



**FLAG**  
FOREIGN LINKS AROUND THE GLOBE

To host this student, please contact  
your FLAG Coordinator or Central Office at  
**1-800-942-FLAG** or **www.flag-intl.org**

Student photos to  
be shared after host  
family application is  
submitted and  
approved.

**Student Data**

**First Name** Leopoldine **Nickname** Leo

**Unvetted Version**

**Gender** Female

**Age** 15

**Program Term** Year

**Country of Birth** France

**Program Type** \_\_\_\_\_

**Nationality** French

**Visa Type** J1

**Father** \_\_\_\_\_ **Age** \_\_\_\_\_

**Mother** Albane **Age** \_\_\_\_\_

**Profession** \_\_\_\_\_

**Profession** Psychologist

**I Live With**  
(mom, dad, etc.) Mother

**Other family members living at home (first name only)**

Name	Age	Gender	Relationship
<u>Stanislas</u>	<u>12</u>	<u>Male</u>	<u>Brother</u>
<u>Honoré</u>	<u>10</u>	<u>Male</u>	<u>Brother</u>

Pia, 6, Female, Sister

**Siblings not living at home:** \_\_\_\_\_

**Please describe in detail your objective for participating in this exchange program:**

I hope this exchange year will allow me to acquire a certain maturity, by discovering the American culture I will return grown and also bilingual. During my exchange year, I hope, first of all, to be bilingual! Then, I hope to learn a new culture, different from mine; food: to discover the American specificities, sports: to learn to practice sports not much practiced in France, the History of the United States, the traditions... When I come back to France, I will be able to share everything with my family and friends! Finally, I hope to come back more mature, more open-minded and more cultured. I hope that being confronted with a different situation than the ones I live in France will make me grow mentally.

**Will you have completed/graduated high school before arriving to the U.S.?** No **Current Grade** 10th

French

**Age at start of program** 15

6

**Other Languages Studied, and how long?**

Spanish - 4 years.

**Post HS career plans/area of study** Medicine, Surgeon

## Profile

Religious Affiliation Catholic

How often do you attend services?  Multiple times per week  Once a week  Occasionally  Holidays  Never

While on program, are you willing to attend church with your host family, even if a different religion than yours?

Yes

If no, explain \_\_\_\_\_

Sports you enjoy playing Field hockey, enduring race, gym, cycling, skiing, water sports.

If you compete in sports, please list the sport and how long you have competed: Field hockey - 4 years.

Artistic Abilities Painting, drawing, baking, cooking, dancing.

Favorite Activities Reading, scouts, shopping, meet with friends, volunteering, travel, sports.

Musical Instruments you can play None

Do you have any dietary restrictions? No

If dietary restrictions, how do you intend to manage these? Are they allergies or sensitivities?

N/A

Do you smoke, vape, or use e-cigarettes? No

Are you able to live with family that smokes inside? Yes Are you able to live with family that smokes outside? Yes

Do you like animals/pets? Yes

Why would you not be able to live with pets in the host home?

N/A

### Activities of Interest

Mark based on the following:

4= do often 3= sometimes 2= would like to try 1= no interest

3 reading	2 youth clubs	3 work out at the gym	1 volleyball	2 horseback riding
2 drama/theater	3 volunteering	1 soccer	3 martial arts	1 American football
3 painting/drawing	1 singing/choir	4 cycling	2 ice hockey	1 basketball
4 cooking	3 dancing	2 tennis	3 swimming	1 baseball/softball
1 computers				

What other activities do you enjoy? Field hockey. I would like to try new sports in the US.

## International Partner Interview Comments

Leopoldine is attentive, motivated, and sociable. She is very mature for her age. She looks very curious and asked about others' experiences during her interviews. She seems happy and has good vibes. She would love to try out new sports and activities while on exchange and is open and willing to try any new experience.

## Profile Questions

### 1. What do you hope to learn from this exchange experience that you can take back to your home country and share with your community?

