



2019 FINLAND EXCHANGE

Including a Nordic camp in Denmark

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



Are you curious about daily life, cultures, and 4-H in other countries?

Live with a host family in Finland and immerse yourself in a world that most tourists rarely get to see. You will 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 26 — July 27, 2019
Capacity:	15 delegates maximum, 5 delegates minimum
Cost:	\$2,300 plus airfare + \$50 travel agent fee. Current airfare estimate: \$1,100-\$1,700 (varies based on applicant's location; Alaska may be higher)



Delegates arrive in Helsinki for a two-night arrival orientation, which includes an introduction to Finnish culture and basic language phrases. Afterwards, delegates meet their Finnish 4-H host family and begin their homestay. From July 21-27, delegates will travel to Denmark for a Nordic camp from with other teenagers and 4Hers.

Program Fees Include:

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

Program Timeline*:

November 1: Application & \$1,500 first payment payable to States' 4-H and \$250.00 Missouri deposit check payable to University of Missouri.

January:	States' 4-H notifies applicant of acceptance
February 1:	\$1,500 second payment due to States' 4-H Office
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 26:	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. First and second payments pay for airfare and part of the program fee.



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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 apply and learn about your local deadlines.

Cancellation & States' 4-H Policies:

- Program Cancellations:
 - * Before January 31, 2019: \$300 cancellation fee. The remaining \$1,200 of the first payment will be refunded.
 - * After January 31, 2019: no refunds issued.
- Airfare is non-refundable once issued (airline credit may apply)
- In-State Fees may apply
- No donor checks are accepted by the States' 4-H Office, donors must send checks directly to the delegate
- Program details subject to change

Please note: A host sibling of similar age is not guaranteed. Delegates may have more than one host family.

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 Finnish?

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 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:

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