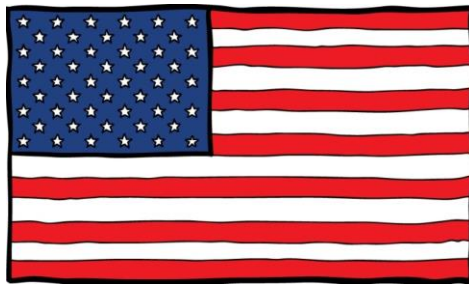


States' 4-H International Exchange Programs



2015 In-USA Exchange Program Participant Handbook





States' 4-H International Exchange Programs

Complete this section for your reference:

State Coordinator Information

Your State Coordinator (SC) oversees all delegates placed in your state. S/he is available to answer questions and assist you throughout the program.

SC Name:

Address:

Telephone:

Fax:

Email:

S4-H Headquarters

S4-H Headquarters is located in Seattle, Washington. The S4-H Program Manager works from this office and manages the program for all S4-H month-long delegates in the United States.

Address: 1601 Fifth Avenue, Suite 2230
Seattle, WA 98101

Telephone: 1-206-462-2200
1-800-407-3314

Fax: 1-206-462-2199

Hours: 8:30 AM - 5:00 PM
Pacific Time

Website: <http://www.states4Hexchange.org>

Program Manager

Crystal Oswald-Herold
Crystal@states4h.org
Emergency phone:
1-206-380-5686



S4-H President

Yoko Kawaguchi
yoko@states4h.org



Chaperone

Name: _____ Host family name: _____

Host family address: _____

Host family telephone: () _____

Chaperone Email: _____

Host Family

Name: _____

Address: _____

City: _____ Zip: _____

Telephone: () _____

Email: _____



States' 4-H International Exchange Programs

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States' 4-H International Exchange Programs

Dear S4-H Exchange Participant,

Congratulations! You are about to begin an amazing adventure through States' 4-H International Exchange Programs. For some of you, this will be your first trip outside of your home country, perhaps even your first airplane flight! There are a lot of things for you to think about and plan for. This guidebook is designed to help you through the process of preparing for your trip. Of course, you can do some research on your own as well. For example, you can:



- Have conversations with people who are from the United States or those who have traveled there.
- Read books or watch movies about the United States, or look up information on the internet.
- Start thinking now about what you want to learn during the program. Write down the most important questions you hope to answer or goals that you hope to accomplish.
- Begin communicating with your host family to start building a friendship.

Experiencing another culture first-hand can be a life changing experience. You will come back home with new and broader perspectives, a respect for different cultures and a better understanding of YOURSELF!

See you soon!

The States' 4-H International team



States' 4-H International Exchange Programs

1. About States' 4-H International (S4-H)

About 4-H

4-H is the nation's largest youth development organization, and it is found in more than 70 countries in North America, South America, Central America, Europe, Asia and Africa. In the United States, 4-H is a community of six million young people across America learning leadership, citizenship, and life skills. 4-H National Headquarters is located in the United States Department of Agriculture (USDA) and is overseen by the National Institute of Food and Agriculture (NIFA). 4-H programs are implemented by the 109 land-grant universities and the Cooperative Extension System through their 3,100 local Extension offices across the country. Learn more about 4-H at 4-H.org.

About States' 4-H International Exchange Programs (S4-H)

S4-H is a not-for-profit educational and cultural organization, established under IRS code 501(c)3, in the State of Washington. S4-H is governed by a board of directors comprised of 4-H Extension professionals from across the U.S. with overall operations overseen by the president. S4-H is headquartered in Seattle, Washington where full-time staff manage the programs.

The 4-H National Headquarters at NIFA has authorized S4-H to use the 4-H name and emblem. S4-H is a member of and is granted full listing by the Council for Standards on International Educational Travel (CSIET). S4-H is granted J-1 Visa issuing authority by the U.S. Department of State. S4-H programs are coordinated through the State 4-H Office by 4-H Youth Development Centers of the Cooperative Extension System at Land Grant Colleges and Universities in each state.

