



2020 COSTA RICA EXCHANGE

Spend a **SUMMER ABROAD** 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 tourists rarely get to see. You will 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 18—July 17, 2020
Capacity:	20 delegates maximum, 5 delegates minimum
Cost:	\$1,775 + airfare estimate (\$800 - \$1,300) + \$50 travel agent fee <i>(Airfare varies based on applicant's location)</i>



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. After approximately 3 weeks with their host families, delegates will 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 a U.S. gateway city
- Two-night arrival orientation in San José, including sightseeing 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

Program Timeline*:

November 15:	Application & \$1,000 first deposit due to Montana 4-H
January:	States' 4-H notifies applicant of acceptance
January 15:	\$1,000 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-level orientations
April 1:	Third & final deposit due to Montana 4-H
Late Spring:	States' 4-H group conference call for Costa Rica delegates
June 18:	Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight.

***First payment 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.



"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

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 apply and learn about your local deadlines.

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 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.montana4h.org

www.states4hexchange.org

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