



2010 Norway Exchange

- Who:** 4-H youth ages 16-19 (must turn 16 by the date of travel)
- What:** Travel to Norway with 4-H youth from across the U.S. Live with a Norwegian host family during your stay. The 4-week program will include 1 week at Nordic Camp where participants will camp out in tents and sleeping bags with 1000 Norwegian 4Hers at a site near the city of Hamar. An adult chaperone will travel with the delegation on all international flights and stay in Finland for the entire exchange period to assist with any delegate concerns/issues.
- When:** **June 30 – August 2, 2010**
- Where:** Group Orientation in Chicago prior to departure for Oslo where there will be an Arrival Orientation to introduce you to Norway.
- How:** This exchange is coordinated with 4H Norge who will organize the Arrival Orientation and the host family stays.
- Cost:** **Estimated at \$2100 plus Airfare**
 (the above estimated fee is a discounted amount for states who participate in the S4-H Inbound Program hosting a minimum of 10 delegates. For **non-participating states**, the estimated fee is **\$2400 plus Airfare**)

Total program costs (program fee + airfare) are estimated to be **\$3700 - \$4200**
(\$4000 - \$4500 for non-participating states)

Final cost will be dependent upon currency exchange, transportation costs, and the delegate's home airport.

Program Costs Include:

- In-Norway expenses: transportation, lodging, meals
- Nordic Camp
- Orientation in Chicago and Oslo
- Health & Accident Insurance
- Pre-trip conference calls, orientation materials, t-shirt
- Administrative costs
- A portion of the adult chaperone expenses

Additional costs to be paid by each delegate may include:

- Passport
- Gifts for host family members
- Spending money and all other personal items

Application Deadline: December 1, 2009 with \$200.00 deposit payable to Missouri 4-H Foundation

Payment Schedule

- **December 1st** **\$500 deposit with application payable to States' 4-H Exchange** (refundable until April 1st)
- **March 1st** **Airfare** (estimated at \$1600 – \$2100 depending on home airport; non-refundable once issued)
- **May 1st** **Remaining balance**

Cancellation Policy

- **Payments NOT refundable after each deadline (Airfare NOT refundable once issued)**
- Cancellations must be made in writing
- For exceptional circumstances, refunds are made on a case-by-case basis