on social media, comments about a peer, professor or members of the host family could be liable to a fine if they are of a defaming nature. The penalty could be up to 12,000€ per offense.
- Posting images and text found online, without asking for authorization (forbidden by law).

Remember: “To be physically in France but mentally back home” is not compatible to a good cultural integration.



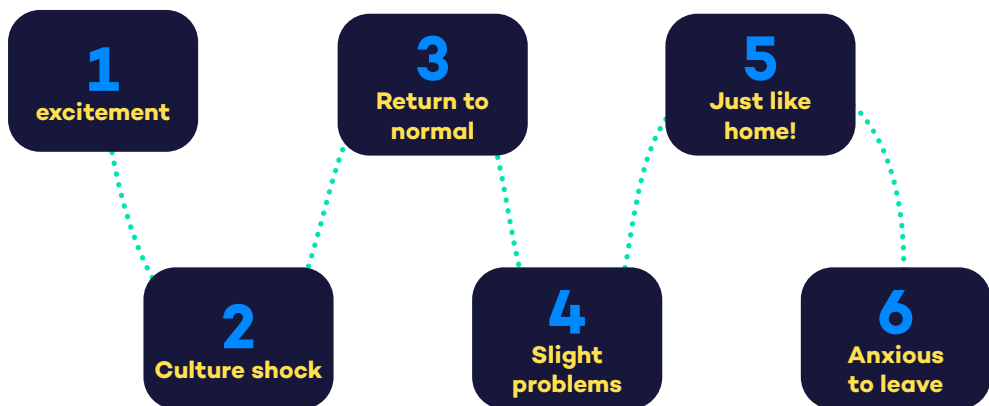
Social integration: the adjustment cycle

During the student's stay, it is natural that they experience 'highs and lows' in mood, which could translate into homesickness. Experiencing culture shock does not reflect a personal failure because what is normal in one culture is not necessarily normal in another.

How to adapt?

- Communicate as much as possible.
- Do not stay alone in your room.
- Try to open up to others.
- Stay active: organize different activities into your schedule, get involved in your community.
- Try to be objective and understand the culture that is welcoming you.
- Be reasonable with the amount of contact you have with your home country.
- Share certain aspects of your culture with your host family, such as traditional holidays.
- Persevere in practicing the French language.





1) First phase or the « honeymoon phase »

First moments of excitement: wanting to discover everything and speak the language fluently. This first phase is also characterized by searching for common traits with the home culture and the tendency to appreciate the differences with the new culture.

2) Phase 2: culture shock

Excitement falls away and is replaced by the daily routine. Some could feel homesickness, worriedness, depression, tiredness...Some people try to pull away from the new culture, spending a lot of their free time reading books, sleeping more than normal and preferring to be in the company of those from the same country.

3) Phase 3: return to normal

Interest resurfaces. The student has had a lot of progress in the French language and feels at ease.

4) Again there are little problems to solve.

5) Just like home!

This feels like a new home.

6) The student feels sad to leave!

