



HS USA

**STUDY ABROAD :
FULL ACADEMIC YEAR/SEMESTER
IN THE USA**





YOUR AMERICAN ADVENTURE AWAITS!

DISCOVER THE USA WITH A UNIQUE PERSPECTIVE, BUILD LASTING FRIENDSHIPS AND START BUILDING YOUR PROFESSIONAL FUTURE

The experience of studying abroad is unique and provides international students with the opportunity to access high quality educational programs in a safe and culturally diverse learning environment.

Studying abroad helps students to master cultural awareness, customs and traditions while developing life skills such as independence, maturity, and self-confidence.

From our long experience in the cultural exchange program world, we have designed High School in the USA to be the type of program we would want for our own children. One that encourages cultural curiosity, empowers students to discover who they are, and prepares them to live in a multicultural world. Our students emerge from their year in the U.S. with the confidence to reach their goals and dreams.

HIGH SCHOOL IN THE USA is a fully immersive cultural exchange experience. With HSUSA, our participants spend an exchange year at an American high school, live with a carefully selected volunteer family that provides a safe and welcoming environment, and will study with local students while following the lifestyle of an average American teenager.

During a semester or a full academic year, we give international students the opportunity to become adventurous and open-minded global citizens. Our aim is to provide outstanding support, create a program that is right for audacious international students that want to realize their American dream!

We are looking forward to assisting you in realizing YOURS!



ELLEN HOGGARD
President



A UNIQUE LIFE CHANGING EXPERIENCE.

HSUSA is a cultural exchange program that allows international exchange students the opportunity to come to the U.S. to live, study, and immerse themselves in American culture. While here, students will attend an American high school, live with a caring host family, practice their English skills, and experience American culture firsthand.

The program **HSUSA** is intended for high school students aged 15 to 18 with advanced English (for non-born speakers) and comprehension, who are independent, flexible, disciplined, responsible and able to adapt.



PERFECT YOUR ENGLISH (for non-English speakers)

Total immersion 24/7 will allow students to master English in all its forms such as with studies and daily life. Thus, allowing them to be open to bilingualism.



DISCOVER THE AMERICAN CULTURE

Discover the country, understand its unity and differences, and manage to adapt to it. A school year in the USA allows students to acquire knowledge and experience.



SET YOURSELF UP FOR A BRIGHT FUTURE

A school year in an American High School will be a major advantage in a student's career. This will give them a competitive advantage academically and professionally.



GAIN CONFIDENCE AND INDEPENDENCE

The distance will allow students to live without the help of parents, face unique situations and gain in confidence to acquire independence and maturity.



LIVE AN EXCITING ADVENTURE

Embarking in a new life, students will discover new skills and interests. They will get to know themselves better & have a new understanding of what they will want from life.



LIVING A SCHOOL YEAR IN THE USA:

There is nothing more iconic than high school in the United States: the famous prom dance, the yellow school buses, the graduation ceremony, the excitement around school sports teams, math clubs... and much more! This experience is a key element in the smooth running of your program and your integration.



ATTENDING AN AMERICAN HIGH SCHOOL

The High School system in the USA is quite different from what students have known so far in their country. Different certainly but it offers a real source of surprise, motivation, and fulfillment. Our participants benefit from experimenting with different educational approaches and complementary pedagogical systems.

Also, High School is a place that will fulfill their daily life the most. Beyond the daily lessons, it is in high school that most activities and meetings are organized. It is truly a place of exchange and integration. Students would undoubtedly experience the school spirit with the representation of a school mascot, specific colors, cheerleaders and supporting sports teams.

American students like to get involved and will invite our students to join them very quickly!



A TYPICAL DAY IN A USA HIGH SCHOOL

The life of an American high school student is quite different.

