



2020 NORWAY EXCHANGE

Spend a SUMMER ABROAD 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 tourists 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 24 — July 24, 2020
- Capacity:** 20 delegates maximum, 5 delegates minimum
- Cost:** \$2,200 + airfare estimate (\$1,300 - \$2,000) + \$50 travel agent fee.
(Airfare varies based on applicant's location)



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

Program Timeline:

- November 15:** Application & \$1,500 first deposit due to Montana 4-H
- January: States' 4-H notifies applicant of acceptance
- January 15: \$1,500 second deposit due to Montana 4-H
- Late-February: States' 4-H issues air tickets
- February 15: Medical form & passport copy due to Montana 4-H
- Spring: State orientations
- April 1: T hird & final payment due to Montana 4-H
- Late Spring: States' 4-H Group Conference Call
- June 24: Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight.

***First payment check will not be deposited until applicant is accepted in January.*



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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 learn about your local deadlines and to apply.

States' 4-H Program Policies:

- Program Cancellations:
 - * Before January 31, 2020: \$300 cancellation fee. The remaining amount of first program deposit will be refunded
 - * January 31 - February 15, 2020: Cancellation will equal 100% of first program deposit
 - * After February 15, 2020: No refund of paid deposits
- Airfare is non-refundable once issued
- In-State Fees may apply
- Unaccompanied Minor fees may apply (up to \$150 each way)
- No donor checks are accepted by the States' 4-H Office, donors must send checks directly to the delegate
- 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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