



# France & Switzerland

Exploration Packet



# Hello!

We are so excited that you are embarking on this experience with Xperitas! The following are a few guidelines to follow for a successful time abroad:

**Observe** what locals do.

When in doubt, **ask!**

Be an active listener; use context and gestures to determine meaning.

Strive to **use the target language** to communicate with group members and native speakers.

Try using new words that you've learned so you are more likely to remember them. When possible, jot them down, or keep a note on your phone.

**Expect** to be very tired, both physically and mentally, at the end of each day.

Go to bed at a decent time, since you will likely wake up early every day. You need to be on time and in good shape.

Eat well at meals.

Drink plenty of water and **stay hydrated**.

Be alert, keep track of your own belongings, be cautious when crossing streets, look out for other group members, and **stay safe!**

**Focus on the positive.**

Try to adapt quickly to your new time zone and don't think about what time it is back in the United States.

Keep this booklet with you so that you can write notes throughout the day as you observe and learn things.

Experience the sounds, smells, and tastes the country has to offer.

## *Nous vous souhaitons un bon voyage!*

# First Impressions

What are your first impressions of the country?

What are your first impressions of the architecture?

What are your first impressions of foods and restaurants?

## GATHER YOUR THOUGHTS

*Capturing your thoughts during your trip will help you remember the people and things that made an impression on you. What are the most memorable interactions that you've had so far with people and the local culture?*



# Useful Phrases

Below is a list of common vocabulary. Review what you know and fill in the target language translation next to the English word. During the trip, add any additional words you may hear for these common terms. There are many different words the locals use for common terms that you can't find in textbooks!

FRENCH	ENGLISH
	Hello
	Goodbye
	Good morning
	Good afternoon
	Good evening/ night
	See you soon
	How are you?
	Fine, very well, so- so, not good
	Please
	Thank you
	You're welcome
	May I...?
	Excuse me
	Who?
	What?

FRENCH	ENGLISH
	I'm sorry
	Welcome!
	That's great
	Nice to meet you
	I don't feel well
	Please take me to...
	I don't understand
	Please say that again
	Please speak slowly
	Please write it down
	Where's the restroom/toilet?
	How do you say ___ in French?
	When?
	Why?
	How?

# Financial Information

The currency of France is the Euro.

What are some different ways to say *money* in French?



The currency of Switzerland is the Swiss Franc.



# FINANCIAL VOCABULARY

Using money requires knowing some specific terms. Fill in the target language vocabulary next to the English translation

FRENCH	ENGLISH
	ATM/Cash machine
	Bank
	Bill/Paper money
	To buy (verb)
	Cash
	Cashier
	Change/coins
	Cheap
	Cost
	Credit card
	Discount
	Expensive
	Money
	To pay (verb)
	Percentage
	Price
	Purse
	Receipt
	Sale
	To sell (verb)
	Seller
	To spend (verb)
	Tax
	Wallet

# SHOPPING VOCABULARY

Try your best to speak like a local while you're out and about! Write out and practice the target language phrase or question next to the English translation.

FRENCH	ENGLISH
	How much is this?
	How much are these?
	What is the price?
	Do you have anything cheaper?
	If I buy several, can you lower the price?
	Can I pay with a credit card?
	Do you have change?
	I'm a student.
	I'll take it/this.
	Here's ____ in change.
	Do you sell __?
	Can I help you?
	I'm looking for ____
	It's too expensive.

## Travel Journal Reflections

*What are some differences and similarities between shopping in the U.S. and France and Switzerland? For example, are prices set or do you bargain? Is shopping done in a mall setting, on the street, or some other location? How did you pay?*

*Jot down any specific shopping practices you noticed in France and Switzerland.*

*Describe your shopping experiences in general or a particularly memorable experience. Were you able to find what you were looking for using the target language? Did any vendors speak English with you? Did you encounter any difficulties while trying to make purchases?*



# Exploring France

## VOCABULARY

Visiting the sites is another opportunity to expand your language skills and learn some important vocabulary. Fill in the target language vocabulary next to the English translation.

