



2024 NORWAY EXCHANGE

Join a *HOMESTAY EXCHANGE* 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 visitors 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 20 — July 20, 2024
- Capacity:** 20 delegates maximum, 7 delegates minimum
- Cost:** \$3,200 + *airfare estimate* (\$1,200 - \$1,400)
(Actual airfare may vary based upon time of booking)



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 **Chicago, IL** the day before the international flight
- Two-night arrival orientation in Oslo
- Sightseeing and cultural excursions in Oslo
- In-Norway expenses: lodging, meals, transportation
- 4H National Camp in Norway
- Orientation materials and States' 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses
- Overnight National Departure Debriefing in **Chicago, IL** after the international flight

Program Timeline*:

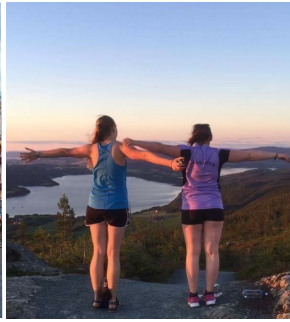
- November 1:** **Application & \$200 deposit due to Kansa 4-H. Interviews will be in Junction City, 11/19/23. Details TBA.**
- December 15:** **Application due to States' 4-H Office**
- January: States' 4-H notifies applicant of acceptance
- January 2:** **\$2,500 first payment due to Mary Kay Munson**
- January 15:** **\$2,500 first payment due to States 4-H**
- February 1: States' 4-H issues international air tickets
- April 1: Passport due to States' 4-H Office
Domestic itinerary due to States' 4-H Office
Remaining payment due to States' 4-H Office
- Early Spring: State-level orientations
- Late Spring: National orientation for all Norway delegates
- June 20: Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight.

***First payment will not be deposited until applicant is accepted in February*



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States' 4-H International's mission is to enhance world understanding and global citizenship; one way to move towards that goal is 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** at the time of international travel (youth must not be in college). 4-H enrollment guidelines and ages vary by state.

How to apply:

Mary Kay Munson, KS 4-H Exchange Coordinator, 1114. N. Spring Valley Rd., Junction City, KS 66441; 785-375-3189; Email—mkm2@ksu.edu; Visit: <https://www.kansas4-h.org/events-activities/global-citizenship/states-4h-international-exchange-program/index.html>.

States' 4-H Program Policies:

- Program Cancellations:
 - * No refund of paid deposits, unless full program cancelled by States' 4-H
- Airfare is non-refundable once issued
- **Participant is responsible for purchasing domestic airfare to/from National Departure in Chicago, IL**
- In-State Fees may apply
- Unaccompanied Minor fees may apply (up to \$150 each way)
- 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

OB@states4h.org

(206) 462-2200



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