S4-H, formerly known as the 4-H International Programs Committee (4-H IPC), has existed since 1972. Since then, more than 48,000 families in the U.S. have hosted youth on short-term visits from Argentina, Costa Rica, Finland, Japan, Kenya, Korea, Nigeria, Norway, South Africa, and Tanzania ranging in ages from 12 – 18, and more than 7,500 American youth have made reciprocal visits to Japan, Australia, Finland, Norway, Costa Rica and Argentina. Since 1988, S4-H has hosted more than 1,500 academic year-long students from Japan and Eurasia.

Mission Statement

Enhancing world understanding and global citizenship through high-quality 4-H international cultural immersion and exchange programs for 4-H aged youth.

We Value

- | | | |
|--------------------------|----------------------|-----------------------|
| • Multiple perspectives | • Global connections | • Tolerance |
| • Respect for others | • Diversity | • Innovation |
| • Cultural understanding | • Learning by doing | • Engaged citizenship |

Vision Statement

States' 4-H International Exchange Programs is the leading provider of cultural immersion and educational exchange programs for the 4-H system, enhancing world understanding and global citizenship.

Non-Discrimination Statement

As an organization comprised of 4-H members, S4-H prohibits discrimination in all its programs and activities on the basis of race, color, national origin, creed, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.



States' 4-H International Exchange Programs

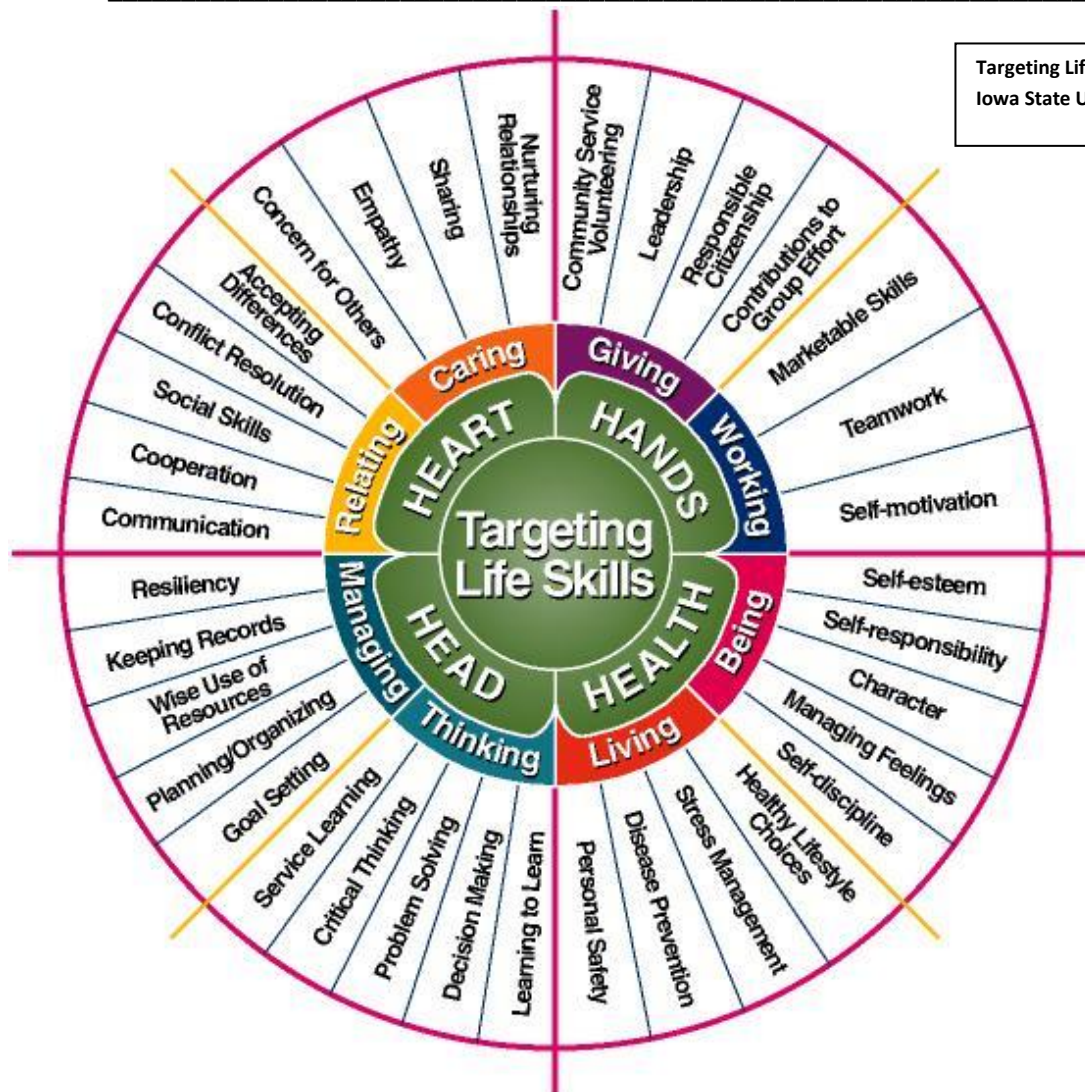
2. Program Goals

The S4-H cultural immersion program is based on a homestay experience where delegates live with a hosting family and a host sibling similar in age. Through this experience you will learn a variety of life skills that will help you in becoming a global citizen.

The 4-H “Targeting Life Skills” diagram assigns life skills to four different quadrants, which correspond with the four areas of development defined by the 4-H program: Head, Heart, Hands, and Health. The diagram shows some of those skills that you may gain or enhance during the exchange experience.

Read the skill diagram below and highlight a few skills you would like to focus on building during the exchange. List a few of your personal goals related to those skills here:

1. _____
2. _____
3. _____



Targeting Life Skills is courtesy of the Iowa State University Extension.



States' 4-H International Exchange Programs

3. Program Pre-Departure Worksheet

Fill out this worksheet in advance of your departure from your home country. The material will be reviewed during the Arrival Orientation in the USA.



