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.

Who can apply: 4-H youth ages 15-18 (must turn 15 by the date of travel and no older than 18 during exchange period; must not be in college)

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

Application & Payment Deadlines:
Dec. 1: Application & $1,000
Dec. 1: $250 In-state Fee
Jan. 25: $2,000
Feb. 25: Medical form & Passport copy
Apr. 25: Remaining balance

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

Cancellation Policy:
- Payments NOT refundable after each deadline (Air ticket is issued by end of January and is NOT refundable once issued).
- For exceptional circumstances, refunds are made on a case-by-case basis.
- Program may be cancelled if less than 5 participants

*Host sibling of similar age not guaranteed.

Program details subject to change

Non-Discrimination Statement
As a an organization comprised of 4-H members, S4-H prohibits discrimination in all its programs and activities on the basis of race, color, national origin, creed, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

Spend a SUMMER ABROAD
and immerse yourself in another culture!

2015 FINLAND EXCHANGE

Curious about how the other side of the world lives? Live with a host family in Finland 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. An adult chaperone will travel with the delegation on all international flights and stay in Finland for the entire exchange period to assist with any concerns. This exchange is coordinated with the Finnish 4H Federation who will organize the Arrival Orientation, homestay and camp.

Dates: June 29 – August 1, 2015

Program Overview:
- Departure orientation in US gateway city
- Two-night arrival orientation and sightseeing in Helsinki, Finland
- Homestay with Finnish family*
- Nordic Camp from July 23-30, 2015 with 1,000 other 4-H youth
- Camp themes: intercultural learning, voluntarism, healthy lifestyle

Capacity: 20 participants

Cost: $1,800 plus airfare.
Current airfare estimate based on past cost: $1,300-$1,900

Program Fees Includes:
- One week Nordic Camp
- Three week homestay
- In-Finland expenses: lodging, meals, transportation to/from host family and to/from camp
- Orientation in the U.S. gateway city & Helsinki
- Health & Accident Insurance
- Pre-trip conference call, orientation materials and t-shirts
- A portion of the adult chaperone expenses
- Overnight departure debriefing in Helsinki

Additional costs to be paid by each delegate may include:
- Passport
- Gifts for host family members
- Spending money and all other personal items