Spend a SUMMER ABROAD and immerse yourself in another culture!

Curious about how the other side of the world lives? Live with a host family in Costa Rica and immerse yourself in a world that most tourists rarely get to see. You’ll share everyday life with friends and relatives in the community and build friendships that will last a lifetime.

**STATES’ 4-H INTERNATIONAL PROGRAM DETAILS:**

- **Dates:** June 23 - July 22, 2016
- **Capacity:** 10 delegates maximum, 5 delegates minimum
- **Cost:** $1,350 plus airfare.
  - Current airfare estimate: $850-$1,400.
    - (Airfare from Alaska may be higher)

Delegates arrive in Costa Rica on June 24th for a two night arrival orientation, which includes sightseeing and cultural activities. Afterwards, delegates meet their Costa Rica 4-S host families and begin the homestay (a host sibling of similar age is not guaranteed). Delegates will also participate in a variety of 4-S club related activities.

**Program Fees Include:**

- Overnight National Departure Orientation in a U.S. gateway city on June 23 the day before the international flight on June 24
- Two-night arrival orientation in San Jose or Liberia
- Sightseeing and cultural excursions
- In-Costa expenses: lodging, meals, and most transportation*
  - (*Depending on host family location, delegates may be responsible for local bus transportation during the homestay)
- Orientation materials and States’ 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses
2016 COSTA RICA EXCHANGE

States’ 4-H International’s mission is to enhance world understanding and global citizenship, which we believe can be achieved through living with a local host family and immersing oneself in another culture.

“...one that surely will influence me for the rest of my life. I feel like I’ve grown as a person, and my perspective on the world has changed drastically.”

-States’ 4-H Outbound Alumna

Timeline*:

November 1: Application & $1,000 deposit payable to States 4-H Exchange and $250.00 deposit due payable to MO 4-H Foundation.
Mid-January: States’ 4-H notifies applicants of their status
February 1: $1,000 payment due to States’ 4-H National Office
Mid-February: States’ 4-H books non-refundable air tickets
March 1: Medical form & passport copy due to States’ 4-H Office
Early to mid-spring: State orientations conducted, delegates receive States’ 4-H travel handbook.
Mid to late spring: Host family placement announced
May 1: Remaining balance due to States’ 4-H National Office
Summer: Students fly to a U.S. hub city for National Departure Orientation the day before the international flight.

*Some states may have an earlier timeline set in order to approve documents before they are forwarded to the National Office.

Who can apply:
4-H youth who want to learn first-hand about another culture and gain a global perspective. Must be age 15-18 from the first day to the last day of the exchange (you must not be in college). 4-H enrollment guidelines and ages vary by state.

How to apply:
Contact your local 4-H coordinator to apply.

FAQs:

Q: Will a chaperone accompany the group?
A: Yes! Adult chaperones accompany the group during international travel and remain in-country to provide support during the exchange.

Q: Do I need to speak Spanish?
A: No prior language study is required, but it certainly is helpful! Our international partners have English-speaking staff on hand to assist you in communication.

Q: How will States’ 4-H prepare me for my homestay?
A: States’ 4-H provides travel handbooks that cover everything from packing lists to financial matters to cultural information. In addition, each state conducts an spring orientation covering these topics. Delegates also receive details during the States’ 4-H group conference call in late spring and a National Departure Orientation the day before the international flight.

For more information:
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