



# 2024 NORWAY EXCHANGE

Join a *HOMESTAY EXCHANGE* 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 visitors 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 20 — July 20, 2024
Capacity:	20 delegates maximum, 7 delegates minimum
Cost:	\$3,200 + <i>airfare estimate (\$1,200 - \$1,400)</i> <i>(Actual airfare may vary based upon time of booking)</i>



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 **Chicago, IL** before the international flight
- Two-night arrival orientation in Oslo
- Sightseeing and cultural excursions in Oslo
- In-Norway expenses: lodging, meals
- 4H National Camp in Norway
- Orientation materials and States' 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses
- Overnight National Departure Debriefing in **Chicago, IL** after the international flight
- **Deposits due Nov 1 with application. Univ. of MO \$250.00; States 4-H \$2,500. (2 checks)**

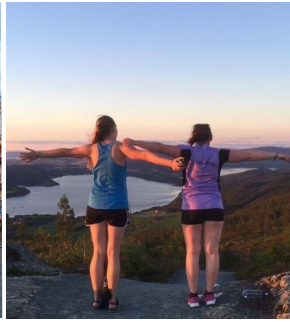
### **Program Timeline:**

<b>November 1</b>	<b>Application due to Missouri 4-H Office</b>
<b>November 18</b>	<b>Required Interview—Columbia, MO</b>
January:	States' 4-H notifies applicant of acceptance
<b>January 15:</b>	<b>\$2,500 first payment due*</b>
February 1:	States' 4-H issues international air tickets
April 1:	Passport due to States' 4-H Office
	Domestic itinerary due to States' 4-H Office
	Remaining payment due to States' 4-H Office
Early Spring:	State-level orientations
Late Spring	National orientation for all Norway delegates
June 20:	Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight.



# 2024 NORWAY EXCHANGE

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.



*"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** at the time of international travel (youth 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:
  - \* 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 Chicago, IL**
- 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 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 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 their international flight.

## For more information:

[www.states4hexchange.org](http://www.states4hexchange.org)

[OB@states4h.org](mailto:OB@states4h.org)

(206) 462-2200



Facebook Page [www.facebook.com/states4hexchange](https://www.facebook.com/states4hexchange)



Instagram [@states4hinternational](https://www.instagram.com/states4hinternational)