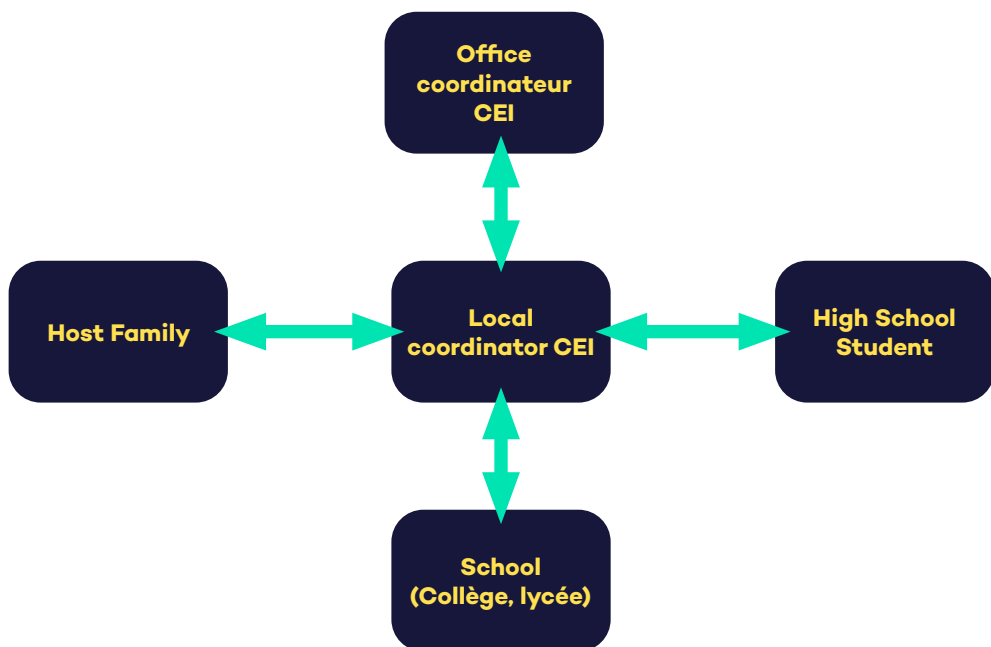


During your stay

Local coordinator

CEI has an office based out of Saint Malo, in collaboration with several local coordinators all over France. The role of the local coordinator is to take charge of:

- Researching and selecting host families
- Administrative processes
- School enrollment
- Securing transportation to school
- Help and advice for obtaining a long-stay visa for those coming from outside the European Union for more than three months
- Following up with the student
- Helpful tip: never hesitate to contact the local coordinator, no matter what the problem may be





During your stay

Changing host family

- When communication doesn't solve the problems between the foreign student and their host family, a change of family could become necessary
- CEI takes charge of replacing the student with another family expeditiously. However, finding a new volunteer family takes time. It is asked of everyone to be patient and make an effort so that the cohabitation continues under the best conditions.
- The student must continue to participate in daily life and be respectful and courteous. We also ask the families to be understanding and allow the local coordinator and CEI the time they need to organize the replacement.

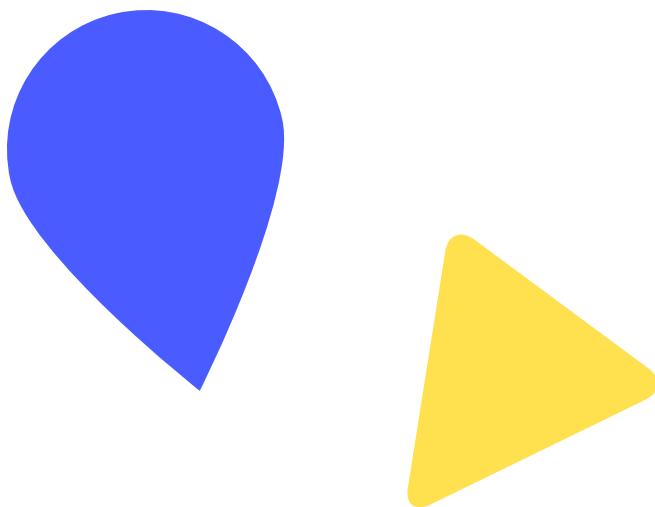
Reminder: only one change of host family is possible during the stay, and this change must be justified. Another failure in a second host family entails removal from the program. Students come to France to discover the rhythm and life « à la française » and it's up to the student to adapt to this new life, to the habits and rhythm of their family- not the other way around!

Practical information

Long stay visa

- For stays in France, for 3 months to 1 year.
- Is obligatory.
- Must be obtained by all foreign high school students who are 18 years or older and/or those coming from a non-European Union country.
- For more information, please visit <http://www.diplomatie.gouv.fr>





Practical information

Insurance

- **Students from the European Union** could have their medical expenses reimbursed by their European Card (ex-formulaire E-111).
- **Non-European Union students** benefit from a private insurance, contracted by CEI, that covers their medical expenses.
- Each foreign student must carry on them all necessary insurance information.
- In case of hospitalization, start a file. The hospital will then follow all administrative formalities and contact the insurance company directly.
- If the student's parents subscribe to a private insurance, CEI will not necessarily have a copy of these contracts.
- It is important that the student be familiar with their medical insurance.
- Students must have all of the information relative to their contract (insurance card, police number, emergency number, full address).

Who pays?

The student

- Public transportation to school.
- Books and school supplies.
- Personal expenses (phone, toothpaste, shampoo...), clothes, going out (movies, pool...).
- Costs included in the long-stay visa (stamp, medical visit) – if needed.
- Medical costs –these costs will be reimbursed according to the health insurance.

The host family

- French host families voluntarily welcome their young guest. They take care of housing and morning/evening meals. During the weekend and school breaks, full board is included.

CEI

- Costs of half-boarding or canteen (meals at school).
- Full cost of schooling (enrollment and school fees if the student is enrolled in a private school).

