

empowering students worldwide

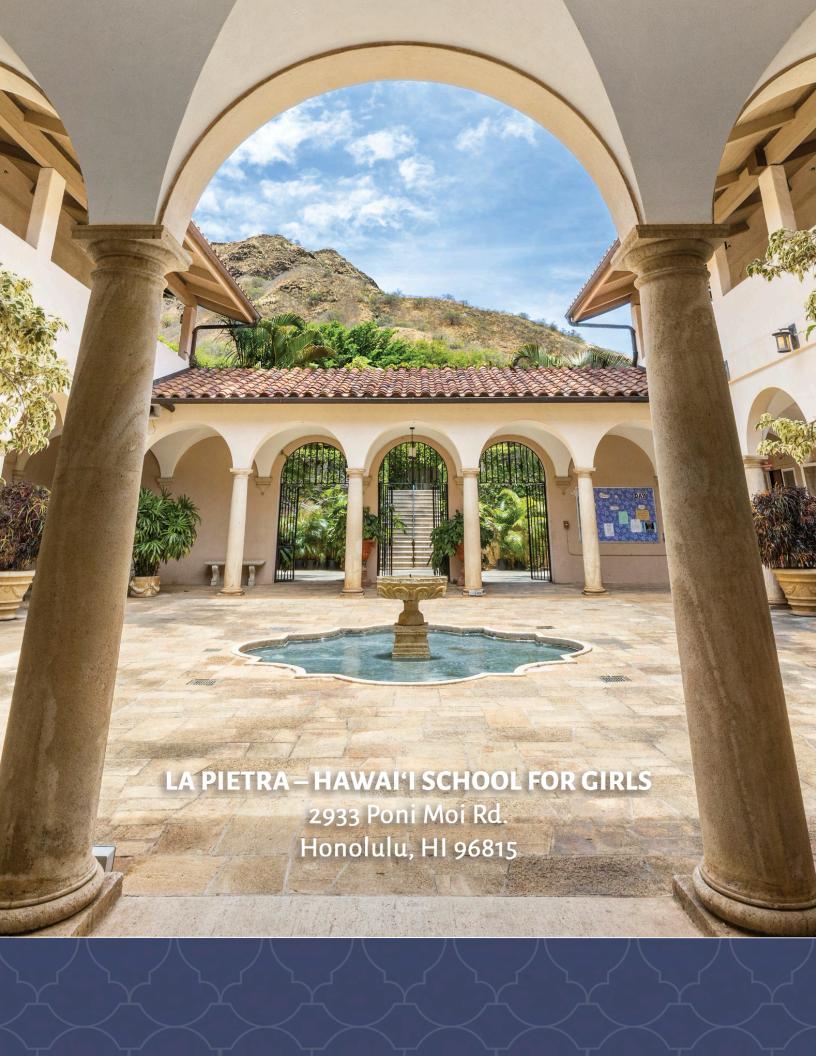


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Global Exchange Partner Schools

Through the Global Exchange Program at La Pietra – Hawai'i School for Girls, students have the opportunity to participate in a short-term, immersive stay at one of our partner schools, subject to availability.

Hakuho Girls' High School (Yokohama, Japan)

Hakuho Girls' High School is the largest private senior high school dedicated to girls in Japan. Situated in a sprawling and beautiful hilltop campus in Yokohama, it is a premier choice for education for female junior high school graduates in the Tokyo and Yokohama area. With over 1,000 students separated over the three senior grades, amounting to 12 or 13 classes per grade, there is a wide selection of courses and clubs for inductees to choose from. After passing the selection process, Hakuho students can specialize their field of study in either Academics, Global, Media, Sports, Welfare, Culinary, or Comprehensive studies. As Hakuho's motto is Aim High, students are expected to supplement their curriculum by choosing from among 18 athletic or 16 cultural clubs for extracurricular education. Upon graduation, Hakuho students are regularly accepted at top tier post-secondary institutions in Japan and abroad. For more information, please visit www.hakuhojoshi-h.ed.jp