FRENCH	ENGLISH
	Admission/Ticket (adult, student)
	Entrance
	Exit
	Map
	Market
	Monument, statue
	Museum
	Park (state, national, etc.)
	Path, trail
	Prohibited
	Tour, tour guide
	Tourist
	When does it open?
	When is closing time?
	How much is a ticket?
	Is it okay to take a photo?
	Excuse me, where is ___?
	Souvenir
	Sunscreen

## Travel Journal Reflections

*Notice the street signs, billboards, or advertising that you see around town. Describe how they are similar and/or different from what you see at home.*

*What popular products or brands have you seen or used that you had never used or heard of before?*

*What facts or history have you learned about France and/or Switzerland that surprised you?*

*Describe a site you visited that has made an impression on you. Why did that particular site have such an effect?*

## Travel Journal Reflections

Do you see modes of transportation that you don't commonly see back home? What are they?

Compare getting around in France and Switzerland to getting around in your hometown.

What forms of exercise did you see people engaging in, if any?

Which sports are popular in France and Switzerland? How did you determine this? Did you participate in these sports? If so, what are your thoughts?

What sports did you see people watching or playing?  
Was it in person or on TV?

# Dining Observations

*Le petit déjeuner:* 8 am: Baguette or croissant served with coffee or hot cocoa

*Le déjeuner:* 12-2 pm: Main meal of the day with three courses

*Le dîner:* 8 pm: A light evening meal enjoyed as a family

What are some of the memorable foods you've eaten?

What did you eat?	Where?	Did you like it?

# FOOD VOCABULARY

Eat like a local! Fill in the target language vocabulary next to the English translation.

FRENCH	ENGLISH
	Appetizer
	Bakery
	Beef
	Beverage
	Bill/check
	Boiled
	Bottle
	Bowl
	Bread
	Breakfast
	Cafe
	Cake
	Chair
	Cheers!
	Cheese
	Chicken
	Closed
	Cocoa
	Coffee
	Coffee shop

# FOOD VOCABULARY

(Continued)

FRENCH	ENGLISH
	Cola
	Cold
	Cup/glass
	Daily special
	Delicious
	Dessert
	Dinner
	Eggs
	Fast food
	Fish
	Food
	Fork
	Fried
	Fruit
	Grilled
	Hot
	Ice
	Ice cream
	Juice

# FOOD VOCABULARY

(Continued)

FRENCH	ENGLISH
	Knife
	Lunch
	Main course
	Meat
	Napkin
	Noodles
	Open
	Pasta
	Pepper
	Plate
	Please
	Pork
	Potato
	Reservation
	Restaurant
	Restroom
	Rice
	Salad
	Salt

# FOOD VOCABULARY

(Continued)

FRENCH	ENGLISH
	Sandwich
	Sauce
	Seafood
	Side dish
	Soda/Pop
	Soup
	Sour
	Spicy
	Spoon
	Sugar
	Sweet
	Tasty
	Tea
	Thank you
	Tip/Service
	To go
	Turkey
	Vegetables
	Waitperson
	Water



# Cuisine Typique de France

## Aliments de base

**La baguette:** This long crusty bread is typically served as part of most French meals. Buy it at any of the boulangeries located on every corner.

**Le fromage:** Hard cheese, soft cheese, goat cheese, smelly cheese – each region has its own variety and there are over 365 types of French cheese! And yes, cheese is sometimes considered a dessert in France.

**Le café:** Coffee is a staple in the French diet, mostly during breakfast, but is also served after meals. Cafés or bars (both mean coffeehouse) can be found everywhere, but if you order *un café*, it will be served in espresso form!

**Le vin:** Yes, wine is widespread and valued in French culture, but just politely refuse if your host family offers it.