If you receive a bill from the school by mistake, send it directly to the office coordinator of CEI Saint Malo.



Trips

Accompanied trips

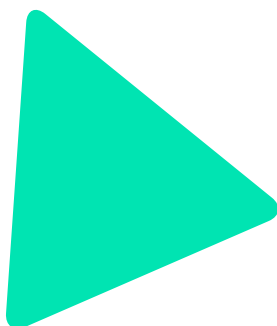
Trips with the family (summer vacation, winter sports and/or weekend trips) do not pose any problem and do not require pre-approval from CEI.

Independent trips

- All independent trips must be approved beforehand.
- If the student plans a trip without their host family (France or Europe), they must inform their host family as well as the local coordinator. They must provide an address and phone number where they will be staying in case there is an emergency and they need to be reached.
- The biological parents of the student must fill-out and sign a written authorization; the biological parents are then responsible for their child. The trip is not authorized before the official permission is signed!

Please note: independent trips could significantly impair your integration with the family. CEI systematically refuses every independent trip during the beginning of a stay.

- Trips back to the home country are strictly forbidden during the stay. Only in cases of extreme emergency (notably a death in the family) may allow permission.
- Missing classes is not allowed. All trips must take place during the weekend or school breaks. The student must read up on vacation dates ahead of time. France is divided into three distinct geographical zones: <http://www.education.gouv.fr>



Other program rules

What to do

- Going out: let your host family know your plans ahead of time and ask them for permission.
- Respect the decision of your host family and the hours that they indicated.
- Always let your family know where you are going and with whom you will be with.
- Respect the rules signed by your parents during your enrollment into the program, even if you are 18 years or older.
- Prove to your family every day that you can be trusted.

What not to do

- Smoking in your families home unless they have given you permission beforehand.
Drinking alcohol unless your family offers you a drink during a meal.
- Be in possession of illegal substances (hard or soft drugs).
- Driving a motor vehicle (car, motorcycle, scooter...).
- Go to a discotheque/club.
- Take the driving license test during your stay in France.
- Hitchhike.
- Work (except for babysitting or tutoring).
- Travel without permission.
- Miss classes.

If rules are broken, and according to the gravity of the situation, CEI reserves the right to apply an immediate sanction, that could lead to sending the student back to their home country without reimbursement.

CEI Fun Trips

What to do

CEI proposes 3 optional Fun Trips throughout the year. All international students are invited to take part in these unique opportunities! Contact your local representative for more information.

October

Explore Paris and Eurodisney!

Enjoy the most well-known tourist sites of Paris: Eiffel Tower, a cruise on the Seine River with bateaux Mouches, Louvre Museum, Montmartre and the Latin district... the famous Disneyland resort.



February

Take a ski trip to the Alps!

For those who have never seen the snow this is a great opportunity: 5 days of skiing in the Alps. Beginners are accepted. During the day skiing, snowball fights, tasting of local specialties...



June

Explore the beauty of Côte d'Azur!

At the end of the school year, a great opportunity to discover one of the most beautiful French regions. Visit of Marseille, Cassis, Nice, Saint-Tropez & Monaco.





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- programs that we offer
- pictures of locations
- testimonies from participants
- job offers
- information about current events



CEIEuropeTours

Visit our website at www.cei-europe-tours.com
for more information about our company's services.

Discover all the programs offered by CEI, specializing in youth trips since 1947!

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■ **Linguistic trips for elementary, middle school, and high school students**

Because learning a language, is also living a language

Trips with or without classes, for beginners to advanced levels, with host families or residential centers, and with sport themes

In England, Ireland, the United States, Canada, Australia, New Zealand, Malta, Germany, Spain, France and Italy.

www.cei-sejour-linguistique.fr

■ **Camps for ages 6-17**

Summer camps with several themes, circuit trips abroad, sport-themed stays in France, Ireland, the United States, Greece, Cuba, Portugal, Mexico, Russia, Korea, Japan, Ecuador, England, Finland, Iceland...

www.cei-colonie-vacances.fr

■ **International mobility for ages 18 +**

Going abroad has never been so easy

Seasonal jobs, work, internships; training and English classes; staying with host families, in a residence, collocation, in a hostel or hotels in England and Ireland; university in America; vacations and volunteering abroad

www.cei-work-travel-study.com

■ **Educational trips for elementary and middle school students**

Cultural trips with school groups

Customized trips with over 30 destinations, organized for teachers and school leaders

www.envol-espace.fr