



Canadian  
Heritage

Patrimoine  
canadien



## Join the ADVENTURE!

Have you ever thought of discovering another part of Canada, meeting new people, experiencing first-hand what it's like to live in another community or exploring the languages and diverse cultures that make up Canada?

Check out **Exchanges Canada!** This initiative creates opportunities for young Canadians to learn more about their country, connect with one another and experience the diversity of Canadian communities, languages and cultures. **Exchanges Canada** also provides access to information on all types of exchange programs and activities available in Canada and abroad.

The Government of Canada, through the Department of Canadian Heritage, provides funding to organizations that deliver exchanges in collaboration with **Exchanges Canada**. Consideration is given to encourage the participation of groups traditionally under-represented in exchange programs, such as youth with disabilities, youth from low-income households, Aboriginal youth and youth from rural or isolated regions.

### PROGRAMS OFFERED UNDER EXCHANGES CANADA:

**Youth Exchanges Canada** provides funding to support group reciprocal exchanges for Canadians between the ages of 11 and 18. Groups from different parts of the country are twinned according to their age and interests. Each participant takes turns hosting their twin in their home. Participants play an active role in planning the exchange, communicate regularly with their twin, do research on the exchange communities and participate in fundraising activities.

**Youth Forums Canada** provides funding to support projects that give Canadian youth aged 15-30 an opportunity to connect with one another through a variety of exchange experiences, such as youth forums, workshops, conferences or one-way exchanges. Participants are given the opportunity to learn about a variety of subjects and discover another part of Canada.

Find out more...

[www.exchanges.gc.ca](http://www.exchanges.gc.ca)

1 800 O-Canada (1 800 622-6232)

TTY/TDD : 1 800 465-7735

Fax : 1 877 297-5014

Write to us:

EXCHANGES CANADA

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exchangesCANADA

### TESTIMONIALS

*The exchange enabled the young people to spend times together they will never forget and to discover places they had never seen before. It is important to provide young people with these kinds of opportunities so they can be exposed to a different reality.*

Organizer, Saskatchewan

*I will never forget my experience, it made me realize how important it is to be oneself and that diversity is an amazing thing. I learned important things that will help me for the rest of my life.*

Participant, New Brunswick

Canada 