



L'ÉCOLE SACRÉ-COEUR DE MONTRÉAL
THE SACRED HEART SCHOOL OF MONTREAL
EST. 1861

Student Exchange

With more than 150 schools in 42 countries, where do you want to go?



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What Is the Network?

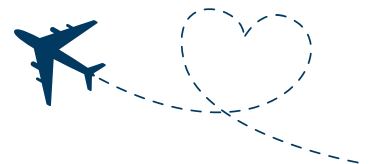
At Sacred Heart, we don't have to go out and find exchange opportunities - we are already a part of a Global Network of schools founded by St. Barat on the same set of principles. We already have a million sister students worldwide.

Our Mission and Goals

“For the sake of one child...”

Every Network school holds the same Five Goals. Our mission is to nurture the mind, body and spirit of each student in a supportive and caring environment.

- 01** A personal and active faith in God.
- 02** A deep respect for intellectual values.
- 03** A social awareness which impels to action.
- 04** The building of community as a Christian value.
- 05** Personal growth in an atmosphere of wise freedom.



Bottom line:

We don't have to go looking for exchange connections - we already have them.

Walk into any of our Network schools worldwide and you will find the exact same philosophies, goals, and traditions. You'll be home.



The Network Is Global

North America

- 25 schools

Asia

- 14 schools

Europe

- 48 schools

Africa

- 13 schools

South & Central
America

- 20 schools

Oceania

- 4 schools

**... all with the same values, traditions, and goals.
A Sacred Heart girl is welcomed in all of our schools.**

Why Go on Exchange?



01 Cultural Immersion

Student exchange programs offer invaluable experiences, allowing students to live in a new environment, engage with different traditions, and gain firsthand understanding of diverse perspectives.

02 Language Learning

Spending time in another country accelerates language learning by immersing students in environments where they use the language daily, enhancing their fluency and understanding.

03 Academic Challenge

Exchange programs challenge students academically by exposing them to new educational systems and teaching methods, enhancing their adaptability and critical thinking skills.

04 Personal Growth

Exchange programs promote personal growth by challenging students to step out of their comfort zones, develop independence, and gain confidence in navigating new environments.

05 Networking

Student exchange programs offer valuable networking opportunities, allowing students to build international connections that can benefit their future academic and professional endeavours.

06 Improve Résumé

University and job recruiters have long held exchange program experience in high regard. The skills of independence, diplomacy, and flexibility inherent in exchange are powerful résumé-builders.

07 Global Perspective

Students build a global perspective by being immersed in diverse cultures, fostering a deeper understanding of global issues and different ways of life.

08 Service

Our unique programs inspire a commitment to service and social justice by exposing students to global inequalities and encouraging them to take action toward creating a more equitable world.

09 Memorable Experiences

Living abroad, even for a short time, always creates memories and friendships that endure beyond the duration of the program. It's a chance to experience the world in ways you just can't simulate online.

10 New Opportunities

Our programs open doors to new opportunities by broadening students' horizons, exposing them to different fields, people, and experiences, and fostering connections that lead to their future growth.

What Does a Student Exchange Look Like?



Diversity

Student exchange programs enhance diversity and inclusion by allowing students to interact with individuals from varied backgrounds, promoting mutual understanding and appreciation of different cultures.



Extracurricular Activities

Want to learn how to surf? Ever dreamed of visiting the Louvre? Maybe learning to ride a horse is on your bucket list? Participating in activities outside of the classroom is half the fun, and you get to experience what other schools have to offer.



Community Service

Giving back is one of the Sacred Heart Network's Five Goals, and the exchange program is no exception. Whether it be through our summer service initiatives, our faculty projects, or traditional student exchanges, every Network school is rooted in philanthropy and social action.



Global Outlook

Our world has never been more connected, but it's easy to lose sight of the human experience of an increasingly globalized environment. Exchanges allow students to situate their viewpoints in concrete experiences of different cultures, climates, concerns, and languages.



Academic Excellence

Whether from learning in new ways or catching up on missed homework, the academic challenge of an educational exchange is notable - and noticed - by admissions departments everywhere. A successful exchange experience is a definite application-booster.

