



Washington 4-H International Exchange

Host Family “How-to”

- 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:

Sadie Williams

WA 4-H International Exchange State Coordinator

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