During my exchange year, I hope, first of all, to be bilingual! Then, I hope to learn a new culture, different from mine; food: to discover the American specificities, sports: to learn to practice sports not much practiced in France, the History of the United States, the traditions... When I come back to France, I will be able to share everything with my family and friends! Finally, I hope to come back more mature, more open-minded and more cultured. I hope that being confronted with a different situation than the ones I live in France will make me grow mentally.

### 2. What are some of the challenges you foresee having in this experience and what will you do to overcome those challenges?

Once I arrive in the United States, I will have to learn to get by in English to try to understand others, but also to respond to them: this will be a real challenge since I am not bilingual. At first, I will not have any friends, so I will try to be sociable to reach out to others and meet new people! As I will not know anything about this country, be it the places, the language or the people, I will try to get used to it as much as possible and make efforts to like it and to be integrated! Finally, I think that I will miss my relatives in France so I will try not to think about them too much and rather live the moment and give them news anyway!

### 3. What are some positive traits or qualities that you possess which will help in this program or may be of interest to a potential host family?

I think my qualities that a potential host family would like would be, first of all, my sociability, I think I could be comfortable with the family quickly, then my ease of integration, but most of all my joie de vivre! I imagine that families like to welcome cheerful students who have a smile on their face and are joyful: grateful for the chance they have. Moreover, I imagine that the sports I practice every week or during the vacations, field hockey, downhill skiing, water skiing, swimming or activities like cooking or scouting, will be of interest to families who know about them!

### 4. Please describe a situation in your life in which you were faced with a tough challenge (school, family, death of a loved one, illness, etc...). What did you do to cope with that challenge?

The dramatic situation that was a challenge happened in February 2022, when I learned that my little sister had a brain tumor. It was a nightmare for me! I could only think about it and was helpless to deal with it. I had to learn to trust others, doctors, but most of all life. I learned to put things in perspective and to keep hope. I tried to live my life as before, to live for myself, even if I was always thinking about her. I believed in her. I hoped. Fortunately, today that story is behind us and that tumor is gone. I think it's partly because we managed to keep hope alive, to keep smiling every day.

### 5. What do you feel is your most important responsibility in this exchange program?

I think my most important responsibility is to adapt to this new situation by taking advantage of this year to try out different activities, different foods, different sports... but also by trying to get out of my comfort zone and reach out to others, to make the effort to follow the American conversations which will surely be complex. I will have to make an effort on the language, I will have to force myself! Also, I should not miss France and just enjoy it. I will have to keep my head high to adapt to my new family and their traditions, their way of life. So I think that adaptation is the big responsibility of exchange students!

**6. During the exchange program, limiting contact with family and friends is an important program rule to help students adapt to their new environment. How do you feel about limiting this contact to one hour, once a week? How will you adjust to this new rule?**

I think that the telephone exchanges with my relatives in France is something positive and negative at the same time: positive because giving news is important, and it's nice to tell about your days, but also to hear the voice of your family that you miss, but however, it can be a negative point because you can feel a lack and a regret by calling them. That's why I will be able to adapt myself by calling them, but not too much! I think that I will be able to establish rituals that will allow me to talk about my days without necessarily being on the phone; I could write down in a notebook what I did during the day and when I get back to France, I could tell my family everything, for example!

**7. What house rules do you have and what types of chores are you responsible for at home?**

Yes, at home I have to clean my room every day, set the table for the whole family twice a week, clear my plate after every meal, put my coat away in the coatroom, put away anything I disturb, I have to babysit my brothers and sisters when my parents ask me to, I have to be home by midnight on the weekends when I'm at parties (when we're on vacation I can be back by 1am! ), I have to ask permission to go out with my friends, I have to put my laundry away when it's clean, sometimes I have to help my parents with the washing machine (rarely) and finally I have to take off my shoes so that I don't dirty the house!