Menu / Formule

**Menu Petit Déjeuner**

<b>Le Pâtissier</b> 1 pâtisserie au choix + 1 boisson chaude 20cl ou 1 boisson froide <b>3.20 €</b>	<b>L' Equilibre</b> 1 viennoiserie au choix + 1 café + jus d'orange <b>3.00 €</b>	<b>L' Express</b> 1 croissant + 1 espresso 7cl ou 1 café <b>2.00 €</b>
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**Menu Déjeuner**

<b>Le Classique</b> 1 sandwich Trad + 1 boisson Eau 50cl ou soda 33cl + 1 dessert du jour <b>5.50 €</b>	<b>Mélli Mélo</b> 1 sandwich Mélli Mélo/ Vietnamien/ Panini (hors Trad) + 1 boisson Eau 50cl/ soda 33cl + 1 dessert du jour <b>6.00 €</b>
<b>Le Délice</b> 1 sandwich Ciabatta/ 1 pâtes + 1 boisson Eau 50cl ou soda 33cl + 1 dessert du jour <b>7.00 €</b>	<b>Le Fraicheur</b> 1 salade + 1 boisson Eau 50cl ou soda 33cl + 1 dessert du jour <b>6.50 €</b>

*La Parisienne*

## Quelques repas typiquement français

**Coq au vin:** Chicken cooked in red wine with mushrooms and garlic

**Galettes:** Savory crêpes, made with buckwheat flour and filled with a variety of ingredients

**Croque-monsieur:** Grilled ham and cheese sandwich

**Croque-madame:** Grilled ham and cheese sandwich topped with fried egg

**Escargots:** Snails with butter, garlic, and parsley. (Don't knock 'em til you've tried 'em!)

**Soupe à l'oignon:** Onion soup with meat stock, often served with cheese gratinée on top

**Bouillabaisse:** Stew of mixed Mediterranean fish, tomatoes, and herbs

**Quiche lorraine:** Quiche with lardons and cheese

**Salade niçoise:** Mixed salad with anchovies, tuna, and hard-boiled eggs

**Magret de canard:** Duck breast

**Boeuf Bourguignon:** Red wine stew with mushrooms, onions and lardons

**Moules Frites:** Mussels and french fries

**Foie gras:** Very rich goose liver or duck liver paté

**Steak haché:** Hamburger steak

**Fondant au chocolat:** Cake with warm soft-centered chocolate pudding

**Mousse au chocolat:** Chocolate mousse

**Tarte tatin:** Caramelized apple tart

**Mille feuilles:** Several layers of puff pastry, typically filled with pastry cream

**Crème brûlée:** Custard topped with hard caramel

**Île flottante:** Meringue floating in vanilla custard drizzled with caramel on top

## Carte / Menu à la carte



## Quelques repas typiquement suisse

### 10 TRADITIONAL SWISS FOODS

Where do we start first? Switzerland has 26 cantons, so it's of no surprise that you will find so many choices in traditional Swiss food. However, let's check out 10 out of the most famous ones among them.

1



#### FONDUE

Surely, the most epic cheese there is. That's why it makes our top choice of traditional Swiss food you need to try. Fondue is a Swiss melted cheese dish served in a communal pot over a portable stove heated with a candle or spirit lamp and eaten by dipping bread into the cheese using long-stemmed forks.

2



#### TARTS AND QUICHES

The quiche and Swiss cheese tarts are only superficially related. Both have pastry, cheese, and custard; however, the quiche is really about the custard, whereas the Swiss tart is more about cheese. Swiss cheese tarts come in all sizes, yet the small ones are more petite and even eye-pleasing. You can pick a little one up and eat it picnic-style. Little cheese tarts look so cheerful and tasty in small, pretty plates. The quiches can also be loaded with fish, meat, or vegetables, whereas tarts can be topped with different flavors from onion to sweet apple. These dishes are typical for anniversaries and birthdays

3



#### LANDJÄGER

All those mountains and trails to hike in Switzerland, one has to have some snacks on the way up, right? This is exactly where the semi-dried sausage (*Landjäger*) comes in. The name landjäger means land hunters, referring to the fact that these sausages are especially convenient and popular among backpackers and hunters who carry them while traveling.

4



## ÄLPLERMAGRONEN

The *Älplermagronen* or as it is translated 'the Alpine macaroni' is a rustic Swiss dish. It is called this way because the ingredients used to make the dish were used to feed herdsmen who were keeping an eye on their cows grazing on the Alp's pastures. Ever since then, in the 1930ies, this dish is one of the tastiest Switzerland traditional food options. The key ingredients used include macaroni pasta, cheese, onions, and potatoes, although there are numerous variations of this Swiss classic.