American students usually get up early - around 6:30 a.m. They go to school around 7:30 a.m. to start classes around 8:00 a.m. The pedagogical lessons end around 1:00pm to 2:00pm. They will learn classic subjects such as English, Science, and History along with elective options that students will choose at the beginning of the year. The teaching is very specialized, and students will have access to specific subjects. Class options can be different based on the school students attend.

Aside from the required core classes, students will have the opportunity to explore a choice of elective courses and activities, ranging from photography to advanced mathematics, Glee clubs (the famous cappella singing groups), and various sports disciplines such as swimming, tennis, football, volleyball, basketball, etc. Students will even have the opportunity to defend the school colors of their high school during tournaments or championships!

| | |
|-------|--------------------------------------|
| 6h30 | Wake up, Breakfast, Shower and leave |
| 7h30 | Homeroom* |
| 8h00 | First Lesson |
| 9h00 | Second Lesson |
| 10h00 | Third Lesson |
| 11h00 | Fourth Lesson |
| 12h00 | Lunch |
| 12h30 | Fifth Lesson |
| 13h30 | Study Hall |
| 14h00 | Sixth Lesson |
| 15h00 | Optional Extra Curriculum Activity |
| 17h30 | Home, Eat |
| 18h00 | Homework & Assignments |
| 20h00 | Dinner, chores (dishes/tidying Up) |
| 22h30 | Bedtime |

** a class in which a group of students meet daily with the same teacher before class.*



LIVING WITH A HOST FAMILY

HSUSA program is a cultural exchange program where the host family plays a key part in students' integration and cultural assimilation. The host family will function as a second family through sharing their daily life (activities, leisure time, holidays but also household chores, etc.).

Host families in our program are volunteers. They are also looking forward to benefiting from the cultural exchange. They will want to learn as much as they can about their students' origins, habits, and traditions. American families are far more diverse than the stereotypes you see on TV and come from all walks of life, families with 1 or more children, single parent or young retirees. Host families are of course subject to a rigorous application process subject to the regulations of the US Department of State to ensure their ability to offer a secure, stable, welcoming, and warm environment to our participants.

Our team of experienced local coordinators will work to match our participants with the host families. They will consider personality traits, hobbies, academic or extracurricular interests, natural family composition, and much more when matching a student with a host family. This way students will feel less like a guest and more like a member of the family.

The relationship between our participants and their host families is the most important part of the exchange year. Simply because the story of a long cultural exchange program abroad is above all the story of a unique relationship between our participants and their host families through integrating happy moments while overcoming difficulties and challenges, which is built on day after day,





Pam Edelman
From Orange-Virginia

We hosted students from all over the world on several occasions. We like to open our house to these young people so that they become an integral part of our family. This gives us the opportunity to get to know them and discover another culture. We even took the initiative to help one of them return to the United States. He is now part of our family.



Patty Carrubba
From Orange-Virginia

Welcoming Fatma was such an one of a kind and extraordinary experience! She added spice to our lives!

Our wish was really to give her a real experience of the American life: so we took trips to Florida at Disney World, to New York to see a Broadway show and many other trips to Virginia and other nearby states.



Kim Moberly
From Inwood-West Virginia

We asked our local coordinator to find us a student who liked sports because our family is very athletic. We welcomed Tim from the Netherlands who immediately became part of our family.

Among other things, he was able to accompany us on our Christmas trip to the Baha- mas. I think he really enjoyed his stay!



Amy Eytchinson
Brentwood-Tennessee

We welcomed Karen from Egypt - she was a wonderful addition to our family. She got involved in a lot of things like field hockey, a school play and loved the trips we took across the United States.

My daughter also loved having a new sister. It was a great experience for all of us.



SOUTHWESTERN LEAD

LIFE SKILLS & LEADERSHIP DEVELOPMENT

UPGRADE YOUR EXPERIENCE WITH THE LEAD PROGRAM:

HSUSA sets itself apart from other cultural exchange programs by offering students the opportunity to participate in our personal development program: LEAD.

