



2017 COSTA RICA EXCHANGE

*Spend a SUMMER ABROAD and
immerse yourself in another culture!*



Curious about how the other side of the world lives?

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

STATES' 4-H INTERNATIONAL PROGRAM DETAILS:

Dates:	June 18 - July 17, 2016 (subject to change)
Capacity:	20 delegates maximum, 5 delegates minimum
Cost:	\$1,490 plus airfare + \$50 travel agent fee Current airfare estimate: \$1,100-\$1,900 (Airfare from Alaska may be higher)



The summer program begins with a National Departure Orientation in a major US city on June 18. The following day delegates and chaperone(s) fly as a group to San José, Costa Rica. Delegates arrive in Costa Rica on June 19th 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-Costa 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





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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!"

- States' 4-H Outbound Alumna

Timeline*:

November 1 Application & \$1,000 deposit due and payable to States 4-H Exchange and \$250.00 deposit due and payable to MO 4-H Foundation.

Mid-January: States' 4-H notifies applicants of their status
February 1: \$1,000 payment due to States' 4-H National Office
Late-February: States' 4-H books non-refundable air tickets
March 1: Medical form & passport copy due to States' 4-H Office
Early to mid-spring: State orientations conducted, delegates receive States' 4-H travel handbook.
Mid to late-spring: Host family placement announced
May 1: Remaining balance due to States' 4-H National Office
Summer: Students fly to a U.S. hub city for National Departure Orientation the day before the international flight.

*Some states may have earlier timelines set in order to approve documents before they are forwarded to the National Office, please check with your State Coordinator.

Who can apply:

4-H youth who want to learn first-hand about another culture and gain a global perspective. Must be age **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.

States' 4-H Policies:

- Payments NOT refundable after each deadline (air ticket is issued in Feb and is NOT refundable once issued).
- For exceptional circumstances, refunds are made on a case-by-case basis
- State Orientation Fees may apply
- Unaccompanied Minor fees may apply

- 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 certainly is 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 may conduct a 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:

www.states4hexchange.org

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