- A. List cultural activities you plan to share with your host family. Examples include cooking a traditional meal with your family, teaching them a game or sport, or sharing music and photos.

1. _____
2. _____

- B. List any fears you have about the homestay or travel during the exchange. What can you do before departure to ease your worries?

1. _____
2. _____

- C. List a few questions you have about the USA, American culture and/or your host family in particular. Be sure to ask these questions during the exchange!

1. _____
2. _____

- D. Refer back to the goals you listed in the Program Goals section. Apart from the skill-building goals you listed there, do you have other goals for this program? List them here.

1. _____
2. _____

Make a commitment to review this page half-way through the exchange experience. What do you think about your initial responses? Would you change any of your answers? Which goals have you met?





States' 4-H International Exchange Programs

4. What you should know before you come to the USA

Weather

It will likely be very warm and humid when you arrive in the USA. Of course weather in the hosting states can vary greatly depending on weather patterns, elevation and other factors. No matter where you are being hosted, bring at least one light jacket and a pair of long pants or jeans for nighttime excursions, hiking or other activities, where the climate may be cooler than usual. Of course, bring clothing for warm and hot weather too! To check specific weather patterns in your hosting community, go to www.weather.com and enter the name of the city and state (Prineville, OR, for example) where you will be hosted. Refer to the Celsius/Fahrenheit conversion chart on the next page.

Prescription medicines

If you will be bringing any medicine with you from your home country, make sure it is in the original packaging so Customs inspectors will know what it is. Bring enough medicine for the whole time you are traveling and make sure to pack your medication in your carry-on bag.

Read about the USA

To prepare for your trip to the US, you may wish to read about life in America and in your host state. There is a lot of information available online. Try googling the “tourism” page for the state where you will be hosted. You can also research 4-H in the USA at <http://www.4-h.org>

Passport

During International Travel, be sure to keep your passport in your carry-on bag and with you at all times. Do not place your passport in the seatback pocket on the airplane. Do not put it in your checked luggage.