Based on the simple observation that it takes more than theoretical knowledge to achieve life goals, LEAD's mission is to empower individuals and families to learn and practice the principles of personal leadership, education, and responsibility. This program allows our students to take advantage of life skills courses, reinforce their academic skills with virtual tutoring, and gain leadership knowledge.

This keeps students engaged with short-term goals such as problem solving, communication, managing emotions, expectations, grades, relationships, and cultural barriers. All HSUSA students are assigned a LEAD mentor and a small working group with weekly exchanges, which acts as another factor in ensuring their success within the program.

HSUSA believes in TODAY'S YOUNG PEOPLE, which is why we are immensely proud to offer this elite LEAD mentorship program to the host siblings (enrolled in High School) of our international students as well. The bonds forged by confronting obstacles, overcoming challenges, and celebrating victories while participating in LEAD are changing LIVES and CHANGING THE WORLD.



ZAINAB
Lead 2021-22

Every leadership program I attended before have been helpful in some way, but LEAD is unique. I loved my journey through the LEAD program with my mentor and my other classmates. I learned so many life skills that I already use on a daily basis, such as positive thinking, emotional intelligence, and stress management!

The LEAD program has had a positive impact on my life and it is thanks to the lessons I learned from it. For me, the most important lesson I acquired was learning to manage life goals and priorities. It has also helped me academically by helping me define my academic goals and learning how to better manage my time between assignments, homework, exams and other personal activities.

LEADERSHIP EDUCATION ACCOUNTABILITY DIFFERENCE-MAKING

12-CHAPTER BOOKLET

Covers fundamental personal leadership lessons: how to set achievable short medium long-term goals; how to define a completion time plan; how to approach positive thinking and managing emotions...etc.

ACCESS TO A VIRTUAL LIBRARY

Here you can find videos, testimonials, and articles on the following topics: communication skills, fundamental values, foundation of successful behaviors, achievement of objectives, emotional intelligence, take charge, take action, express gratitude, and more

EMPOWER YOURSELF

Self-empowerment is accomplished by connecting with a mentor and other participants each month through video conferencing and covering each lesson of the program. This will allow students to obtain additional help and thus take full advantage of this experience. It will also empower you outside of the school environment.

ACCESS TO THE GLOBAL ACADEMY

As a member of HSUSA and participant in the LEAD curriculum, students will also be able to access the sites of our partners as well as the Southwestern Global Academy 6 websites including thousands of homework help tutorials on all high school subjects and much more!



AN INCLUSIVE EXPERIENCE FOR YOUR PEACE OF MIND

ASSISTANCE IN FILING & COMPLETING THE PROGRAM APPLICATION

Our experienced team will be present at each stage of the selection and registration in the program. We will be available to answer any questions and guide students during the application process.

PLACEMENT IN A LOCAL US HOST FAMILY

Host families are volunteers who also wish to benefit from the cultural exchange and will play the role of a second family.

They are carefully selected and offer accommodation, full board and transport.

RETURN TRAVEL FROM YOUR HOME COUNTRY

The students' arrival/return flight is booked through our partner travel agency [Skylink Travel House](#). For over 20 years, this has allowed us to have specialized air travel management serving participants of student exchange, au pair, or work & travel programs.

LOCAL COORDINATOR & MENTOR

Our Local Coordinators play a vital role in the success of the participant while they are on program. They are the point of communication between the host family and the school. They will be in regular contact with our participants to ensure the smooth running of the program.

A PROGRAM APPROVED BY THE U.S. DEPARTMENT OF STATE:

Only designated programs by the Department of State are authorized to issue the Certificate of Eligibility for Exchange Visitor Status (J-1). They are subject to strict guidelines which are regulated by the State Department to ensure a quality exchange program.

www.j1visa.state.gov

VISA APPLICATION ASSISTANCE WITH YOUR LOCAL US EMBASSY

As an approved sponsor by the U.S. Department of State, we are able to issue and provide all necessary documentation and guidance that our participants will need when applying for a J-1 visa at their local US embassy.

