2020 NORWAY 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 Norway and immerse yourself in a world that most tourists rarely get to see. You'll share everyday life with friends and relatives in your community and build friendships that will last a lifetime.

STATES' 4-H INTERNATIONAL PROGRAM DETAILS:

Dates:	**June 24 — July 24, 2020**
Capacity:	20 delegates maximum, 5 delegates minimum
Cost:	$2,200 + airfare estimate ($1,300 - $2,000) + $50 travel agent fee. + $250 in state fee *(Airfare varies based on applicant's location)*

Delegates arrive in Oslo for a two-night arrival orientation, which includes an introduction to Norwegian culture and basic language phrases. Afterwards, delegates meet their Norwegian 4-H host family and begin their 4-week homestay. A host sibling of similar age is not guaranteed, and delegates may have more than one host family during their stay. The program concludes with a departure debriefing in Oslo.

Program Fees Include:

- Overnight National Departure Orientation in a U.S. gateway city the day before the international flight
- Two-night arrival orientation in Oslo
- Sightseeing and cultural excursions in Oslo
- In-Norway expenses: lodging, meals, transportation
- Orientation materials and States' 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses

Program Timeline*:

December 1:	**Application & $1,500 first deposit due to States' 4-H Office****
January:	States' 4-H notifies applicant of acceptance
February 1:	$1,500 second deposit due to States' 4-H Office
	$250 in state fee due to Colorado 4-H Foundation
Late-February:	States' 4-H issues air tickets
March 1:	Medical form & passport copy due to States' 4-H Office
Spring:	State orientations
April 15:	Third & final payment due to States' 4-H Office
Late Spring:	States' 4-H Group Conference Call
June 24:	Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight.

**Some states may have an earlier timeline set in order to approve documents before they are forwarded to the National Office.*
***First payment check will not be deposited until applicant is accepted in January.*

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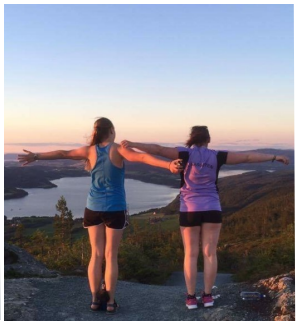
States' 4-H International's mission is to enhance world understanding and **global citizenship,** which we believe can be achieved through living with a local host family and immersing oneself in another culture.



"I had such an astonishing experience, one that surely will influence me for the rest of my life. I feel like I've grown as a person, and my perspective on the world has changed drastically."

-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** 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 learn about your local deadlines and to apply.

States' 4-H Program Policies:

- Program Cancellations:
  - Before January 31, 2020: $300 cancellation fee. The remaining amount of first program deposit will be refunded
  - January 31 - February 15, 2020: Cancellation will equal 100% of first program deposit
  - After February 15, 2020: No refund of paid deposits
- Airfare is non-refundable once issued
- In-State Fee of $250 is non-refundable
- 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

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 Norwegian?

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 their international flight.

For more information:

Melissa Barton, Colorado 4-H International Programs Coordinator

970-213-0899

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www.states4hexchange.org

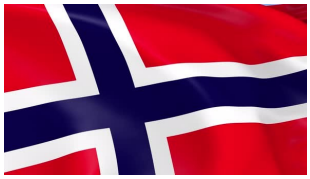

Photo credit to 4H Norge, Silje Vallestad, Samantha Hyronimus, Inkbluesky