2023 JAPAN EXCHANGE

Join a HOMESTAY EXCHANGE and immerse yourself in another culture!

Program Fees Include:
- Overnight National Orientation in U.S. gateway city & in Tokyo
- Labo camp or LEX cultural excursions
- In-Japan expenses: lodging, meals, transportation
- Orientation materials and States’ 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses
- 8 Week Program fees include the 4-week Japanese Nihongo language program: language learning in a classroom setting and cultural excursions outside of classroom.*
  *Lunch not included on weekdays during language classes ($7-10/day estimate).

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

Are you curious about daily life, culture, and youth leadership programs in other countries?
Live with a host family in Japan 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

**8 WEEK HOMESTAY PROGRAM**
June 14—August 10, 2023

Capacity: Maximum 20 delegates
Cost: $3,895 + airfare estimate ($1,700 - $2,600) + $50 travel agent fee  
(Airfare varies based on applicant’s location)

For the **first 4 weeks**, stay with a host family **(host sibling not guaranteed)** in the Tokyo area, while attending an intensive **Japanese language Nihongo program**. In the second 4 weeks, you will be placed with a new host sibling and host family. A group camp is offered through Labo and cultural excursions are offered by LEX.

**4 WEEK HOMESTAY PROGRAM**
July 12—August 10, 2023

Capacity: Maximum 30 delegates
Cost: $2,745 + airfare estimate ($1,700 - $2,600) + $50 travel agent fee  
(Airfare varies based on applicant’s location)

Live with a Japanese host family for the month and experience daily life. You will be placed with a host sibling to share your experience and learn about Japanese culture. A group camp is offered through Labo and cultural excursions are offered by LEX.

**Program Timeline:**
December 15: Washington State Application due
January 5: Aspirants notified of acceptance at State level
January 15: Application & deposit submitted to national office  
($2,000 for 8-week; $1,500 for 4-week)  
(money will not be deposited until applicant is accepted)
February: States’ 4-H notifies applicant of acceptance
March 15: Second deposit due to States’ 4-H Office  
($2,000 for 8-week; $1,500 for 4-week)
March 15: Medical form & Passport due to States’ 4-H Office
April: States’ 4-H issues air tickets
Early Spring: State-level orientations
May 1: Third and final deposit due to States’ 4-H Office
Late Spring: National orientation for all Japan delegates
Summer: Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight

**Washington State Applications must be submitted by December 15th.**
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 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 12-18 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 Japanese?
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