Diocesan Girls' School (Hong Kong, China)

Diocesan Girls' School, a local grammar school with an international outlook, was founded in 1860 by the Anglican (Episcopalian) Church to provide an excellent all-round secondary education for girls in Hong Kong. It is our vision to be a leading school in China and the Asia-Pacific region, producing female graduates of noble mind, who blend naturally Christian values, Chinese traditions and culture, and democratic ideals, to contribute proactively in the international and local communities as well as

their homes and families. Building on a legacy of distinction, it is our mission to serve as a model for effective teaching and learning in a dynamic educational environment; where students achieve their maximum potential and gain a love of lifelong learning and teachers excel in pedagogy, stimulating young minds and encouraging them to extend excellence beyond the classroom. We aim to provide each and every student with an ideal learning environment to grow and excel from the time she begins her educational journey with us. We pledge to do the utmost possible to offer our students a vibrant and enjoyable opportunity that equips them for lifelong challenges. For more information, please visit www.dgs.edu.hk

Crofton House School (Vancouver, British Columbia, Canada)

Crofton House School offers a girl-centered learning environment for students from Junior Kindergarten to Grade 12. Founded in 1898, Crofton House has a long history of all-girls education and provides a learning environment where students are motivated to strive for their best selves, embracing academic challenge and diverse experiences, guided by staff who know them and believe in them. For more information, visit https://www.croftonhouse.ca/

Exchange Program Aims & Objectives

The goal of La Pietra's Global Exchange Program is to provide students with a meaningful and enriching experience in another culture. These opportunities broaden students' perspectives, help them grow as individuals, become active members of new communities, make lasting friendships, and develop a deeper global understanding. We hope students not only learn from the experience, but also look back on it as a highlight of their school years.

La Pietra is committed to expanding global opportunities for its students and will continue to explore and establish cultural exchange partnerships around the world.

About La Pietra – Hawai'i School for Girls



Our Mission: We educate young women to lead a life of purpose.

This mission reflects La Pietra's commitment to creating an education and campus culture that strives to foster individual growth for each student. We firmly believe a La Pietra education allows students to define their unique purpose and path both in school and life.

Our History

Established in 1964, La Pietra – Hawai'i School for Girls was the vision of a small group of forward-thinking women. They believed that girls in Hawaii would thrive in a school built just for them. 60 years later, La Pietra continues to be a place where young women flourish in a supportive community valuing each girl's journey toward purpose, passion, confidence and success that they themselves define.



Housed in the former Tuscan-villa inspired family home of Walter Dillingham, we at La Pietra treasure the balance of old-world Classicism and the natural, vibrant beauty of our island that coalesce on our campus. La Pietra, the original name of the villa our campus was designed after, translates to "the stone." Our mission is to be the foundation of every student's journey.

Lorraine Day Cooke, Barbara Cox

Anthony, and the tireless board of trustees opened the Hawai'i School for Girls (HSG) in 1964 at Central Union Church. It consisted of nine founding teachers, 55 girls, and Headmaster Joseph Pynchon. After purchasing the Dillingham Estate in 1969, HSG relocated to its current location. Mrs. Anthony joined the school's board of trustees, where she served many years as Board Chair. Under the strong leadership of Mrs. Anthony and Mr. Pynchon, La Pietra flourished. It remains the island's only secular independent girls' school.

Today, La Pietra – Hawai'i School for Girls is an independent, college preparatory school for girls in Grades 6 through 12. The student-teacher ratio is seven to one, ensuring full attention to every student. The school is fully accredited by the Western Association of Schools and Colleges (WASC). The school is a charter member of the Hawaii Association of Independent Schools (HAIS) and a member of the National Association of Independent Schools (NAIS).

How the Exchange Program Works

Overview

Each exchange is negotiated on an individual basis. The timing and duration of the exchange can vary depending on location and the calendar year. The exchange may take place partly during the school term and partly during school breaks, depending on the academic calendars of both schools.

