



# 2020 NORWAY EXCHANGE

*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 Norway and immerse yourself in a world that most tourists rarely get to see. You'll share everyday life with friends and relatives in your community and build friendships that will last a lifetime.

## **STATES' 4-H INTERNATIONAL PROGRAM DETAILS:**

- Dates:** June 24 — July 24, 2020
- Capacity:** 20 delegates maximum, 5 delegates minimum
- Cost:** \$2,200 + airfare estimate (\$1,300 - \$2,000) + \$50 travel agent fee.  
*(Airfare varies based on applicant's location)*



Delegates arrive in Oslo 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 their 4-week homestay. A host sibling of similar age is not guaranteed, and delegates may have more than one host family during their stay. The program concludes with a departure debriefing in Oslo.

### **Program Fees Include:**

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

### **Program Timeline\*:**

- |                    |   |
|--------------------|---|
| <b>December 1:</b> | <b>Application &amp; \$1,500 first deposit due to States' 4-H Office**</b>                                      |
| January:           | States' 4-H notifies applicant of acceptance  |
| February 1:        | \$1,500 second deposit due to States' 4-H Office  |
| Late-February:     | States' 4-H issues air tickets  |
| March 1:           | Medical form & passport copy due to States' 4-H Office  |
| Spring:            | State orientations  |
| April 15:          | Third & final payment due to States' 4-H Office   |
| Late Spring:       | States' 4-H Group Conference Call   |
| June 24:           | Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight. |

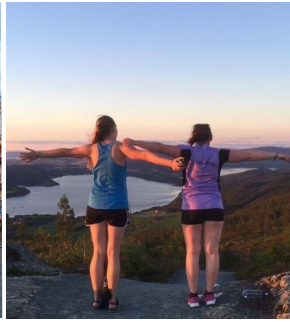
*\*Some states may have an earlier timeline set in order to approve documents before they are forwarded to the National Office.*

*\*\*First payment check will not be deposited until applicant is accepted in January.*



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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

## Who can apply:

4-H youth who want to learn first-hand about another culture and gain a global perspective. Must be between ages **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 learn about your local deadlines and to apply.

## States' 4-H Program Policies:

- Program Cancellations:
  - \* Before January 31, 2020: \$300 cancellation fee. The remaining amount of first program deposit will be refunded
  - \* January 31 - February 15, 2020: Cancellation will equal 100% of first program deposit
  - \* After February 15, 2020: No refund of paid deposits
- Airfare is non-refundable once issued
- In-State Fees may apply
- Unaccompanied Minor fees may apply (up to \$150 each way)
- No donor checks are accepted by the States' 4-H Office, donors must send checks directly to the delegate
- Program details subject to change

## 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 is certainly 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 a 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 their international flight.

## For more information:

[www.states4hexchange.org](http://www.states4hexchange.org)

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(800) 407-3314



 Facebook Page [www.facebook.com/states4hexchange](https://www.facebook.com/states4hexchange)

 Instagram [@states4hinternational](https://www.instagram.com/states4hinternational)