



friendship force
PAU

30th Anniversary Exchange

Celebrating 30 years of long-life friendships
October 1 – 9, 2015

Arrival in France: If you arrive by plane into Paris, (airports), you can fly from Orly or CDG airport to Pau, flight is approx. 1 h and cost is estimate €230 OR you can take the train TGV Paris center estimate time 5h and the cost is € 75.

Optional 2 days/1night “Welcome to France”, Hotel stay in Paris

Thursday, October 1st: Arrival in Pau: Upon arrival in Pau, you will be met by the host, and taken to your host family to settle in. Please make plans to arrive around 4.00pm, to be ready for the welcome reception scheduled for 6.30pm. **Overnight at host home in Pau**

Friday, October 2nd

- Breakfast at your host’s home, Visit” Le Chateau de Pau”, the birth place of Henri IV of France.
- A reception by the Mayor of Pau at the Town Hall,
Lunch followed by a guided tour of the city by the touristic train.
- 6.45pm: Evening at the Pau Golf club, the oldest club which opened in 1856. Appertizers will be served
- 8.30pm: Cabaret evening, le French Cancan in Lescar, with dinner, a show and dancing.

Overnight at host home in Pau



Saturday, October 3rd

- After breakfast at your host’s home, spend a day in Laruns at the foot of the Pyrenees.
- “Fete du fromage”, a feast devoted to the Pyrenees cheese, a Bearnais meal.

Overnight at host home in Pau

Sunday, October 4th 2015: Free day with host

FF PAU 30th Anniversary Exchange

The Legacy of the 30 years of our club includes new programs and club development. We initiated the development of the FF of Biarritz, who in turn developed the FF of Bordeaux. In keeping with this legacy, we continue to explore the potentials for new programs and club development around the world in response to Initiative #2 of the new FFI Strategic Plan: Maximize exchange participation and host capacity. Please join us on this new venture for 5 days/4 nights as we discover Spain and explore the potentials for new programs.

Monday, October 5 to Friday, October 9



Highlights of our trip to Spain will include:

SAN SEBASTIAN discovery of the eastern coast of Cantabria, touring the cities of Castro Urdiales and Laredo. Mugro. Visit the Picos de Europa, (Peaks of Europe) and Santo Toribio Monastery which is believed to house the “lignum cruces” (the real cross), a piece of the cross on which Jesus Christ was crucified. A cable car ride at Fuente Dé for a great view of the mountain range Picos de Europa. The bay of Santander in Cantabria Mouro Island, Somo Point and Cap Mayor. A stroll in CABARCENO Park, and the small town of fishermen called San Vicente de la Barquera with its famous bridge” Pont de la Maza”, called “the wedding bridge”, where many people proposed and celebrated their weddings.



Visit de Bilbao will include Guggenheim museum, Zubi-Zuri Bridge, lunch at a restaurant in Santillan Del Mar, and more.

Options for your return : return to Pau, to Biarritz or fly from Bilbao airport.

Exchange Program fee: \$1,645

Cost covers the anniversary celebration in Pau: 5 days/4nights of homestay by the FF of Pau, welcome reception, visits to castles in Pau, a day in Laruns at the foot of the Pyrenees, “fete du fromage”, entrance fees, Discover Spain extension: 5days/4nights hotel stay in San Sebastian, Spain, all meals and drinks, entrance fee and transportation from Pau and back, FFI administrative fees, and lifelong friendships!

Cost does not include single supplement hotel in San Sebastian € 95 per person

Cost does not include optional 2 days/1night “Welcome to France” in Paris: €250 per person

To confirm your participation, Please RSVP to: Mary Mwambay by completing the attached ambassador application form. Payments: deposit of \$1,000 payable by May 15, balance of **\$645** due on June 15.