**8. Have you ever had an eating disorder? If yes, provide details:**

No.

**9. Have you ever received therapy for physical, emotional or mental issues? If yes, please describe. If no, please write "No".**

No.

**10. Please describe a typical day in your life.**

In the morning, I get up at 7am, have breakfast and leave for school by car at 7:30am. I have 4 hours of classes and then I eat, either at the school canteen or in a fast-food restaurant next to the school. At 1:35 pm, I go back to school for 4 hours and then after school, I either go to a field hockey practice until 8 pm, or I go back home by public transportation. When I get home I do my homework and have dinner, at about 8:30 pm. After dinner, I finish my homework or I'm on social media talking to my friends. I get into bed around 10pm, read for 30 minutes and then fall asleep around 10:30-11pm.



**FLAG**  
FOREIGN LINKS AROUND THE GLOBE

# Medical Form

First Name Leopoldine

Last Medical Exam Date: 10/25/22

Medical issues and history are not an automatic reason for disqualification, however, all medical conditions should be shared so that host families and FLAG can be prepared.

## Immunization Records

**Tuberculin (TB) test - Within 6 months prior to arrival in the U.S. BCG vaccine is not enough. Should read Negative to indicate no TB**

Date:  Result:  Negative  Positive

Chest X-Ray Date (Only required if a TB test is positive)

Date:  Result:  Negative  Positive

### Diphtheria-Pertussis-Tetanus (DPT or TD or Tdap)

Dates:	1/31/08	2/26/08	4/4/08	6/2/10	4/23/18
	DPT	DPT	DPT	DPT	DPT

### POLIO (OPV)

Dates:	1/31/08	2/26/08	4/4/08	6/2/10	
	Injected	Injected	Injected	Injected	

Measles Dates:

Mumps Dates:

Rubella Dates:

MMR Dates: 8/18/08 8/3/09

Hepatitis B Dates: 5/13/08 6/16/08 11/20/08

Hepatitis A Dates:

### Chicken Pox (Varicella) - vaccines or disease date (mm/dd/yyyy)

Dates:   or Disease date

### Meningococcal

Dates: 3/2/2012

### Covid-19

Dates:

### Other

Dates/Info:

### Other

Dates/Info:

**Medical Form (continued)**

**General Health Info/History**

Is the student currently taking any prescription medications? If yes, please list and explain reasons:

No \_\_\_\_\_  
\_\_\_\_\_

Is the student currently taking any over the counter medications? If yes, please list and explain reasons

No \_\_\_\_\_  
\_\_\_\_\_

Has the student ever had surgery or been hospitalized?

Cosmetic surgery on ears. \_\_\_\_\_  
\_\_\_\_\_

Are there any any other health restrictions or pertinent medical information we should know about?

No \_\_\_\_\_  
\_\_\_\_\_

Is this student fit enough to join sport activities at a U.S. high school?  Yes  No

Weight 62 kg      Height 173 cm      Blood Pressure 120/70      Pulse 70

Vision  Normal  Lenses

Last Vision Exam Date: \_\_\_\_\_

Allergies None \_\_\_\_\_  
\_\_\_\_\_

List all medications which will be brought to USA; both prescription and non-prescription.

