



Midhurst Rother College

The best in everyone™

Part of United Learning

24 January 2024

Dear Parent/Carer

Thank you for attending our meeting on Monday evening regarding the upcoming French Exchange/Paris Trip and the return visit to us straight after half term week. Please find attached the PowerPoint from the evening, containing guidance on luggage, warm clothing, itinerary, emergency contact numbers, staff expectations of students and tips for making the most of our trip.

Please pay particular attention to the slides regarding our itinerary (8-12 February), and that of our guests (19-23 February). As we explained in the meeting, our guests do have a packed itinerary that week necessitating some early drop-offs and later pickups. We strongly suggest some lift-sharing for the couple of evenings from Midhurst Rother College, and potentially the earlier start too. We would like to share a contact number for each family involved, so that you can arrange lifts or a joint outing for an evening. **Please let us know by Monday 29 January if you are not willing for us to add your number to a document that we'll share with MRC participants and host families.** As mentioned, we will try negotiating with our French colleague if your child's school bus gets in only a little later than their proposed 8am departure for day trips- please let us know if this is the case. Equally if your guest is to get a public bus to school let us know as we may need to organise paying these bus fares. We hope that our request to make your guest a sandwich for Tuesday, Thursday and Friday is okay. If there are any issues, contact us and we'll arrange something alternative. Finally, if you do think of a family who could help host a student, also please let us know.

We kindly ask you to check and settle your child's trip account on Arbor. If you have not completed the medical form and handed in a passport/GHIC card, please could your child give those into the Languages department as soon as possible. It has been great to hear already that many of the students are in touch with their exchange partner! We really hope your child is looking forward to our trip now.

Yours sincerely

Mrs H Good
Assistant Subject Leader for MFL



Principal: Stuart Edwards

Midhurst Rother College
North Street
Midhurst
West Sussex GU29 9DT
t 01730 812451
f 01730 813524

e enquiries@mrc-academy.org
www.mrc-academy.org

Nogent-Le-Rotrou 2024



*Exchange and
Paris Trip
8-12 Feb*



DEPARTURE Thurs 8 Feb



The group will leave at 7am. Please arrive in the College car park by 6.50am with your luggage and a day pack to bring onto the coach.

Bring a packed lunch or some money € or £ for lunch

Lunch may be eaten on the ferry, en route to Dieppe before driving to Nogent.

Long journey, arriving around 7.30pm.

Meet your Host Family

This is a joint venture - for 23-25 young people from MRC and the Lycée Rémi Belleau students to visit each other.

In host families, you have a great opportunity to hear and speak French, see French life at first hand and experience the daily life of a different family!

La Vie en Famille

Be good guests 😊

Greet everyone and smile!

Try new foods

Join in with family activities

Embrace differences

Offer to help

Bring a small gift & some photos

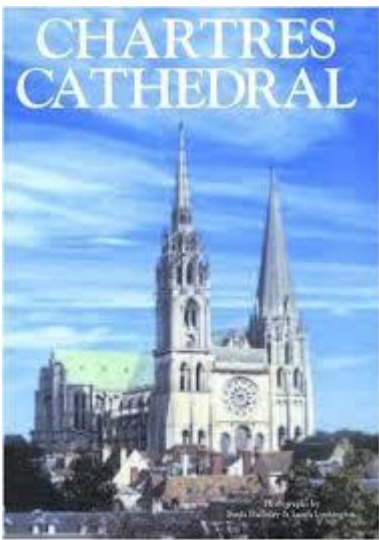
Don't spend the whole time on your phone 😞

Le vendredi

- *For our first full day in France, we are invited to experience a day at the lycée in our twin town.*
- *Your host/exchange partner will bring you to school and take you to lessons, break and lunch.*
- *Students start lycée after 4 years at college, so all the students are your age or older.*
- *School life is very different in France!*

Le samedi

- *Students are with host families:*
- *The French hosts are very much looking forward to having you to stay. As part of their bilingual course, they are expected to host English-speaking visitors. They would like to show you around themselves over the weekend.*
- *The beauty of an exchange is that we have different experiences and then meet back up together to tell the stories.*
 - *We want everyone to have fun but stay safe!*
 - *MRC teachers are always contactable by phone if you need us.*



itinerary



*Friday Nogent
Saturday en famille
Sunday Versailles & Paris
Monday More Parisien sights*



Itinerary

- Thursday - travel by coach and ferry to Nogent. Supper with your hosts and settle in.
- Friday - whole day in Nogent to see our link school and discover our twin town. Castle and mayoral reception
- Saturday - a day with the French families.
- Sunday - leave Nogent at 9am to drive to Versailles. Market & lunch there. World famous palace of Versailles tours then early supper at the crêperie before on to Paris. Evening ascent of the Eiffel Tower before retiring to our hotel for the night.
- Monday - morning and early market lunch in Paris, Sacré Coeur and Place du Tertre
- Travelling home to Midhurst afternoon and evening, arriving around 10pm. Supper on ferry crossing. Students will confirm arrival time to parents 30 minutes before.

THE FOOD



- Please bring a packed lunch/money and snack for Thursday. Dinner in our host families on arrival.
- Fri-Sat: Breakfast and dinner with host parents. A French canteen lunch experience.
- Saturday 'en famille' then Sunday breakfast with hosts before goodbyes.
- We may eat lunch and dinner out on some day trips between our many activities!
- Sunday: lunch to be bought in Versailles market. (We've allocated funds. You may wish to give spending money)
- Supper out together in une crêperie
- Inform us of dietary requirements.
- On Monday, hotel breakfast before we leave for central Paris, early lunch there on-the-go. Supper provided on the ferry back to Newhaven Midhurst.