Typically, a minimum of two La Pietra students are selected for each exchange. Traveling in pairs helps students adjust more easily and provides mutual support while abroad. If a partner school cannot provide two reciprocal students, or if La Pietra does not have two suitable candidates, the exchange may not proceed. Unless both sets of parents agree otherwise, the two students are expected to travel together to and from the host country.



Expenses

There is no exchange of tuition or boarding fees between partner schools, and exchange students are considered domestic, not international, students.

When a student participates in an exchange abroad, her family is responsible for covering the cost of her round-trip airfare, travel and medical insurance, any pre-arranged school trips, and personal spending money. Participating schools are not liable for lost tickets or travel documents. Students should bring some cash in the local currency of their destination, along with a debit or credit card (which allows parents to monitor spending). This combination is generally more practical than travelers' cheques.

The host family, whether at La Pietra or abroad, will cover daily living expenses for the visiting student. This includes school transportation, entrance fees for family outings, meals at restaurants, and other day-to-day costs. Host families will also provide the same school lunch arrangement for the visiting student as they do for their own child, and will make every effort to offer engaging experiences, such as local sightseeing or cultural outings. Unless otherwise discussed in advance, these costs will be covered by the host family.

To ensure a smooth and successful exchange experience, participating families must be in sound financial standing with La Pietra and able to cover all program-related expenses.

Application Process



Students interested in the Global Exchange Program will complete a Student Application, with input from a parent or guardian. Once applications are received, a shortlist of applicants will be created, and interviews will take place. Selection is based on strong academics, character, and the ability to represent La Pietra with pride and positivity. Teachers and staff may be asked to offer insight into each student's readiness to be both a thoughtful host and an excellent ambassador for La Pietra.

Exchange coordinators from La Pietra and the partner school will thoughtfully match students based on their profiles. Once matched, students and families are encouraged to connect and start building a relationship ahead of the exchange.

Once a student is accepted and offered a place as an exchange student, this acceptance is formalized with the completion of several forms: permission to travel, code of conduct, medical, consent for school trips/outings, power of attorney. Students must be prepared to have a medical form signed by the family's doctor to verify the student's suitability to travel. Acceptance as an exchange student is

conditional on the student and her parent/guardian signing the Code of Conduct and Global Exchange Program agreement.

Families will work with Ms. Ali Beste to arrange their daughter's travel and are responsible for covering all related costs, including airfare, visas, travel and medical insurance, school excursions, and personal spending money. We also ask families to be prepared for unexpected travel expenses, including in the rare event that the exchange is canceled prior to departure. This responsibility remains regardless of the reason for cancellation.

Medical & Travel Insurance

Medical and travel insurance is mandatory, and exchange students should bring proof of coverage and any necessary reimbursement forms (to be completed by the attending physician). If needed, the host family or school may pay the medical bill upfront, but the exchange family remains responsible for reimbursement.



Accommodations

Accommodations for exchange students are arranged by the host institution and are typically provided by a host family. In some cases, partner schools offer the possibility of staying in a school dormitory with a host sister to provide an on-campus experience. If dormitory housing is part of the experience, families will be informed well in advance. Students are expected to respect and follow the household or dormitory rules, which will be clearly communicated upon arrival. Host families and partner schools will make every effort to offer engaging experiences, such as sightseeing or family outings, and, unless otherwise discussed in advance, will cover the associated costs.

Each student will be greeted at the airport by either their host family or partner school representative. The student's home school will be contacted to confirm safe arrival.

The host school will provide a course of study and class schedule that supports the exchange student's academic needs, to the best of its ability. Students are expected to maintain academic standards set by both their home and host schools. Teachers will encourage students to actively participate in class, complete daily assignments, and make the most of their learning experience. Study periods can be arranged to help students keep up with any ongoing coursework from their home school. While exchange students typically follow the same class schedule as their host student, adjustments can be made based on individual needs or interests.

Code of Conduct

Participating students are expected to follow the rules, dress code, and expectations of both their host school and La Pietra, as outlined in this handbook and the signed Code of Conduct Agreement. Students must attend all scheduled classes and school-related commitments, and are encouraged to participate in extracurricular activities and community life at their host school.