None \_\_\_\_\_  
\_\_\_\_\_

**Other Conditions**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Bleeding Tendencies  | <input type="checkbox"/> Dizziness              | <input type="checkbox"/> Persistent cough                  |
| <input type="checkbox"/> Head Injury  | <input type="checkbox"/> Anemia                 | <input type="checkbox"/> Tuberculosis                      |
| <input type="checkbox"/> Neck Injury  | <input type="checkbox"/> Seizures               | <input type="checkbox"/> Headaches                         |
| <input type="checkbox"/> High Blood Pressure  | <input type="checkbox"/> Convulsions            | <input type="checkbox"/> Appendicitis                      |
| <input type="checkbox"/> Diabetes   | <input type="checkbox"/> Unconsciousness        | <input type="checkbox"/> Nervous breakdown                 |
| <input type="checkbox"/> Asthma   | <input type="checkbox"/> Rheumatic Fever        | <input type="checkbox"/> Emotional disorder                |
| <input type="checkbox"/> Hepatitis  | <input type="checkbox"/> Hernia                 | <input type="checkbox"/> Learning disabilities             |
| <input type="checkbox"/> Heart Disease  | <input type="checkbox"/> Bone or joint disease  | <input checked="" type="checkbox"/> Had surgical operation |
| <input type="checkbox"/> Kidney Disease   | <input type="checkbox"/> Skin Disease           | <input type="checkbox"/> Currently under physician care    |
| <input type="checkbox"/> Diphtheria   | <input type="checkbox"/> Measles                | <input type="checkbox"/> Congenital defects                |
| <input type="checkbox"/> Mumps  | <input checked="" type="checkbox"/> Chicken Pox |  |
| <input type="checkbox"/> Any other contagious/infectious conditions which may be relevant to this overseas experience |   |  |

Please explain positive conditions above

Chicken pox - 2008. \_\_\_\_\_  
\_\_\_\_\_



## School & English Teacher Form

First Name Leopoldine

School Marcq Institution

	Previous Two Years		Current Year		Previous Two Years		Current Year
Native Tongue	A+	A	A	Government			
English	A+	A+	A+	Social Studies			
Math	A	A+	A	Art	A+	A+	
Physics		A+	A	Religious Education			
Chemistry				Computers			
Biology		A+	A+	Keyboarding			
Science	A+			Literature			
Health Education				Physical Education	A+	A+	A+
History	A+	A	A+	French			
Geography	A+	A	A+	Spanish	A+	A	A+
Music				Other			

Description of Grading System as compared to U.S. system of A, B, C, D, F

A+= 20-16, A= 15-13, B= 10-12, C= 7-9, D= 5-6, F= 4-0

### Teacher Recommendation

How long have you known the student? 1 year

- Maturity**  Excellent  Good  Fair  Poor
- Responsibility**  Excellent  Good  Fair  Poor
- Class Participation**  Excellent  Good  Fair  Poor
- Honesty**  Excellent  Good  Fair  Poor
- Openness**  Excellent  Good  Fair  Poor
- Sense of humor**  Excellent  Good  Fair  Poor
- Creativity**  Excellent  Good  Fair  Poor
- Motivation**  Excellent  Good  Fair  Poor
- Overall Character**  Excellent  Good  Fair  Poor

- Ability to adapt to new experiences**  
 Excellent  Good  Fair  Poor
- Ability to Interact with Others**  
 Excellent  Good  Fair  Poor
- Ability to Make Decisions**  
 Excellent  Good  Fair  Poor
- Academic Motivation**  
 Excellent  Good  Fair  Poor
- English Comprehension**  
 Excellent  Good  Fair  Poor
- Conversational English**  
 Excellent  Good  Fair  Poor

Teacher: please assess this student's ability to participate in an exchange program. Include personality, motivation and additional information about the student to help highlight his or her strengths and weaknesses.

Leopoldine take a very active part in the lessons and is eager to improve. She is quite interested in the class activities and participates a lot both in oral and written work. She has a very good contact with the other students. If necessary, she is prepared to help them. A very wise student. Her attitude in class to participate and help the others. She is quite respectful of the rules, the teachers and has an excellent contact with everybody. A charming young girl.

In order to preserve authenticity, the letter below is not edited by FLAG except to remove any personally identifying information about the student and/or his/her family per US Department of State regulations.

Dear host family,

My name is Léopoldine. I am 14 years old, soon 15 and I am in the 10th Grade in France. I am tall, I have brown hair and I wear glasses. I am the eldest of a family of 4 children. I have 2 little brothers, who are 10 and 12, and a little sister who's 6.

