2024 COSTA RICA EXCHANGE

Join a HOMESTAY EXCHANGE and immerse yourself in another culture!

Are you curious about daily life, culture, and 4-H in other countries? Live with a host family in Costa Rica and immerse yourself in a world that most visitors rarely get to see. You can share everyday life with friends and relatives in your host community and build friendships that will last a lifetime.

STATES’ 4-H INTERNATIONAL PROGRAM DETAILS:

**Dates:** June 20—July 19, 2024
**Capacity:** 15 delegates maximum, 7 delegates minimum
**Cost:** $2,300 + airfare estimate ($1,100 - $1,400)
*(Actual airfare may vary at time of booking)*

Delegates arrive in San José for a two-night arrival orientation, which includes sightseeing and cultural activities. Afterwards, delegates meet their Costa Rican 4-S host families and begin their homestay experience. Delegates will spend approximately 3 weeks with their host families. They will also gather for a two-day sightseeing excursion to Arenal Volcano National Park. The program concludes with a departure debriefing in San José.

**Program Fees Include:**
- Overnight National Departure Orientation in Dallas, TX
- Two-night arrival orientation in San José, including sight-seeing and cultural excursions
- Two-day visit to Arenal Volcano National Park
- In-Costa Rica expenses: lodging, meals, and most transportation costs *(delegates may be responsible for local bus transportation during homestay)*
- Orientation materials and States’ 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses
- Overnight National Departure Debriefing in Dallas, TX

**Deposits due November 1 with application University of Missouri $250.00 and State 4-H Exchange $2,000. Separate checks. Checks will not be deposited until accepted at National level.**

**Program Timeline***:

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>November 1</td>
<td>Application due to Missouri 4-H Office</td>
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<td>November 18</td>
<td>Required Interview—Columbia, MO</td>
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<td>January</td>
<td>States’ 4-H notifies applicant of acceptance</td>
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<td>January 15</td>
<td>$2,000 first payment due</td>
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<td>February 1</td>
<td>States’ 4-H issues international air tickets</td>
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<td>April 1</td>
<td>Passport due to States’ 4-H Office</td>
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<td>Early Spring</td>
<td>Domestic itinerary due to States’ 4-H Office</td>
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<td>Late Spring</td>
<td>Remaining payment due to States’ 4-H Office</td>
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<td>June 20</td>
<td>State-level orientations</td>
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<td></td>
<td>National orientation for all Costa Rica delegates</td>
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<td>Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight.</td>
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States’ 4-H International’s mission is to enhance world understanding and global citizenship; one way to move towards that goal is through living with a local host family and immersing oneself in another culture.

**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 at the time of international travel (applicant 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.

**States’ 4-H Program Policies:**
- Program Cancellations:
  - No refund of paid deposits, unless full program cancelled by States’ 4-H
  - Airfare is non-refundable once issued
- Participant is responsible for purchasing domestic airfare to/from National Departure in Dallas, TX
- In-State Fees may apply
- Unaccompanied Minor fees may apply (up to $150 each way)
- 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 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:
www.states4hexchange.org
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(206) 462-2200

Facebook Page www.facebook.com/states4hexchange
Instagram @states4hinternational

“This was a life-changing experience and 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