

# Cultural exchange programs offered to area residents

This year, more than 400 Canadians of all ages will take part in AFS Interculture Canada's programs in 54 countries around the world.

AFS Interculture Canada, Canada's leading international exchange organization, is a volunteer-driven educational program that promotes global education, entrepreneurship and community involvement through international school and work-based internship programs for

young and old.

The aim of AFS Interculture Canada is to give Canadians a chance to learn about the world, and to appreciate the cultural differences and universal interests that exist between people.

At the same time, they will acquire skills and experience to prepare them for the challenges of the future.

For all programs, participants live

with host families in the community where they attend school or work.

They have the opportunity to become full members of their host families and to learn about the host community's values and attitudes.

Because of the variety of programs offered, virtually anyone can participate.

High school students can spend the school year living and studying in a foreign country, college and university graduates can do volunteer work in Latin America or

Asia, and retirees can teach English, French or Spanish in the Caribbean or Latin America.

AFS Canada is currently offering eight different programs of work or study to choose from. The Year Program, Semester Program, and six week Intensive Program are all offered as a chance for 15 to 18 year olds to study abroad.

Adults over 18 years of age can choose from the Dialogue Across the Americas, Global Education, or Teaching Pro-

grams, and college and university graduates can participate in the eight month Internship Program.

Also, for those who prefer a shorter journey, AFS offers three to four week Discovery Programs in Thailand and Egypt.

For those who would rather stay in Canada, opportunities to host foreign program participants are available.

Those interested in more information about AFS or its programs should phone 1-800-361-7248.

## Childbirth education group hosts meeting

Choices Childbirth Education and Labour Support Services is a non-profit organization that provides choice-based prenatal education, professional labour support, postpartum support and crisis counseling on issues related to childbirth.

Choices provides services in Durham and York Regions along with Scarborough and North York.

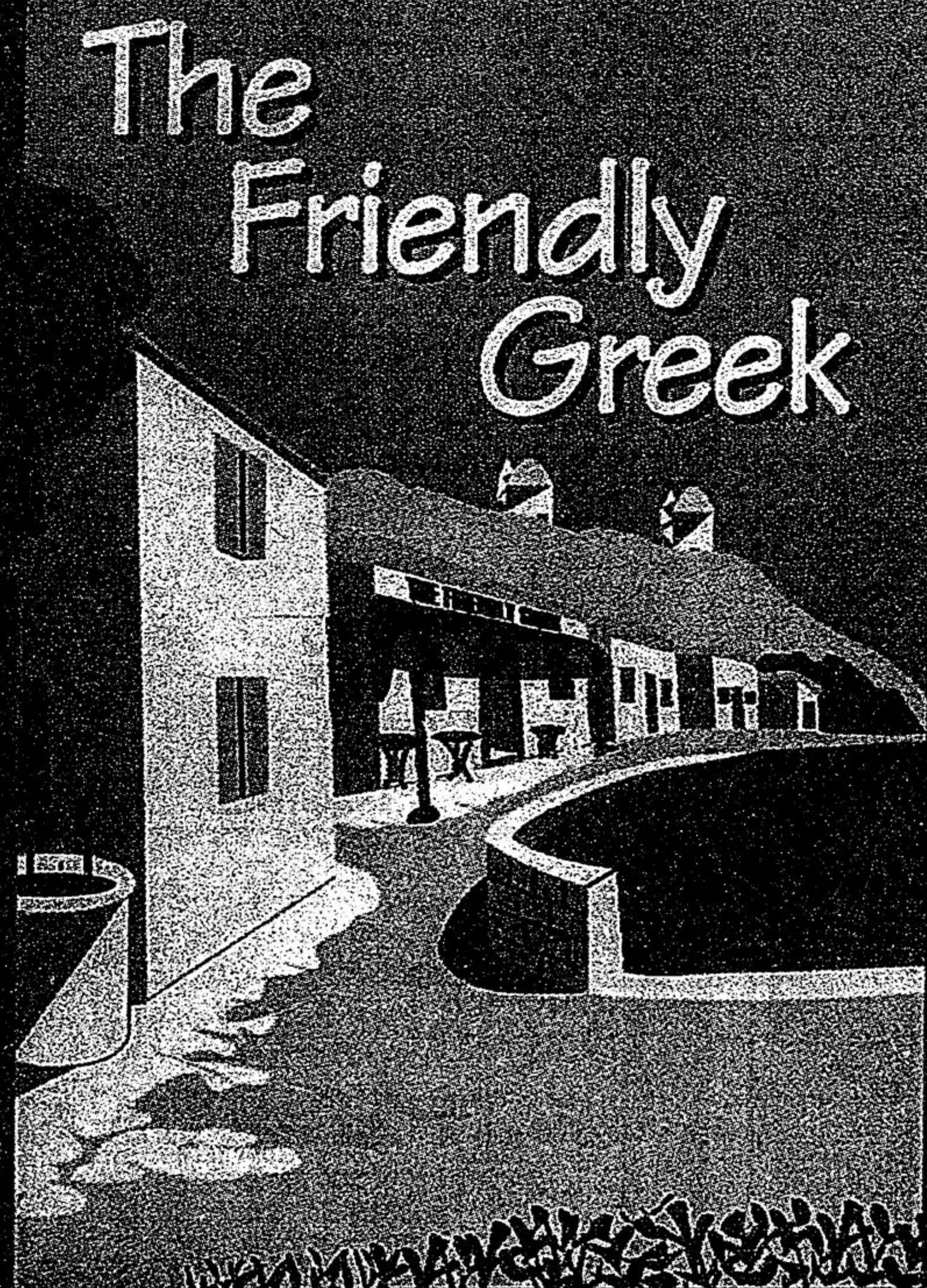
Choices is looking for volunteers that are community minded and have an interest in childbearing issues.

Volunteers are needed for duties such as community events, special events planning and much more.

Choices will be holding a meeting on Monday, June 16 at 7:30 p.m.

The meeting will take place in Pickering. For further information please call 905-420-0223 or 416-293-4450.

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