



2023 COSTA RICA EXCHANGE

Join a HOMESTAY EXCHANGE 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 16—July 15, 2023 (*tentative dates*)
(Dates and activities subject to change)
- Capacity:** 20 delegates maximum, 5 delegates minimum
- Cost:** \$1,895 + airfare estimate (\$800 - \$1,300) + \$50 travel agent fee
(Airfare varies based upon 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 Timeline*:

Program Fees Include:

- Overnight National Departure Orientation in a U.S. gateway city
 - Two-night arrival orientation in San José, including sight-seeing 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
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|--------------------|---|
| January 15: | Application & \$1,000 first deposit due to States' 4-H Office** |
| February: | States' 4-H notifies applicant of acceptance |
| March 15: | \$1,000 second deposit due to States' 4-H Office |
| March 15: | Medical form & Passport due to States' 4-H Office |
| April: | States' 4-H issues air tickets |
| Early Spring: | State-level orientations |
| May 1: | Third and final deposit due to States' 4-H Office |
| Late Spring | National orientation for all Costa Rica delegates |
| June 16: | 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 February*



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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 a 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** at the time of international travel (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:
 - * Prior to March 31, 2023: \$100 cancellation fee. The remaining amount of program deposits will be refunded.
 - * After April 1, 2023: No refund of paid deposits, unless full program cancelled by States' 4-H
- 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:

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