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 + airfare estimate ($1,200 - $1,400) *(Actual airfare may vary based upon time of booking)*

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**, lay 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:**

- **November 1:** Application due to Missouri 4-H Office
- **November 18:** Required Interview—Columbia, MO
- **January:** States’ 4-H notifies applicant of acceptance
- **January 15:** $2,500 first payment due*
- **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.
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:**
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[Facebook Page](http://www.facebook.com/states4hexchange)
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