2023 COSTA RICA EXCHANGE

Join a HOMESTAY EXCHANGE and immerse yourself in another culture!

Are you curious about daily life, culture, and youth leadership programs 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 may last a lifetime.

STATES’ 4-H INTERNATIONAL PROGRAM DETAILS:

Online Application Link: https://smr.to/p84038

Dates: June 21—July 20, 2023  (Dates and activities are tentative and subject to change)
Capacity: 20 delegates maximum, 5 delegates minimum
Cost: $1,895 + airfare estimate ($800 - $1,300) + $50 travel agent fee
(Airfare varies based upon applicant’s location)

Delegates arrive in San José for a two-night arrival orientation, which includes sightseeing and cultural activities. Afterwards, delegates meet their Costa Rican 4-S host families and begin their homestay experience. After approximately 3 weeks with their host families, delegates will gather for a two-day sightseeing excursion to Arenal Volcano National Park. 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, including sight-seeing and cultural excursions
- Two-day visit to Arenal Volcano National Park in Costa Rica expenses: lodging, meals, and most transportation costs (delegates may be responsible for local bus transportation during homestay)
- Orientation materials and States’ 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses

For More Information:
Contact your local 4-H Office, or Carolyn Russo at carolyn.russo@wsu.edu, (509) 754-2011 x4309

Program Timeline:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 15</td>
<td>Washington State Application due</td>
</tr>
<tr>
<td>January 5</td>
<td>Aspirants notified of acceptance at State level</td>
</tr>
<tr>
<td>January 15</td>
<td>Application &amp; $1,000 deposit submitted to national office (money will not be deposited until applicant is accepted)</td>
</tr>
<tr>
<td>February</td>
<td>States’ 4-H notifies applicant of acceptance</td>
</tr>
<tr>
<td>March 15</td>
<td>$1,000 second deposit due to States’ 4-H Office</td>
</tr>
<tr>
<td>March 15</td>
<td>Medical form &amp; Passport due to States’ 4-H Office</td>
</tr>
<tr>
<td>April</td>
<td>States’ 4-H issues air tickets</td>
</tr>
<tr>
<td>Early Spring</td>
<td>State-level orientations</td>
</tr>
<tr>
<td>May 1</td>
<td>Third and final deposit due to States’ 4-H Office</td>
</tr>
<tr>
<td>Late Spring</td>
<td>National orientation for all Costa Rica delegates</td>
</tr>
<tr>
<td>June</td>
<td>Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight</td>
</tr>
</tbody>
</table>

Washington State Applications must be submitted by December 15th.
**2023 COSTA RICA EXCHANGE**

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 has truly changed my mindset on others and the world. I feel like a different person now, in a good way, and I now have an international family!”

- 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 (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.

**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.

**States’ 4-H Program Policies:**
- **Program Cancellations:**
  - Prior to March 31, 2023: $100 cancellation fee. The remaining amount of program deposits will be refunded.
  - After April 1, 2023: No refund of paid deposits, unless full program cancelled by States’ 4-H
- **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

**For more information:**
Washington State Coordinator: Carolyn Russo
carolyn.russo@wsu.edu (509) 754-2011 x4309

States’ 4-H
www.states4hexchange.org
OB@states4h.org
(206) 462-2200
(800) 407-3314
Facebook Page
www.facebook.com/states4hexchange
Instagram @states4hinternational