Expectations of our students

- Follow instructions of MRC staff. Be a polite guest à la maison. Say “s’il vous plait”, “merci”, “bonjour” and “au revoir” at the very least.
- Calm behaviour on journeys, LISTEN to information we give, cross roads together, no litter.
- Be positive about all the visits and activities. Take an interest! Have a go! Whether it’s speaking French, climbing the Eiffel Tower, learning about local history or joining in with a lesson at the Lycée!
- Always be punctual at meeting points.
- Be positive about things that are different. Step out of your comfort zone for a few days. Ignore your phone and interact with new people.

Expectations continued...••

- Be friendly and polite to everyone in our group and to our French hosts*
- Bring up to 80 euros pocket money. (you don't need this much!)*
- Suggested amount of around 10 extra euros for lunch on the Ferry*
- Hand in your pocket money to staff if you wish*

Remember

- BRING A WARM COAT, HAT AND GLOVES, STURDY SHOES OR BOOTS. Only bring mobile phones, i-pads, or cameras at your own risk!
- Be present, see the sights and practise the language. Forget about internet games and social media!
- Why not bring a cheap/disposable camera, or a book?! Use phrase booklet to help you speak in French wherever possible.

What to bring

Comfortable shoes or boots. Casual clothes, no new outfits required! Neck pillow and blanket for a snooze on the coach + a DVD for us to watch

- Practical, comfortable, sufficient for 5 days
- Towel and toiletries, nightwear
- Waterproof jacket & warm coat
- Re-fillable water bottle
- Day pack for when we're out and about
- Soft luggage main bag, not too heavy!
- Spending money, mobile phone, charger, plug adapter

Passports, Medical forms

- Check your passport is in date until at least July 2024.
- Check your GHIC card - send off for a new one if lost!
- Hand in your passport to Mrs Rampton tonight or asap!
- These will be kept in the safe until we depart for France.
- Complete medical form asap.

COMING HOME

*The group will return to school on
Monday 12 Feb at 10pm.*

Please note this is our half term week!

*(Parents, please send your contact
number for the Monday evening,
in case of delays,
to Hayley.good@mrc-academy.org)*

Health & Safety

- If your child has an allergy/illness or takes any medication, staff should know and have extra spare tablets or inhaler etc.
- MRC rules apply on MRC trips. If a student's behaviour is unsafe or spoils others' enjoyment, sanctions will be applied as they would be in College.
- Students will have a card showing staff mobile number(s) in case of problems and will meet us regularly to be registered in mini-groups.

Out and About

- *Paris is a busy capital city! Students will not have free time away from staff there.*
- *In Nogent, students do have freetime with their exchange partners. Stay with your group of friends, not by yourself, when you have free time. Don't ignore your surroundings, staring at your phone!*
- *Zip up your backpack and take care of your possessions. Beware of pickpockets and stranger danger, as in any capital city.*
- *Traffic flows in the opposite direction. Take extreme care near busy roads.*

In case of emergency!

- If your child is injured or ill we will let you know by telephone.*
- If you need to contact your child on Friday please contact Mr Burton on the College number 01730 812451*
- In the event of a problem out-of-hours where you need to contact staff on the trip; call MRC senior staff on **07510 983361**, who will advise you.*

HOSTING

- Our exchange partners return to us a week later, from Monday 19 – Friday 23rd February.
- Be aware this is exam season for Year 11 – be careful to allocate revision time and exchange partner time (Try to set aside Wednesday)
- They only have weekday evenings to spend with you, no Saturday en famille.
- Wednesday morning in MRC, visiting our lessons. Some will shadow their partners, others cannot do this, due to Y11 exams.

UK Itinerary - host requirements

- Monday: Arrival approx. 3pm. (They depart Nogent at 3am!) Meet partner, return home via school transport. Dinner with host, early night.
- Tuesday: 8am departure for a day visiting Stonehenge and Winchester. Packed lunch please, if possible. 6pm return to MRC.
- Wednesday: MRC lessons visit, a canteen lunch provided, Cowdray visit, normal school transport back to your home at 3.40pm – longer evening together
- Thursday: 7.30am departure for London day trip. Packed lunch please, if possible. 7pm return to MRC.
- Friday: 8am goodbyes, with a packed lunch if possible. Hampton Court visit before night ferry back to France!

Hosting Continued

- The visiting students all study British history as part of their baccalaureate course so they have lots of sights to visit.
- If you can possibly do these pick-ups and drop offs thank you very much. Host parents may want to share lifts, see list of hosts' locations.
- School mini-bus can be used if a lift is impossible

Lift sharing/Buses

- If host families are happy to share their numbers, they can lift-share with other MRC parents from the same area.
- e.g., 3 families in Petworth each do a late or early lift to help each other out
- Nogent students should have money to pay their bus fares on public buses when needed. We will arrange to reimburse you if they don't have sufficient cash/money on card.

Hosting continued.

- For **lunches** Tuesday, Thursday and Friday, MRC will provide drink/juice cartons, crisps, fruit and something sweet. **Please can you send your guest with a roll/sandwich on these days.**
- Your visitor will speak good English. But you can call MRC staff in the evenings if you have any worries about your visitor or need a French speaker. Numbers will be provided.