



Belgium & France

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!*

Mark the places on the map that you will be visiting.



First Impressions

First Impressions of Belgium...	First Impressions of France...
First Impressions of Belgian architecture...	First Impressions of French architecture...
First Impressions of Belgian foods & restaurants...	First Impressions of French foods & 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?

Vocabulary in Belgium is a bit different than in France. The following is a list of vocabulary that varies between the two countries.

BELGIAN FRENCH	METROPOLITAN FRENCH	ENGLISH
A tantôt	À toute à l'heure	See you later
Aller à la toilette	Aller aux toilettes	Go to the toilet
GSM	Telephone portable	Cell phone
Kot	Petit studio d'étudiant	Student residence
Lait russe	Café au lait	Coffee with cream/Latte
Septante	Soixante-dix	Ninety
Nonante	Quatre-vingt-dix	Seventy
Déjeuner	Petit déjeuner	Breakfast
Dîner	Déjeuner	Lunch
Souper	Dîner	Dinner
Sais-tu me donner	Peux-tu me donner	Can you give me ...
Essuie	Serviette	Towel
Faire la file	Faire la queue	Stand in line
Bourgmestre	Maire	Mayor
Ça me goûte	Ça me plaît	I like it (for food)
Filet américain	Steak tartare	Raw beef
Dire quoi	Dire ce qu'il en est	Tell what's up

Financial Information

The currency in both France and Belgium is the Euro.

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



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

FRENCH	ENGLISH
	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?
	Where do I pay?
	Do you sell __?
	Can I help you?
	I'm looking for __.
	It's too expensive.
	I'm a student.
	I'll take it/this.
	Here's __ in change.

Travel Journal Reflections

What are some differences and similarities between shopping in the U.S. and your destination? 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 or Belgium.

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

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 Belgium 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, Belgium, and in your hometown.

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

Which sports are popular in France and Belgium? 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?

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

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.

Cuisine Typique

Aliments de base

La baguette: Chicken 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: (en France) Yes, wine is widespread and valued in French culture (as is beer in Belgian culture), but just politely refuse if your host family offers it.

La bière: (en Belgique) Beer

Carte / Menu à la carte



Menu / Formule



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 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

Quelques repas typiquement belge

Waterzooi: Stew made with fish or chicken, vegetable broth, egg yolks and cream

Moules Frites: Mussels and french fries

Stoemp: Mashed potatoes with vegetables, often served with sausages

Gaufres: Waffles are a sugary treat, often sold from street vans, not a breakfast staple like in the U.S.!

Speculoos: A shortbread cinnamon cookie

Salade liègeoise: Salad of potatoes, green beans, bacon, onions, and vinegar

Croquettes aux crevettes: Fried dough filled with bechamel sauce and shrimp

Carbonade flamandel: A beef stew like boeuf bourgignon but made with beer instead of red wine

Steak frites: Steak and fries

Filet américain: Minced ground beef served raw and cold on a sandwich with sauce

Pêche au thon: Halved peaches stuffed with tuna salad

Frites: Fries—extremely popular in Belgium!



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 Reflections

What are some differences and similarities between eating out in the U.S. and in France and Belgium? 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 or Belgian dish, 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

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 and Belgium 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?	

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! This is one way that we show prospective participants what our programs are like and why they should get involved! We love to hear from our community, so please consider sharing your experience with us in a blog post. Click the following link to read the guidelines for writing a blog post and then submit your story, or a photo for our Xperitas photo contest:
 - After reading the guidelines, you can submit stories and photos here: www.xperitas.org/submitstories
 - You can find more information about our photo contest here: <https://www.xperitas.org/xperitas-photo-contest>
- ❑ 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.
- ❑ Follow Xperitas on Facebook and Instagram!
- ❑ Sign up for our newsletter, *Civitas*, at info@xperitas.org to stay connected and up-to-date with our news, events and further opportunities to continue your journey to global citizenship.

Together we will achieve our vision of one global community!

Once again, Merci for your commitment to language learning, and for choosing Xperitas! We wish you the best on your path to global citizenship!