5



## RACLETTE

Behold, cheese lovers. Another jaw-dropping cheesy dish of Switzerland. Raclette is a semi-hard cheese made from the Alpine cow milk. Historically, it has been the main food of peasants who lived in the regions of Valais. An entire wheel of cheese would be held up in front of a fire, and as the cheese melted, it was scraped off onto a plate to be eaten. Thus, the name derives from the French word *racler*, meaning, to scrape. Nowadays, slices of raclette are melted and escorted with small potatoes cooked in their skin, onions, pickled gherkins, and vegetables. Raclette is often known as a Geneva traditional food choice.

6



## ROSTI

Locally known as *röschti*, this Swiss dish consists mainly of potatoes but in the style of a fritter. Originally, it used to be a breakfast dish historically eaten by farmers in the canton of Bern. That's why the name of it was initially *röstis bernois*. However, nowadays, it is eaten all over Switzerland. Rosti potatoes are legit known as the Swiss version of the classic potato pancake. The secret to the perfect rosti is cooking the first side covered with a lid or foil until crispy, then carefully turning and cooking the second side without the lid to golden perfection! At least that's what people say in the Swiss country.

7



## SAFFRON RISOTTO

Did you know that the quality of the Swiss Saffron is among the best and most expensive in the world? The dark red saffron strands – the stigma of a variety of crocus – are hand-picked, and that's why the saffron risotto is in such popular demand. The Swiss make good use of this unique ingredient that they cultivate in the canton of Valais.

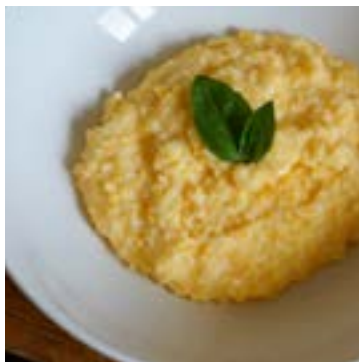
8



## MALAKOFF

A Malakoff is a ball of fried cheese typically found in Western Switzerland, more specifically in the villages of Eysins, Begnins, Bursins, Luins, and Vinzel on the shores of Lake Geneva. The recipe was brought by the Swiss mercenaries who joined the Crimean War under the French-British forces fighting against Russia. This Swiss cheese bread was particularly named after the major battle of Malakoff that resulted in the fall of Sevastopol, thus ending the battle. The Malakoff is typically served as a first course and enjoyed with served cornichons, pickled onions, and mustard.

9



## POLENTA (CORNMEAL)

Polenta is a yellow cornmeal dish that is cooked over low heat until it becomes a delicious, homogenous mash. Along with chestnuts and risotto, this dish also belongs to the traditional peasant foods of Ticino. It can be eaten out of a bowl or spread on a wooden board, cooled, and cut with a piece of thin thread. You can serve it with butter, cheese, a stew, a sauce, or simply a splash of cold milk.

10



## ZÜRCHER GESCHNETZELTES

Zurich Ragout, or *Zürcher Geschnetzeltes*, contains many of the typical Germanic flavorings, including parsley and lemon zest. This traditional dish might look delicate, but it's really easy to make, finding its way into your heart through your stomach. Veal loin is traditionally used, but pork loin may be substituted. The first mention of *Zürcher Geschnetzeltes* is in a cookbook from 1947. Some contemporary recipes may also call for mushrooms and sliced veal kidney.

## DINING VOCABULARY

Eating involves more than the food! Write out and practice the target language phrase or question next to the English translation.

FRENCH	ENGLISH
	Please wait to be seated.
	Please have a seat.
	Make yourself at home/help yourself
	What would you like to drink/order?
	Anything else?
	Try this.
	Enjoy your meal!
	How did it taste/did it taste good?
	A table for __, please.
	Could I see the menu, please?
	What do you recommend?
	What is this dish?
	To order (verb)
	I have an allergy/I'm allergic to ____.
	I'm a vegetarian.
	I want/ I would like...
	I do not want...
	... With/without...
	Excuse me (for a waitperson's attention)
	Could you please bring___?
	I'm hungry/I'm not hungry.
	One more (serving), please.
	Could we have the bill/check, please?
	Do you accept credit cards?
	Is the tip/service included?
	May we pay separately?
	That was delicious.