ENROLLMENT IN AN APPROVED HIGH-SCHOOL

We enroll our participants in American high schools that are carefully chosen by our experienced team. Participating high schools are in the same area as our host families to ensure a better adaptation and integration of our students in the community.

MEDICAL & ACCIDENTAL INSURANCE

HSUSA provides health and accident insurance covering our participants for the full duration of the program. Our insurance is tailored to the unique needs of international exchange students so they can receive medical care if needed.

PRE-DEPARTURE & ARRIVAL ORIENTATION

Such an experience can be confusing for a young high school student and our team will take the time to assist our participants before departure but also after they arrive on American soil. Orientation is conducted by the local coordinator.

BE PART OF THE LEAD PROGRAM

See previous pages...

PROGRAM DOES NOT INCLUDE:

Cost of obtaining: passport; required immunizations/vaccines; visa appointment cost



BridgeUSA



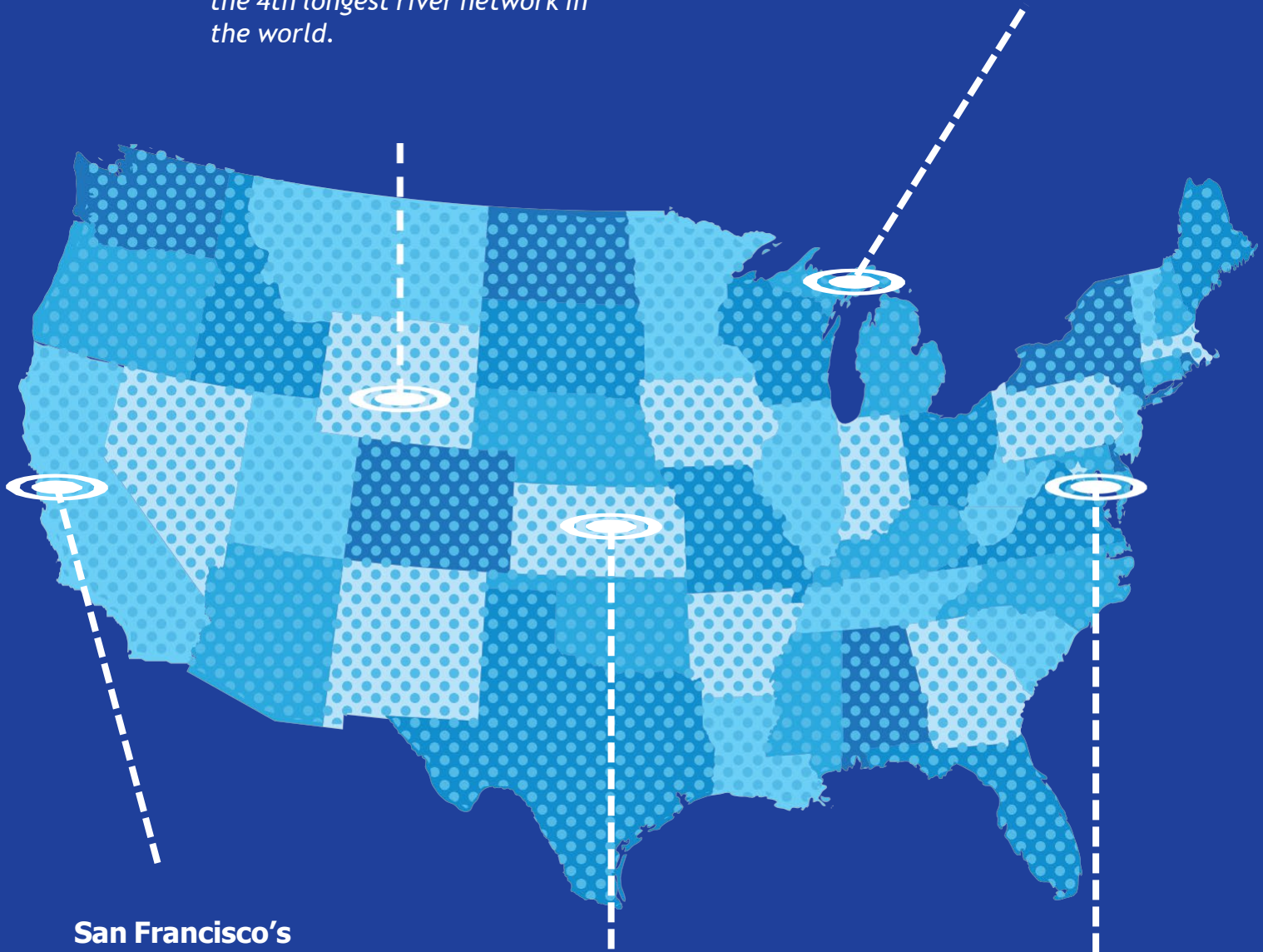
Did you Know?