How to contact home while in the USA

During the Arrival Orientation in the USA, you may have some access to a computer and can email your family or friends at home. During the homestay portion of the program, you may have access to a computer at your host family's home, but you need to limit your time spent on the computer. You should not make or receive phone calls home while on the exchange program. If you must call home, purchase a telephone card to do so as international calls will be expensive for your host family.



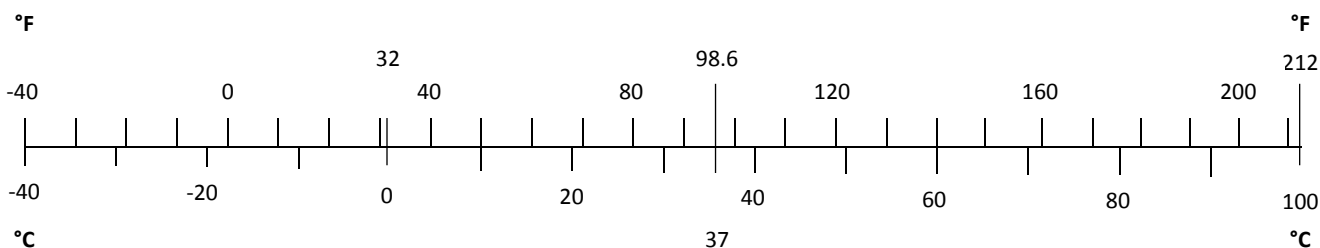
States' 4-H International Exchange Programs

Date Differences

In the USA, we use the date format of Month/Day/Year or MM/DD/YYYY. Therefore, 07/08/2014 would be July 08, 2014, not August 07, 2014.

Conversion Table: Approximate Conversions FROM Metric Measures

Symbol	When you know:	Multiply by:	To find:	Symbol
LENGTH				
mm	millimeters	0.04	inches	in
cm	centimeters	0.4	inches	in
m	meters	3.3	feet	ft
m	meters	1.1	yards	yd
km	kilometers	0.6	miles	mi
AREA				
cm ²	square centimeters	0.16	square inches	in ²
m ²	square meters	1.2	square yards	yd ²
km ²	square kilometers	0.4	square miles	mi ²
ha	hectares (10,000 m ²)	2.5	acres	
MASS (weight)				
g	grams	0.035	ounces	oz
kg	kilograms	2.2	pounds	lb
VOLUME				
ml	milliliters	0.03	fluid ounces	fl oz
l	liters	2.1	pints	pt
l	liters	1.06	quarts	qt
l	liters	0.26	gallons	gal
m ³	cubic meters	35	cubic feet	ft ³
m ³	cubic meters	1.3	cubic yards	yd ³
TEMPERATURE (exact)				
°C	degrees Celsius	$\frac{9}{5}$ (then add 32)	degrees Fahrenheit	°F

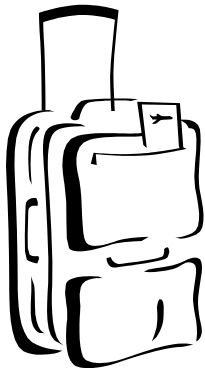




States' 4-H International Exchange Programs

5. Packing for the USA

IMPORTANT:



- You are responsible for transporting your luggage by yourself in the airport and through customs. Don't bring more than you can carry! You may need to be able to carry your luggage 3 or 4 blocks and up/down stairs at the arrival orientation.
- You may bring **one** checked bag, and the maximum weight is 50 pounds/22 kilograms. The checked bag is free on international flights, **but for your domestic flights, you will need to pay the baggage fee** (usually \$25-\$30 USD). Please have cash or a credit card with you during the arrival and departure to pay this fee.
- You are allowed **one** carry-on bag in addition to checked luggage.
- Do not pack liquids in the carry-on bag unless they are 3 oz. or less.