I have been playing field hockey for 4 years now. I play as a forward because I love running. I have a lot of endurance. I have been scouting since I was 7 ; that's where I met many people who are now my best friends. I go to school from 8 am to 5:30 pm, then I either go to my field hockey practices or I do my homework. I go to bed at night around 10:30 pm. My parents drop me off in the morning and I take the streetcar or the subway to home from school. I don't have classes on Wednesday afternoons and weekends, so I have free time to play field hockey or to cook.

On Saturdays, I regularly go downtown with my friends to go shopping : we love fashion, it's a common passion! On Saturday nights we often go to parties with our friends, or we watch a movie over a bag of popcorn! Sunday: it's a day of rest... Sometimes I go running with my brother and my dog, molkie. Otherwise, I sleep and, in the afternoon, I have to do my homework for the week and get on with my personal work because I don't have much time to work after school because of field hockey practices! One weekend a month, I sleep in a tent with the scouts. My favorite part is toasting marshmallows around the fire. The atmosphere is very pleasant and relaxing.

Later, I dream of becoming a surgeon. In any case, to work in medicine! I love caring for people and helping them. I am really interested in science, especially chemistry. My favorite meals are sushis, hamburgers, pastas and pizzas. I love sweet food too! My mom and I bake cookies on a regular basis, we like to share that together! Since I was a little girl, I wanted to be bilingual, English.

At first because I thought that speaking several languages was fun, but I quickly realized that it helped in daily life and it was even necessary. I also wanted to live an experience abroad that would make me grow and that would make me discover a culture really different from the one in France. Moreover, when I was 10, I went to NYC and I was really marked by the kindness of the American people and I really enjoyed discovering their culture. The history of the USA is also very interesting! I can't wait to come there!

Thank you very much for opening your home to me,

Léopoldine



In order to preserve authenticity, the letter below is not edited by FLAG except to remove any personally identifying information about the student and/or his/her family per US Department of State regulations.

Dear host family,

We are Albane and Marc-Antoine, the parents of 4 extraordinary children.

My name is Marc Antoine, I'm 45 years old, I'm a real estate appraiser, for 20 years, a job that takes me a lot of time and that I love. I love my family, my house, skiing, and mountain trails... and sports in general. My name is Albane, I am 44 years old. I am a psychologist, my job enriches me every day. Altruistic, I like to share my passions with the people I love. My passions are numerous. I love aesthetics. I can spend a lot of time, looking at fashion, decorating, hunting in antique shops or walking through museums. Gourmet, I also like to cook for my family. Enjoying good meals at a large table. Walks in the nature recharge my batteries. Travelling feeds my curiosity.

On the family side, Léopoldine, our eldest daughter, who will be coming to the United States, is an extremely courageous, determined, demanding girl who loves sports, she is jovial and very joyful, she has extraordinary energy. Curious, organized and serious make her a very good student. She is surrounded by many friends.

Her first brother, who is 12 years old, is rather reserved, he appreciates more the solitude. Very emotional, affectionate, he likes the warmth of the family cocoon. He can read manga for hours on end, but on the other hand he is very helpful and attentive. The third of the siblings, Honoré (10 years old), is someone who loves life, does not ask himself too many questions, and is very relaxed.... He is a gentle and calm child, attentive to others, he likes to play in the garden with his friends. He also likes to read or build playmobiles, activities that fascinate him for hours. Our last daughter, Pia (6 years old), is making a place for herself in this sibling group, with a strong character... Mischievous and full of life, she likes to attract the attention of those around her, by making them laugh. A real little clown!

In family, we like to share moments: Breakfast, walks, crafts, sports... We also like to entertain, it is rare that we spend the weekend without a program, or with board games, cards or other ... Our weeks are punctuated by the rhythm of each one, work, sport, time in family... We are very confident that our daughter will go abroad, as she has been dreaming about it for a long time!

Thank you for the warm welcome!

Sincerely,

Albane