The United States has the 4th longest river system in the world

The Missouri River is the longest river in North America before emptying into the Mississippi River just north of the city of St. Louis. They combine to create the 4th longest river network in the world.

Lake Superior is the largest freshwater lake in the world by area

Covering nearly 51,000 square kilometres, Lake Superior is the largest freshwater lake in the world (by area),



San Francisco's cable cars

...have been named the first moving National Historic Landmark. The San Francisco cable cars are the only ones still in service in an American city.

The state of Kansas "flatter than a pancake"

In 2003, geographers created a digital model of a pancake to compare the two. Apparently, Kansas really is flatter.

Washington, DC wasn't always America's capital

Washington DC did not become the capital until 1790. Believe it or not, from 1785 to 1790, New York City served as the nation's capital.





EMBARK IN THE AMERICAN ADVENTURE

HOW DOES IT WORK



1- PROGRAM PRESENTATION

The student's family will be invited to participate in an info meeting to understand all aspects of the program and answer any questions.



2- SELECTION PROCEDURE

We will meet with the future participant to assess their level of English in correlation with their ELTiS test, maturity and independence by the means of 2 interviews.



3- FILLING IN THE APPLICATION

Upon providing all supporting documents and completing the application, the student's family will be prompted to make payment for the program after being accepted.



4- J-1 VISA APPLICATION

We will issue the necessary documents to obtain the J-1 visa from the students local US Embassy. We can also assist when making an appointment if necessary.



5- PLACEMENT CONFIRMATION

Our experienced team will work to find a host family and school for our participants. Students will be regularly informed through their sending office until completion.



6- PREPARE FOR YOUR ADVENTURE

We invite our participants to an orientation meeting before departure. We also help them to be well prepared until the day of departure.



THE 4-PILLAR SUPPORT SYSTEM

Health, safety, and the well-being of our participants are our top priority. Through a coordinated effort between our regional teams, our HSUSA teams, and host families, we ensure that every student is safe and supported during their stay in the United States.

PILLAR 1- THE HOST FAMILY

The relationship between our participants and their host family is the most important part of their exchange year as they become a second family. They will always be present during the exchange year and will be the first point of contact during the participants' stay in the USA. This is why we go far beyond the United States Department of State's requirements in terms of host family selection, with an extremely strict process. HSUSA selects welcoming and open-minded families whose desire is to invite a new member into their family and share their cultures.

PILLAR 2- LOCAL COORDINATOR

The relationship of participants with their local coordinator is also extremely important since the latter will be the point of contact with our teams. As with host families, we are very strict in our local coordinators' selection to ensure quality support. The local coordinator is highly trained in intercultural communication, mediation, and support: he/she will be a mentor and a friend for our participants, available 24/7.

PILLAR 3- THE HSUSA TEAM

No matter what time it is or where the student is located, our team is here to help! Members of the HSUSA support team are highly trained, and have experience in counseling, teaching, and living abroad.

