



Lethbridge / Saint-Laurent Senior Exchange 2020 Application Form

This information is being collected for the Lethbridge / Saint-Laurent Senior Exchange 2020 purposes only, and in accordance with the *Freedom of Information and Protection of Privacy Act*. All personal information will be managed in compliance with provisions of the FOIP act. Questions about the collection of this information can be directed to the FOIP Coordinator at 403-329-7329.

The City of Lethbridge has been twinned with the Borough of Saint-Laurent, Quebec since 1967. Every year, an exchange trip is organized for the residents of the two communities. In 2020, the City of Lethbridge and the Borough of Saint-Laurent will be hosting an exchange for citizens 55 years and older.

Details of the Exchange:

Participants are matched (or “twinned”), based on their common interests.

The visitors stay at their twin's home for one week. The exchange begins with the Saint-Laurent delegation traveling to Lethbridge (June 17 – 24, 2020), and is then followed by the Lethbridge delegation travelling to Saint-Laurent (August 5 – 12, 2020).

During each of these weeks, group activities are organized to provide the visitors with an opportunity to get to know one another and discover their regions. The program consists of both organized activities and free time. When no group activities are planned, the participants are entertained by their "twin". Two days of free time are scheduled during each stay.

The costs associated with the exchange, such as airplane tickets, public transportation, touring activities and meals during group excursions, are covered by the municipalities.

Knowledge of French is not necessary for this exchange.

One employee and one elected official from the City of Lethbridge accompany the participants to Quebec and can be reached at any time in case of emergency.

To be eligible, you must be:

- A resident of Lethbridge;
- 55 years of age or older, as of June 2020;
- Able to participate in scheduled activities, that may involve walking in excess of 5,000 steps per day;
- Willing to represent yourself as an Ambassador for the City of Lethbridge;
- Able to, yourself pass the required criminal background check, as well as any other resident in your home over the age of 18;
- Willing, and have the facilities (private bedroom), to host an individual (or couple) in your home for the duration of the exchange; and
- Willing to stay in the home of your “twin” while visiting Saint-Laurent for the duration of the exchange.

Commitment of two weeks:

June 17 – 24, 2020 – Lethbridge, Alberta

August 5 – 12, 2020 – Saint-Laurent, Quebec

GENERAL INFORMATION

Personal Information

Name: _____

Mailing Address: _____

Phone Number: _____

Email: _____

Age: _____

If you are applying as a couple, please include your partner's information:

Name: _____

Phone Number: _____

Email: _____

Age: _____

In Case of Emergency, please contact:

Name: _____

Contact Number: _____

Email: _____

Relationship to Participant: _____

If selected, you, and household members over the age of 18, must provide a Criminal Background Check. The fee for the Background Check is covered by the City of Lethbridge. Please provide the names of household members over the age of 18.

Name: _____

Mailing Address: _____

Phone Number: _____

Name: _____

Mailing Address: _____

Phone Number: _____

Please answer the following questions to assist with the matching process with an individual / couple from Saint-Laurent with similar hobbies and interests. Your response will be important for a successful pairing process.

Are you a smoker? _____ Yes _____ No

Are you willing to be paired with a smoker? _____ Yes _____ No

Do you have any allergies? _____ Yes _____ No

If yes – please list:

Do you have any dietary restrictions? _____ Yes _____ No

If yes – please list:

Past travel / Hobbies / Interests

Please identify which countries or provinces you have visited and which areas you enjoyed the most, and why. If you haven't travelled much, please tell us why you *might* like to travel and why.

List any organizations / clubs / sporting teams you belong to:

List your favourite hobbies:

What recreational activities do you enjoy? (Golfing, hiking, boating, etc).

What do you enjoy most about Lethbridge and area, and what would you showcase to your “twin”?

Tell us why you are motivated to participate in the Lethbridge / Saint-Laurent Senior Exchange 2020.

Tell us why you want to take part in the 2020 Seniors Exchange:

I consent to having my personal information forwarded to the coordinators of the exchange trip between Saint-Laurent and Lethbridge. This information will be used to better match participants.

Applicant Name and Signature

Date

Application Deadline: May 1, 2020

Please return this form by mail, in person or by email:

Lethbridge / Saint-Laurent Exchange
Tara Cryderman
Second Floor, City Hall
910 4th Avenue South
Lethbridge, AB T1J 0P6
tara.cryderman@lethbridge.ca

For more information, contact Tara Cryderman at 403-329-7327 or tara.cryderman@lethbridge.ca