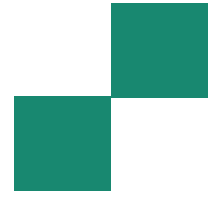
Types of Exchanges



Something for Everyone

- **Traditional homestay exchange:** live with your exchange sister and attend school with her for 2-4 weeks, then swap (she comes to Montreal to live and attend school with you).
- **Traditional boarding exchange:** same as homestay, but you live in the boarding residence at your destination school. Significant charges may apply, and matches are harder to find. Your exchange sister may wish to stay in Montreal's boarding residence, or with you at home.
- **Summer Service Projects:** coordinated by the North American chapter of the RSCJ Network, these projects are proposed and led by Sacred Heart educators from all 20+ schools in the USA and Canada. Students choose a project according to their interest and travel to the host location.
- **Grade Level Exchanges:** occasionally, an entire grade level will be offered the chance to participate in an exchange with another Sacred Heart school. One example was our recent exchange with SHS Atherton in New Orleans, where our Secondary 3 class and their Grade 9 class corresponded in advance, then visited each other for a few days. Students may stay at the homes of their exchange sisters, or in a hotel.

Options to Find Your Perfect Fit



Homestay

Staying with a host family opens you up to a world of unique experiences and opportunities and truly immerses yourself in the culture of a new place.

From sharing meals together to exploring local traditions and customs, living with a host family allows you to create lasting memories and forge meaningful connections.

It's a wonderful way to gain a deeper understanding of the local way of life and to appreciate the beauty of cultural diversity in ways you never imagined. Then, welcome the same student into your own home as she comes on exchange to Montreal.



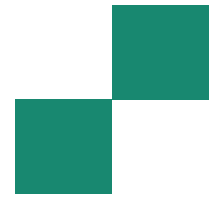
Boarding

Living in a boarding residence at a Sacred Heart school offers a unique opportunity for students seeking independence and privacy while immersing themselves in a supportive and culturally enriching environment.

Boarders benefit from a blend of personal space and communal living, fostering a sense of both belonging and adventure.

It's a more independent way to experience a new culture while creating lasting memories and friendships that transcend borders.

Summer Service Projects



The Sacred Heart Network's Summer Service Projects are immersive experiences for students across the USA and Canada, promoting social awareness and civic responsibility.

Rooted in the network's commitment to social justice, these projects focus on direct service, advocacy, and community partnerships. Each project, hosted by individual schools, enables students to engage deeply with various social justice issues, fostering a lifelong commitment to service. The program has been a key part of Sacred Heart education for over 30 years.

For more details, visit:
www.sacredheartusc.education/programs/summer-service-projects



The time I spent helping at the coffee plantation in Costa Rica totally changed the way I thought about the world. I'm now pursuing a degree in global development and plan to do an MBA afterwards. My goal is to build a company that is equitable for everyone involved.
- Ava, Class of 2024

It was an eye-opening experience to be connected to Sacred Heart Schools all over the world!

-Gabriella, class of 2026



Grade Level Exchanges



During an exchange trip, an entire grade level from Sacred Heart schools visits a sister school within the network, creating a unique experience of cultural immersion and community building.

Students engage in shared academic activities, service projects, and local explorations, fostering a deeper understanding of each other's traditions and values.

This experience not only strengthens bonds between the schools but also enriches students' global perspectives, instilling a sense of solidarity and shared mission within the Sacred Heart community.



Faculty Exchange and Professional Development



A teacher exchange program between Sacred Heart network schools offers educators the opportunity to immerse themselves in different teaching environments while sharing best practices and deepening their understanding of Sacred Heart values. Teachers participate in classroom observations, collaborate on curriculum development, and engage with the host school's community. This experience enhances professional growth, fosters global connections within the network, and reinforces a shared educational mission, enriching the learning experiences of students across all participating schools.



*"I had an amazing time in NOLA! I learned so much from the students about the other Sacred Heart schools and their traditions, and visiting the Ash Rosary made me feel like I am truly part of a global network. I thoroughly enjoyed the rich culture of New Orleans and the opportunity to give back to the community."
- Ms. Lapierre, Science*

What's the Process?



1 Explore

Students and their families explore the many options for exchange, including more than 40 countries in our international Network.

2 Apply

Students and their families submit an application, including 1-3 choices of location, whether they are interested in homestay and/or boarding, and some background info to help us find a great fit.

