

Lethbridge/Saint-Laurent Exchange 2026

Jan 01, 2026

Saint-Laurent, Quebec, is the official twin city of Lethbridge.

The two communities entered into a formal city-to-city twinning arrangement in 1967 as part of a Canadian Centennial project to promote cultural and social relationships between Eastern and Western Canada.

Exchanges occur annually, alternately involving seniors and students.

In 2026, the City of Lethbridge and the Borough of Saint-Laurent will be hosting an exchange for students aged 14-16 (as of July 1, 2026).

Details of the 2026 exchange:

- The exchange begins with the Saint-Laurent delegation traveling to Lethbridge from July 1-8, 2026, and is then followed by the Lethbridge delegation travelling to Saint-Laurent from August 5-12, 2026.
- Participants are matched or twinned based on their common interests. Visitors stay at their twin's home for seven nights.
- 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.
- Participants will be asked to limit cell phone use during the exchange to make the most of this unique opportunity for learning and building meaningful connections with one another.
- 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
- 14-16 years of age, as of July 1, 2026.

- Able to participate in scheduled activities that may involve walking in excess of 5 km per day. The exchange trip program involves physical activity and is recommended only for those in good health.
- Applicants who have already participated in the exchange trip are not eligible.
- Willing to represent yourself as an ambassador for the City of Lethbridge.
- Any other residents in your home over the age of 18 must be able to pass the required criminal background check.
- Willing and have the facilities (private bedroom) to host an individual in your home for the duration of the exchange.
- Willing to stay in the home of your twin while visiting Saint-Laurent for the duration of the exchange.
- Willing to purchase their own travel insurance