



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 (Airfare varies based on applicant's location)



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*:

December 1:	Application & \$1,000 first deposit due to States' 4-H Office**
January:	States' 4-H notifies applicant of acceptance
February 1:	\$1,000 second deposit due to States' 4-H Office
Late-February:	States' 4-H issues air tickets
March 1:	Medical form & passport copy due to States' 4-H Office
Spring:	State-level orientations
April 15:	Third & final deposit due to States' 4-H Office
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.

**Some states may have an earlier timeline set in order to approve documents before they are forwarded to the National Office.*

***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 an 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:

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