At schools where uniforms are required, students agree to wear the appropriate uniform—whether their own or that of the host school—during school hours and at official school events. Students are expected to uphold respectful, responsible behavior at all times. This includes following local laws, school rules, and all agreed-upon guidelines while traveling, attending school, and during time spent outside of school hours

If a student does not meet these expectations, and concerns persist after discussion and warnings, the Head of School at the host institution reserves the right to end the exchange and require the student to return home at the family's expense.

Please note: The use of alcohol, illegal substances, or drugs, whether while abroad or while hosting, is strictly prohibited and will result in immediate removal from the program.

Orientation Program



On the first day of school, exchange students and their hosts should report to La Pietra's Front Office. Students will receive a class schedule, bell schedule, and student handbook. A staff member will introduce the student to her host sister and key faculty and staff, including the Head of School, Dean of Academics, Class Advisor, Hui Teacher, and others. Students will have the opportunity to ask questions, get settled, and begin integrating into school life.

Responsibilities of the Host & Home Schools:

Both La Pietra and its partner schools work together to ensure a smooth and enriching exchange experience. The host school is responsible for welcoming and supporting the exchange student during

her stay. This includes arranging a class schedule, communicating school expectations, and encouraging the student to participate fully in school life – academically, socially, and culturally. If a school uniform is required, it will be provided.

The home school collaborates with the host school to coordinate logistics, including travel dates, required documentation, and academic planning. Both schools remain in close communication before, during, and after the exchange, and will ensure that a 24/7 contact is



available for the student and their family throughout the experience.

If a student is not meeting the expectations of the exchange program, the host school reserves the right to end the exchange early and return the student home at the family's expense.

Responsibilities of the Host Family:

Host families play an essential role in creating a welcoming, supportive environment for the exchange student. Families are expected to provide reliable daily transportation to and from school, a comfortable sleeping arrangement (either a private room or one shared with their daughter), and clear communication around household expectations such as curfews, screen time, or technology use. Host families should offer emotional support as the student adjusts to a new culture and routine, and include her in after-school and weekend activities whenever possible to help her feel engaged and at home. Students should also have reasonable access to the internet and phone so they can stay in touch with their families. Any concerns, absences, or plans that may affect the student should be communicated promptly to the exchange coordinator.

- 1. **Be Prepared & Culturally Aware:** Participating as an exchange student should be a fun, enriching, and memorable experience. You're not just a guest—you're also an ambassador for your school and community. Be prepared to share about your home culture and show respect for the customs and values of others. Use good judgment, be culturally sensitive, and avoid language or behavior that could cause offense.
- 2. **Be a Respectful Guest:** Treat your host family with kindness help with household tasks, keep your space tidy, and follow family expectations. Dress respectfully when out of uniform and be appreciative of the experience.
- 3. **Stay Engaged Academically:** Stay engaged academically by attending all classes, completing assignments, and using study time to stay on top of any home schoolwork. Participate fully in school life, both in and out of the classroom.
- 4. **Communicate & Ask for Help:** If you feel homesick, overwhelmed, or unsure, don't hesitate to talk to your host family, a teacher, or the exchange coordinator. These local supports are there to help you navigate challenges and make the most of your experience. It's completely normal to miss home, and you are encouraged to stay connected with your family while also relying on those around you for day-to-day support. If you ever feel unsafe or at risk, contact the exchange coordinator immediately.
- 5. **Follow All Rules:** Above all, follow the rules and expectations of your host country, host school, and La Pietra. This includes attendance, dress code, and conduct policies. The use of alcohol or drugs while on exchange—whether abroad or while hosting—is strictly prohibited and will result in removal from the program.
- 6. **Reflect on Your Experience:** Throughout your exchange, you are encouraged to keep a journal, written, video, blog, or otherwise, to help process and remember your experience. These reflections may also inspire a short article for *La Pietra Days* or the school e-newsletter upon your return. In addition, you may be invited to create a brief Cultural Exchange Project. This might involve sharing about your home culture with your host school and/or reflecting on your exchange experience for your home community. If a project is required, you will be notified in advance. These opportunities allow you to express what made your exchange meaningful and help build cultural understanding in both school communities.

