



# Student Exchange Programme

To be the best she can be



STUARTHOLME SCHOOL

Stuartholme School is part of an international network of Sacred Heart Schools across 44 countries. Each school is connected by the vision of the Society's foundress Saint Madeleine Sophie Barat. Stuartholme provides reciprocal exchange opportunities with approximately 25 Sacred Heart Schools worldwide through our Exchange Programme.

# Stuartholme Exchange Programme

The Exchange Programme is comprised of the ANZNet Exchange Programme and the International Sacred Heart Exchange Programme.

## **ANZNet Exchanges**

Stuartholme School is one of four Sacred Heart Schools who form the Australia and New Zealand Network of Sacred Heart Schools (ANZNet).

- Kincoppal – Rose Bay (Sydney)
- Sacré Coeur (Melbourne)
- Baradene (Auckland, New Zealand)

The four schools share a close relationship and participate in regular exchanges throughout the year.

ANZNet Exchanges are available to girls from Years 7 to 12.

## **International Sacred Heart Exchanges**

Stuartholme is also part of a larger network of International Sacred Heart Schools that actively participate in a reciprocal exchange programme. International exchanges are available to girls in Years 10, 11 and 12.

This programme allows our girls the opportunity to experience other cultures and educational environments, while spending time with girls of their own age in family situations similar to their own.

In recent years students have participated in exchanges with Sacred Heart Schools in:

- Australasia – Sydney, Melbourne, Auckland
- Canada – Montreal, Halifax
- Europe – Dublin, Brussels, Barcelona, Nantes
- USA – Seattle, Louisiana, Washington DC, Omaha, New York, St Louis, Michigan, San Francisco
- Asia – Taipei, Obayashi, Sapporo





*“It was so uplifting to experience the feeling of being part of something bigger; a universal Sacred Heart Network that bonded us together beyond the barriers of language and culture. The Taipei trip was a great opportunity to get out of my comfort zone and make lifelong friends”.*

Maddi, Year 12

### **What to expect**

During the exchange, the host school provides an academic schedule which may include attending regular classes or being involved in a structured programme.

Outside of school, the girls are involved in the day-to-day life of their host family. This may also include visiting local attractions, taking day trips and attending social events.

### **Duration**

The exchanges are relatively short, usually for three or four weeks during our Christmas holidays so that they do not interfere with schooling.

From time to time, students may have an opportunity to participate in an exchange outside of this time.

### **Benefits**

The Exchange Programme provides many life-changing benefits. It is an ideal platform for fostering maturity, personal growth, building confidence and gaining independence.

Exchanges also promote cultural awareness and provide opportunities to create lifelong global friendships whilst reinforcing connections to the Sacred Heart Network.

*“The bond I have made with my host family is so special. I feel that now I have two families, one in Australia and one in the USA. I also have these networks all over the world and can’t wait to go back someday! I am super excited for Megan (my exchange sister) to come to Brisbane in the holidays”!*

Megan, Year 12

### Costs

Each girl stays with a host family arranged by the host school. The family provides food, accommodation, transport and a safe and nurturing environment.

Exchange costs are relatively inexpensive and include the cost of a return airfare, small presents for the host family and spending money.

Our exchanges are reciprocal and in most instances girls who participate in the Stuartholme Exchange Programme are expected to host an international student for three to four weeks in July. Alternatively they may host an ANZNet student for one week during this period. We have special arrangements for Boarders so that they are not excluded from the programme.

### Further information

For more information about the Stuartholme Student Exchange Programme, visit [www.stuartholme.com](http://www.stuartholme.com)

Or contact

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