RECOMMENDED PACKING LIST

- ✓ 1 lightweight jacket
- ✓ 1 lightweight sweatshirt or long-sleeve shirt
- ✓ 3-4 T-shirts
- ✓ 3-4 pairs of lightweight pants, skirts and/or shorts
- ✓ 1 pair comfortable walking shoes (i.e., tennis shoes)
- ✓ 1 pair sandals or loafers (easy to slip on and off)
- ✓ 1 swimsuit
- ✓ 5 pairs socks and underwear
- ✓ 1 nice outfit (for a dinner out with the host family, or any other dress-up events)
- ✓ 1 set of pajamas
- ✓ notebook or journal
- ✓ electrical outlet adapter (if needed)
- ✓ Personal toiletries (toothpaste, toothbrush, comb, shampoo, sunblock, contact lens solution, etc.)
- ✓ a small gift for your host family – cultural items or a photo book are encouraged. NOTE: gifts up to \$100 are duty-free. Gifts above \$100 are dutiable at a flat rate of 3%. Do not spend a lot of money on your host family gift – something personal that shows them something about you and/or your country is much more appropriate.



NOTE: Communicate with your host family in advance to see if they have any activities planned that require specific gear (such as hiking boots) and whether you can borrow the gear from them or need to bring your own.





States' 4-H International Exchange Programs

In your CARRY-ON BAG, bring

- ✓ Passport
- ✓ Essential medication and personal toiletries
- ✓ Wallet
- ✓ Something to read on the plane
- ✓ Camera
- ✓ Sunglasses, reading glasses, contact lens case and small bottle of contact lens solution (3 oz. or less) (if necessary)
- ✓ A change of clothes in case your checked luggage is lost (the lightest, least bulky outfit that you are bringing).

DO NOT BRING:

- ⊗ Inappropriate clothing, such as extremely short shorts, miniskirts, or t-shirts with tasteless messages
- ⊗ Fresh fruits, vegetables, and/or meat products
- ⊗ Home dried fruits (must be commercially dried and be in the original unopened package)
- ⊗ Electronics (laptops, iPads, video games, etc) – please leave these at home! They will detract from your ability to connect with your host family and to be “present” for this experience.



Electrical Appliances

In the USA, the electrical current is 120V. Two-blade plugs are polarized, with **one blade larger than the other**, and most electrical outlets are grounded (with the third prong). If you are bringing an electrical appliance, be sure to also bring an adaptor so it will work in the US.



States' 4-H International Exchange Programs

6. Travel

While on the airplane, delegates must follow airline safety rules. Except when using the bathroom or to stretch every couple of hours or so, all delegates should remain in their seats with seatbelts fastened for the duration of the flight. For your safety as well as that of other passengers, you must follow instructions from the flight crew and your chaperone; walking around, visiting/sitting on the floor of the aisles, verbally disrupting those around you are not acceptable behaviors.

FLIGHT TIPS



Drink plenty of water, juice and/or non-caffeinated fluids, during the trip to prevent dehydration.

Drinking too much soda and eating too much candy, combined with long air travel and lack of sleep can cause upset stomachs and make you more susceptible to motion sickness.

Try to sleep at least 3-4 hours so you don't become too tired; however, you may also want to move around the cabin every once in a while. Please keep your seatbelt fastened while you are in your seat.

Sometime during the flight to the USA, the attendant will hand each person a Form I-94 Arrival/Departure Record and a Customs Declaration Form. Each person must complete these forms. (See sample on the following page). If you have any questions, ask one of the adults traveling with you for help. This form will be collected at Immigration & Customs upon arrival at the first American airport in which you land.

Do not store personal items in the seat pocket in front of you. In the excitement of landing, you may forget to retrieve those items. Once you deplane, it is very difficult (and sometimes impossible) for you to reclaim your possessions. This is the main reason delegates lose their passport, airline ticket, money, etc. Keep these personal items in your carry-on bag.

JET LAG

When you step off the airplane, you will find your new world somewhat topsy-turvy due to jet lag. Jet lag leaves the body's biological clock out of sync, causing biochemical changes which can cause drowsiness for days afterwards. Until the body's clock has time to readjust to daily living patterns in a new time frame, you are likely to experience a variety of symptoms which may affect your concentration, memory and performance. Don't worry, everyone experiences some jet lag, even the most experienced travelers...it won't last long.