3 Connect

Our Network goes to work, matching up students and schools, checking dates and school conflicts like holidays, and ensuring the person/family on the other end is a good fit for you and your day-to-day life.



4 Plan

An Offer of Exchange is made to families. If accepted by all parties, the plans are put in motion. We'll guide you through every step of the way.

5 Experience!

Students are welcomed with open arms in their exchange school, and possibly welcome an exchange student when they return home, as well!

Eligibility and Application Process



Eligibility Requirements



- 01** Be a student in Secondary IV or V when you will go out on Exchange in March.
- 02** Have an overall average of 80% or higher with no course in danger of failing.
- 03** Possess the maturity required for international travel, being away from home, and integrating into a new culture.
- 04** Display exemplary behaviour at all times as you will be an ambassador for our school.

Application Process



Step 1
Submit an Application

Complete the application form and submit to the Exchange Coordinator. This will require you to get references from teachers, and parents will have to answer questions and sign.



Step 2
Matching Process Begins

Because of the two-way nature of Exchanges, we cannot guarantee a match in your chosen destinations but we do our very best! This is the longest part of the application process.



Step 3
Family Meeting

Students who are successfully matched with a candidate at another Network school will be asked to meet with the coordinator to go over expectations and details of the exchange. Everyone living in the same household will be asked to attend.



Step 4
Contact and Travel Plans

Exchange candidates and their families will be given the contact information for their matched exchange sister, and encouraged to communicate. Travel arrangements can now be made, and copies of all travel documents are given to the coordinator.



Step 5
You're Off!

You're all set! Students from Montreal go out on Exchange during the March Break or summer holidays. Students from our Network schools come in on Exchange at a time chosen by families and their home school.

How Much Does an Exchange Cost?

The Program Is Free!

That's right - the program itself is totally free of charge. Finding the right-fit school, finding an exchange family/boarding option, best dates, notifying consular staff, and general oversight is all covered.

Travel Fees

Students are responsible for booking and paying their own travel expenses **once given the go-ahead by the coordinator**. Once booked, copies of the tickets must be submitted to the Exchange Coordinator (we will track flights and make sure everything is correct before you leave).

Medical Insurance

All students are required to purchase medical insurance for travel during their exchange visit.

Vaccinations

Depending on the country, some exchange locations may require additional vaccinations (yellow fever, malaria, etc.). We'll advise you if any vaccines are needed.

Spending Money and Gifts

Most students appreciate having some spending money for souvenirs, an occasional sweet treat, and some shopping while away on exchange. Many students also choose to give a small gift of thanks to their host family/residence staff and to the Head of School that welcomed them. Neither is mandatory.

What Documents Do I Need?

Application Form Package

It's a long one, but it includes all of the forms you need for the Network Exchange Program (most of them are common to all 150+ schools). One batch of forms and you're done!

Passport

All students going out on Exchange are **required** to have a valid passport that expires a minimum of 6 months after return from exchange, including exchanges to the USA. If students possess a passport for a nation other than Canada, or have ever in the past, please notify the Coordinator.

Proof of Travel Insurance

All students are required to purchase medical insurance for travel during their exchange visit and must have physical copies of this proof of insurance with them while traveling.

Prescriptions & Doctor's Notes

Most countries do not permit the transportation of prescription drugs without physical copies of **both** a prescription **and** a doctor's note with specific information. Some medications, like those for ADHD or acne, are not permitted in certain countries (including the USA) even with these documents. Please notify the coordinator during the application process if your daughter is taking prescription medication.

Letter from the Exchange Coordinator

As required by international security measures, the Coordinator will provide a letter indicating the purpose of travel, destination address, and several contacts. A physical copy of this letter must be carried by the student during travel and presented upon request.



Which School?

Choosing the right school for a student exchange is a critical decision that can significantly impact the experience. It's important to consider the destination's cultural environment, academic offerings, and alignment with the student's interests. It's also important to consider a student's independence and comfort level when travelling alone. With schools across the world, from Canada to Uganda, we have *somewhere* for everyone!

Every Sacred Heart school will offer a welcoming community and opportunities for immersion in local traditions and language, but you want to pick a place that genuinely interests and excites you! The right choice will enrich the educational journey and foster personal growth.

Visit the website below to explore the interactive map of our Sacred Heart Network Schools:

<https://tinyurl.com/3h7n6fnt>





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Ready to go? Have questions?
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