



Reciprocal Exchange

Nantes

Spring 2027



Program Goals

- Develop French language, leadership and social skills
- Build confidence and independence
- Enhance communication skills
- Encourage adaptability and resilience
- Improve problem-solving skills
- Increase motivation for language learning
- Deepen understanding of Canadian and French cultures
- Create memorable experiences



Reciprocal Exchange

Overview

- The program is being offered to Grade 10 French Immersion students only
- Exchanges will take place during the spring 2027 (April/May-DATES TBA)
- French students will spend 4 weeks in Winnipeg living with their host and family.
- Canadian students will spend 4 weeks in Nantes living with their host and family.
- Students attend school in their target language with their host.

Life with a Host Family

- Families treat the exchange student as one of their children: same rules for all children in the home, families pay for the student's meals and activities as they would for their own children, etc.
- Host families and exchange students are encouraged to spend meaningful time together during evenings and weekends, sharing everyday experiences and participating in activities together.
- Students are encouraged to participate in activities and events planned by their host family. While staying connected with family and friends at home is important, students are encouraged to balance this time with opportunities to engage with their host family and community.
- The privacy of families is to be respected, so students are not to post photos or videos of them on social media.





Life with a French Family

- On weekends, most families sit together for all 3 meals.
 - Supper is usually around 7/7:30 pm, sometimes later on weekends.
 - Weekend activities vary, depending on the family (Examples include: attractions around Nantes visits to Paris (4 hours away), visits to the Atlantic Ocean (45 - 60 minutes away))
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Hosting a Student

- Welcome the French student as a member of your family.
 - If possible, provide a separate room with a dedicated space for studying.
 - Provide all meals.
 - Support the French students through homesickness, cultural differences, changes in school systems, etc.
 - Communication, kindness and patience are keys to a positive experience.
 - Families are encouraged to prioritize English when interacting with the exchange student, while maintaining a welcoming and inclusive environment that values all languages spoken in the home.
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Hosting a Student

Plan activities, especially weekends and holidays (such as Spring Break), to enable the exchange student to experience life in Canada. These do not need to be costly experiences.

- Tourist attractions (e.g. Assiniboine Park Zoo, the Leaf, Canadian Museum for Human Rights, Royal Canadian Mint)
- Fun activities (e.g. The Rec Room, Activate)
- Even “everyday” places are new and interesting: a restaurant, a mall, a grocery store, Costco
- Outdoor activities (e.g. hiking, canoeing, snowshoeing)



Exchange Pairs

- Help ensure that the exchange student has appropriate supervision and is not left on their own outside the home.
- Recognize that the host family and student relationship is intended for the duration of the exchange. The goal is to create a positive, respectful, and supportive experience for both the student and host family from the first day of the program in Canada through to the student's return to France.
- Check in regularly with the student to see how they are feeling about their experience. Encourage open communication and work together to address any questions, concerns, or challenges that may arise.



- French students will be partnered with Canadian students in the English program and follow the same schedule as them.
- Canadian students will mostly follow the same schedule as French students with a few exceptions (such as German or Spanish classes).
- Timetables will be arranged to include time to do Canadian homework.
- Start and end times vary, but classes can start as early as 8:05 am and end as late as 6:00 pm.



School Schedule

Study Expectations



- The exchange is a valuable learning experience. Students will have the opportunity to learn not only in the classroom, but also through cultural immersion, new relationships, and everyday experiences in their host community.
- Students will not be penalized for participating in the exchange. Time away from their home school will be recognized as an important part of their educational experience.
- Students are still responsible for completing assigned work. Teachers will provide students with the work they are expected to complete while they are away. They will have dedicated time during the school day to complete work from their home school.
- The workload will remain manageable. Both schools have worked together to ensure that academic expectations are reasonable and appropriate during the exchange.
- The goal is balance. Students are encouraged to take their academic responsibilities seriously while also making the most of this unique opportunity to learn, connect, explore, and experience life in another culture.

- The use of cellphones may not be used in the classroom. In some schools, they are not permitted to be used in the school at all.
- There are no uniforms at school, but sportswear is generally not allowed (sweatpants, crocs, baseball caps, etc.).
- Jeans, a sweatshirt and runners are acceptable.
- To bring:
 - backpack
 - notebook
 - pencils
 - gym clothes
 - rain gear
 - optional: a laptop



School in France



BLANCHE DE CASTILLE











	lundi	mardi	mercredi	jeudi	vendredi
8h05		FHC FORGEAU P. MERY V. PETITOT A. 1ERE 1 1ERE 2	FHC FORGEAU P. MERY V. PETITOT A. 1ERE 3 1ERE 4 1ERE 5		
9h00	ACCOMPAGNEMENT FRANCAIS HUCHET C. 1ERE 1	FHC FORGEAU P. MERY V. PETITOT A. TERM 1 TERM 2 TERM 3	PHYSIQUE-CHIMIE LECOUTRE L. [TPH-CHGR1]	HIST.-GEO. GEOPOLITIQUE & SC.POLITIQUES PROTIN V. [1HIST.-GR2]	PHYSIQUE-CHIMIE LECOUTRE L. [TPH-CHGR1]
9h55	SP	SP			
10h15			ACCOMPAGNEMENT PERSO. MALOULTY DE LA GREVE M. 2DE3		
11h10	HIST.-GEO. GEOPOLITIQUE & SC.POLITIQUES PROTIN V. [1HIST.-GR1]	HIST.-GEO. GEOPOLITIQUE & SC.POLITIQUES PROTIN V. [1HIST.-GR2]	MATHEMATIQUES DE MAISONNEUVE A. [1MATHSGR1]	SC. ECONO. & SOCIALES BOREL A. [1SESGR1]	HIST.-GEO. GEOPOLITIQUE & SC.POLITIQUES MENARD T. [1HIST.-GR1]
12h05			MATHEMATIQUES DE MAISONNEUVE A. [1MATHSGR3]		
13h00				FORMATION HUMAINE ET CHRETIENNE MERY V. PETITOT A. 2DE3	
13h55	FRANCAIS HUCHET C. 1ERE 5	LITT. ANGLAIS COLIN A. [TAGL 8GR1]		MATHEMATIQUES LE BASTARD M. 2DE2	
14h50	HISTOIRE-GEOGRAPHIE SOLIS ESCACENA B. [1BACH1]	FORMATION HUMAINE ET CHRETIENNE MERY V. PETITOT A. 2DE6			
15h45					
16h05				HISTOIRE-GEOGRAPHIE ETIENNE J. 2DE2	FRANCAIS HUCHET C. 1ERE 5
17h00	FRANCAIS DAMY C. 1ERE 4	AP DAMY C. 1ERE 4			ANGLAIS LV1 GOULEAU A. 1ERE 5
17h55					







**BLANCHE
DE CASTILLE**













Cost

- Student's transportation from Winnipeg to Nantes
- Portion of the chaperone's expenses
- Food and entertainment for student you are hosting





Application Process

1. Intent form with deposit
2. Application form
3. Canadian and French students are matched
4. Criminal Record and Child Abuse Registry Checks
5. Passport information (*Expiry date must be at least 6 months after the return date)
6. Form for parental permission to travel internationally with a chaperone

Nantes Spring 2026



Personal *Experiences*