## Food Reflections

What are some differences and similarities between eating out in the U.S. and in France/Switzerland? For example, do you wait to be seated? How do you get the attention of the server?

Are there any important words you used in a restaurant setting that were not included in this packet or the food vocabulary you used to prepare for your trip? Make a list of these words and their definitions.

Describe your favorite French and Swiss dishes, preferably in the target language. What are the ingredients? What do you like about the dish?

# The Family Stay Experience®

Exploring your family stay community in France.

## Family Stay Reflections

How would you describe your family stay community to your friends and family back home? For example, where is it located? Is it a rural, urban, or suburban area?

What do you see, smell, and hear?

How are your surroundings similar to where you're from? How are they different?

Capturing your thoughts during your trip will help you remember the people and things that made an impression on you. What are some of your favorite memories from the Family Stay Experience®?



## Living With Your Host Family

Who are the members of your host family? What are their first and last names?

How do you address them? Formally? Informally?

If you have host siblings, how old are they? Are they in school?

What does your host family like to do in their free time?

What times do they eat their meals? What did you eat with them?

What chores did you help with in their home?

How is your host family similar and/or different from your own family?

What have you learned about the local culture and/or what vocabulary have you learned that you would share with another student who will be participating in this experience in the future?

How do you see electricity and/or water being used in your host family's home?

Does your host family heat or cool their home? If so, how?

How do they wash clothes, and how often do they seem to do so? Do they have a clothes dryer?

What similarities and/or differences have you observed between the ways your host family uses energy and how you use it at home?

## Observations

Question	Answer
What do you appreciate about your home after being away?	
What will you miss most about France when you return home?	
Did you experience anyone making generalizations about the U.S. and/or U.S. Americans while you were abroad? If so, how did that make you feel and why?	
How has this experience changed your perspective on the culture and people of your destination?	

## Merci

Thank you for your commitment to language learning and for choosing Xperitas!

We wish you the best on your path to global citizenship!



# End of Program Language Self-Assessment

*At the end of your program, mark all the phrases below that you agree with.*

- I can understand basic words on a menu.
- I am able to talk about how things taste to me, and my preferences.
- I know how to request the bill at a restaurant, and how to pay.
- I am able to ask what something is called.
- I can explain to a store clerk what I want, using circumlocution & gestures if needed.
- I am able to understand how much something costs and successfully make a purchase.
- I can learn and retain new vocabulary from my interactions with native speakers.
- When appropriate, I can bargain successfully.
- I can locate signs or ask for directions to the bathroom, a restaurant, a landmark, etc.
- I can act in a culturally appropriate manner towards local people.
- While out and about, I can understand what my teacher and/or the guide or bus driver is explaining to us.
- I can talk with my host family about what I did during the day and ask about their days.
- I'm able to talk about what we're eating or describe to someone what we ate.
- I can engage in conversation over dinner, and I am able to expand on my responses to my host family's questions.
- I am able to ask my host family questions related to the topics we are discussing.
- I am able to ask about places to visit and things to do.
- I can interact my host family's friends, telling them basic facts about myself and my school.
- When it comes to using my language skills, I have achieved the following personal goal(s):

# Post-Travel Checklist

*You've returned from your adventures abroad – now what? Below is a helpful post-travel checklist. We hope that you've returned with wonderful memories and success stories and we can't wait to hear all about your trip!*

- ❑ Complete the Xperitas online survey - An invitation to evaluate your program will be emailed to you, your parents, and your teacher upon your return. Your feedback helps us improve our communication with our partners abroad and allows us to improve the overall experience for future participants.
- ❑ Share your photos with us! Enter the Xperitas Photo Contest [here](#) (or visit <https://xperitas.org/photo-contest>) and win prizes by emailing your photos to [info@xperitas.org](mailto:info@xperitas.org).
- ❑ Write a blog post! We love to hear from our community, so please consider sharing your experience with us in a blog post. [Click this link](#) (or visit <https://xperitas.org/resources/share-your-experience>) for helpful guidelines for writing a blog post then submit your story to [info@xperitas.org](mailto:info@xperitas.org).
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