PILLAR 4- 4-HOUR EMERGENCY HOTLINE

Our experienced support team is located at our headquarters in Nashville, TN and is available by phone 24/7 to support all program participants in the event of an emergency.



A background image showing a classroom setting. In the foreground, a student with curly hair is writing in a notebook. In the background, another student is sitting at a desk, looking towards the camera. The image is slightly blurred, focusing attention on the text.

FAQs

HOW LONG IS THE HSUSA EXCHANGE PROGRAM?

The full school year program usually lasts 10 months starting in August. J-1 exchange programs are limited to a maximum of one academic year. There are options for a shorter program through a Fall or Spring semester placement.

CAN THE STUDENT RETURN TO THEIR SCHOOL UPON ITS RETURN TO THE HOME COUNTRY AND IF SO IN WHAT CLASS?

Whatever the duration of the stay, we invite our participants to speak to the head of their establishment beforehand in order to obtain requirements for re-registration with the same establishment on their return. The period spent in the USA is considered as a gap year.

CAN I GET A HIGH SCHOOL DIPLOMA IN THE USA?

Each school and host school district has its own requirements. The student can receive an official statement of his marks at the end of the school year by asking his host school but will not be able to obtain a diploma (graduation).

IS IT POSSIBLE TO CHOOSE A SPECIFIC DESTINATION (CITY, STATE)?

It is not possible to choose a specific city or state. The host families, being volunteers, are given priority to choose the participant - not the other way around. As a result, family placement can be anywhere in the USA.

IS THERE A MINIMUM ENGLISH-SPEAKING SKILLS REQUIRED?

HSUSA is a program that offers immersion in English. The participant must therefore have a minimum level of English to be able to integrate more easily in the host country. Students must pass an English test (ELTiS) with a minimum level required.

HOW DOES IT WORK IN ORDER TO PLACE PARTICIPANTS IN A LOCAL COMMUNITY (FAMILY, SCHOOL)?

HSUSA takes a significant importance on finding the best possible family match for each participant. When potential host families submit a placement request for a specific student, we interview them in their household, run background checks, call on their references and review the participant's general profile to ensure we have a good match. We match by common interests and main themes.

IS SUPPORT PROVIDED ON THE DAY OF DEPARTURE?

HSUSA arranges transportation from the student's local international airport to the host family. All departures are individual and unaccompanied. The flights are booked by our partner travel agency, which specialize in travel for exchange programs. Upon arrival, the local coordinator is present along with the host family. Participants also have several telephone numbers to call if they ever need any assistance.

WHAT ARE HOST FAMILIES RESPONSIBLE FOR?

Host families provide a safe and caring environment for the student, a bedroom and bed and three meals a day. Most are going above and beyond and provide the same as any other family member (covering basic activities, holidays...).

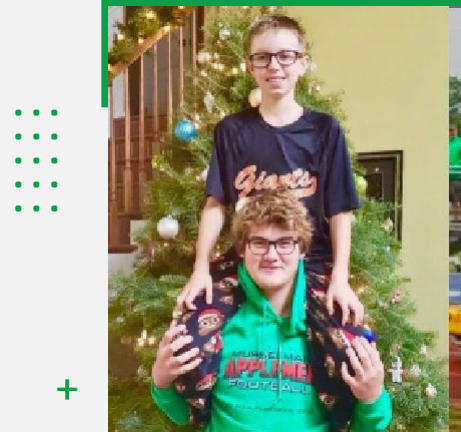


Chloe P (France) with
her host sister in New
York

Salomé V (France) with
her host twin sisters at the
homecoming ball



Pedro M (Brésil) at the air-
port upon his arrival with
his host family



Tim (Hollande) and his
host brother during the
Christmas celebrations

Georgi (Bulgaria) during
the Freddie's ceremony in
Nashville (TN)



Dimitri M (France) and his
host sister upon his arrival
in the USA





HIGH SCHOOL IN THE USA

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