Advice for Parents/Guardians:

- 1. **Prepare Your Daughter for Cultural Differences:** Help your daughter understand that household rules and parenting styles vary across cultures. What feels normal at home may be unfamiliar, or even impolite, in another country. Talk with her about flexibility, cultural respect, and keeping an open mind.
- 2. **Talk About Life Abroad:** In addition to household or cultural norms, your daughter may encounter broader differences in daily life—such as safety practices, healthcare access, legal expectations, or public behavior. Having these conversations ahead of time will help her feel more aware and confident while adjusting to a new environment.
- 3. **Discuss Expectations:** Have open conversations about your expectations regarding alcohol, drugs (including illegal substances), vaping, smoking, driving, and general behavior. These discussions are essential to her well-being, safety, and personal responsibility during the exchange.
- 4. Stay Connected, But Empower Her Independence:

Make sure your daughter has a phone plan with long-distance or international coverage so she can reach home if needed. At the same time, encourage her to rely on her host family and school staff for local support while abroad.

5. Send a Thoughtful Gift:

Support your daughter in preparing a small gift for her host family and tokens of appreciation for new friends she may meet during the visit. Local favorites, like Hawaiian chocolate-covered macadamia nuts, coffee, or kukui nut lei, make wonderful gifts.

Travel Arrangements

Students must have a valid passport for six months beyond the end of the trip. Students must ensure they have the correct visa. Please check very carefully if your daughter travels on another country's passport.

It is required by law that all tourist and business visitors to the USA have a valid Electronic System of Travel Authorisation (ESTA). It is mandatory for students to have health and travel insurance paid in advance.



Important Contacts at La Pietra – Hawai'i School for Girls

Name	Role	Email	Phone
Ms. Jennifer Grems	Head of School	jgrems@lapietra.edu	(808) 922-2744 ext. 101
Ms. Alison Beste	Director of Curricular Innovation & Global Exchange Coordinator	abeste@lapietra.edu	(808) 922-2744 ext. 115
Ms. Kristie Han	Dean of Students	khan@lapietra.edu	(808) 922-2744 ext. 103
Mr. Benjamin Roosevelt	Dean of Academics & Faculty	broosevelt@lapietra.edu	(808) 922-2744 ext. 104
Dawn Ijiri	Director of Human Resources	dijiri@lapietra.edu	(808) 922-2744 ext. 102
Anne Nakakura	Director of Finance & Operations	anakakura@lapietra.edu	(808) 922-2744 ext. 105
Ann Kam	Executive Assistant & Office Manager	akam@lapietra.edu	(808) 922-2744
Hawaii Center for Children & Families (HCCF)	Learning & Behavioral Support	HCCF@lapietra.edu	(808) 922-2744 ext. 116

All of the staff listed above can offer support or guidance to the exchange student. Director of Curricular Innovation & Global Exchange Coordinator, Ms. Alison Beste, is available at abeste@lapietra.edu.



LIFE-LONG LEARNERS

Curious and creative, La Pietra graduates are life-long learners who are prepared for college and beyond. As critical thinkers, our graduates are not afraid to ask questions and actively seek solutions.

COLLABORATIVE COMMUNICATORS

La Pietra graduates communicate effectively in a variety of settings by not only sharing, but also actively listening to the thoughts and ideas of others.

EMPOWERED

La Pietra graduates are engaged citizens who actively seek justice and work to right wrongs to ensure a more equitable society. They recognize and celebrate differences as open-minded, tolerant, and inclusive individuals.

EMOTIONALLY INTELLIGENT

La Pietra graduates are empathetic and kind, self-aware and compassionate, and they embody the *kahiau* spirit.

AT LA PIETRA — HAWAI'I SCHOOL FOR GIRLS,
WE EDUCATE YOUNG WOMEN TO LEAD A LIFE OF **PURPOSE.**