



2019 COSTA RICA EXCHANGE

Spend a SUMMER ABROAD and
immerse yourself in another culture!



Are you curious about daily life, culture, and 4-H in other countries?

Live with a host family in Costa Rica and immerse yourself in a world that most tourists rarely get to see. You will share everyday life with friends and relatives in your host community and build friendships that will last a lifetime.

STATES' 4-H INTERNATIONAL PROGRAM DETAILS:

Dates:	June 20 - July 19, 2019
Capacity:	20 delegates maximum, 5 delegates minimum
Cost:	\$1,575 plus airfare + \$50 travel agent fee Current airfare estimate: \$800-\$1,300 (varies based on applicant's location; Alaska may be higher)



Delegates arrive in Costa Rica 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. The program concludes with a departure debriefing in San José.

Program Fees Include:

- Overnight National Departure Orientation in a U.S. gateway city
- Two-night arrival orientation in San José
- Sightseeing and cultural excursions in San José
- In-Costa Rica 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

Program Timeline*:

December 1:	Application & \$1,000 first payment due to States' 4-H Office
January:	States' 4-H notifies applicant of acceptance
February 1:	\$1,000 second payment 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 20:	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. First and second payments pay for airfare and part of the program fee.



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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.



"This was a life changing experience and it has truly changed my mindset on others and the world. I feel a like a different person now, in a good way, and I now have an international family!"

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 apply and learn about your local deadlines.

Cancellation & States' 4-H Policies:

- Program Cancellations:
 - * Before January 31, 2019: \$300 cancellation fee. The remaining \$700 of the first payment will be refunded.
 - * After January 31, 2019: no refunds issued.
- Airfare is non-refundable once issued (airline credit may apply)
- In-State Fees may apply
- 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 Spanish?

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 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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