Apply online at https://www.states4hexchange.org/

The **host sibling** is your child of the same gender and within 3-4 years of the hosted youth.

Families without children of the appropriate age may host an adult chaperone.

No special activities need to be planned, these children hope to experience American culture, make new friends, and improve their English by staying with your family.

Families are responsible for providing room and board for delegates. A shared bedroom with the host sibling is preferred, but the delegate must have their own bed.

**If you’re a first-timer**, you’ll receive a link for completing an online background check. This is required of anyone over 18 who will be living at your house during the exchange period.

**If you’re a first-timer**, or you have moved from your previous home, an in-home interview will be conducted with your entire family either in person or via Skype or Zoom.

**If you’re a first-timer**, submit the two required references when you complete the online application.

When host family screening is complete, you’ll participate in the matching process and receive your delegate’s Personal Information Sheet along with other program resources.

Please wait 2 weeks after the delegate match after has been submitted to contact your delegate. This allows the host country to contact the delegate’s family with your host family information.

If your delegate will be participating in a camp or workshop during the exchange period, submit a Camp Request Form as early as possible. Plan early so camp fees can be reimbursed.

Participate in an online Host Family Orientation session.

Arrive at the meet-up (pick-up) location within the scheduled time frame to take your delegate home.

Have a wonderful Exchange!

Bring your delegate to the good-bye (drop-off) locations within the scheduled time frame or make plans for your delegate can get there with another host family.

Eastern Washington host families will have the option of at least one pick-up and drop-off point on the east side.

*If you have questions before or during the Exchange contact:*

Dianna E Ullery  
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