Curious about how the other side of the world lives? Live with a host family in Norway 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 29 - July 31, 2016

**Capacity:**  
15 delegates maximum, 5 delegates minimum

**Cost:**  
$2,185 plus airfare.  
Current airfare estimate: $1,500-$1,900.  
(Airfare from Alaska may be higher)

Delegates arrive in Oslo on July 1st for a two night arrival orientation, which includes an introduction to Norwegian culture and basic language phrases. Afterwards, delegates meet their Norwegian 4-H host family and begin the homestay (A host sibling of similar age is not guaranteed. Delegates may have more than one host family.). Delegates will also attend the Norway 4-H National Camp for seven days where they’ll meet hundreds of other 4-Hers.

**Program Fees Include:**

- Overnight National Departure Orientation in a U.S. gateway city on June 29 the day before the international flight on June 30
- Two-night arrival orientation in Oslo
- Sightseeing and cultural excursions in Oslo
- In-Norway expenses: transportation, lodging, meals
- Norway 4-H National Camp
- Orientation materials and States’ 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses
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.

“I had such an astonishing experience, 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 due 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: $2,000 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 Norwegian?

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 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:

www.states4hexchange.org
www.facebook.com/states4hexchange
exchange@states4h.org
(206) 462-2200
(800) 407-3314

- Program details subject to change

S4-H Policies:

- Payments NOT refundable after each deadline (Air ticket is issued in Feb and is NOT refundable once issued).

- For exceptional circumstances, refunds are made on a case-by-case basis