



MEDIA RELEASE
For Immediate Release

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Sauté and flambé in France with CA's Cuisine & Cultural Exchange Culinary adventure scheduled for October 2010

The Columbia Association (CA) is offering a French Cuisine & Cultural Exchange with Columbia's Sister City, Cergy-Pontoise, in France from October 8 thru 17. Up to eight cuisine participants plus a spouse or friend (total of 16) will stay with host families in Cergy-Pontoise. The eight cuisine participants will attend two afternoons of French cooking classes—complete with chef coat and hat—and demonstrations of food preparation and consumption. Classes will be taught in English at Lycee Eragny. The week will culminate with a dinner prepared by cuisine participants.

All participants will tour a cheese farm and sample cheeses, shop for seasonal produce at a traditional French market and savor traditional French cuisine and wines during specially-arranged meals at local restaurants and in families' homes. There will also be sightseeing trips to Paris and places of interest in and around Cergy-Pontoise, which is located about a half hour outside of Paris.

Knowledge of French is useful, but not necessary. French participants will come to Columbia in 2011. The cost of the trip is \$384, plus airfare (~\$1,200.) For more information and to request an application, please contact Laura Smit, Program Manager for International Exchange & Multicultural Programs, at 410-715-3162 or Laura.Smit@ColumbiaAssociation.com.

The mission of CA's International Exchange and Multicultural Programs is to foster international understanding and to celebrate the diverse cultures of Columbia. For more information, please contact Laura Smit at 410-715-3162 or International@ColumbiaAssociation.com.

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