Symptoms of jet lag will vary among individuals, depending on factors such as age, physical condition and type of personality. Usually, early symptoms include general fatigue, loss of appetite, insomnia, headaches, or you may be sleepy during the day and have trouble falling asleep at night.



States' 4-H International Exchange Programs

PREVENTING JET LAG

Given time, the symptoms of jet lag disappear. But most travelers do not have the luxury of waiting several days for their body's clock to adjust to a new time frame. As an S4-H program participant, you will begin an active schedule immediately upon arrival. Therefore, it is important that you feel good the moment your plane lands.



Steps you can take to minimize jet lag's effects include:

- Leave healthy and stay healthy. Take good care of yourself before and during your exchange. Eat and sleep well (not too much though) and exercise.
- Maximize your comfort on the plane. Loose fitting clothes help your circulation and increase your comfort, especially on long flights. A recommended outfit is layered clothing such as long pants a t-shirt, and a sweatshirt. Wear tennis shoes or sneakers, not sandals, as some flights can be chilly.
- Set your watch to local USA time the moment you board the plane. It sounds silly, but getting your mind adjusted to the new time will help your body do the same.
- Eat lightly and drink plenty of water during the flight.
- Avoid too much sugar, caffeine and junk food, they can cause stomachaches and may make you more susceptible to motion-sickness.
- The plane ride will undoubtedly be exciting and they will be showing several movies, but remember, getting some sleep is important.
- Sometimes it's just better to ignore jet lag. Do not worry about it too much. Worrying may lead you to overcompensate, causing other difficulties.
- During the first few days in America, try to stay awake until bedtime. Falling asleep early could cause you to awaken hours before you need to. Be active during the day so you won't take naps or fall asleep.

TRAVEL EMERGENCIES

If your flight is delayed, canceled, or you have any other travel problem, stay together with the group and be patient. The adult leaders are in charge on travel days, and they will talk to the airline personnel to make alternate flight arrangements if necessary. S4-H will be monitoring your flights and we will meet you at the airport when you arrive.



States' 4-H International Exchange Programs

CUSTOMS FORM

1. Print your last (family) name. Print your first (given) name. Print the first letter of your middle name (if applicable).
2. Print your date of birth in the appropriate day/month/year boxes.
3. Print the number of family members traveling with you (do not include yourself). Most participants will write 0, unless you have your sibling with you.
4. Print S4-H's address as written below:

(a) Street **1601 Fifth Avenue, Suite 2230**
(b) City **Seattle** (c) State **WA**

5. Print the name of the country that issued your passport.
6. Print your passport number.
7. Print the name of the country where you currently live.
8. Print the name of the country(ies) that you visited on your trip prior to arriving to the United States (leave blank unless you visited other countries on your way to the US – layovers not included).
9. Print the airline's name and flight number.
10. Mark **No**
11. Mark an **X** in the Yes or No box. Are you bringing with you:
 - a. fruits, plants, food, or insects?
 - b. meats, animals, or animal/wildlife products?
 - c. disease agents, cell cultures, or snails?
 - d. soil or have you visited a farm/ranch/pasture outside the United States?

NOTE: you should not have any of these items with you.
Throw them away before you board the plane.

12. Mark an **X** in the Yes or No box. Have you or any family members traveling with you been in close proximity of (such as touching or handling) livestock outside the United States?

13. Mark **No**

14. Mark **No**

15. **Visitors** - print the total value of all gifts you are bringing into the United States and that will remain in the United States.

Note: Visitors (non-U.S. Residents) may bring gifts totaling \$100 in value to the US duty free. Any gift items over that amount will be dutiable at a flat rate of 3%. To avoid paying the fee and associated paperwork, **do not bring more than \$100 in gifts to the US.**

U.S. Customs and Border Protection
Customs Declaration
19 CFR 122.27, 148.12, 148.13, 148.110, 148.111, 1498, 31 CFR 53.06
FORM APPROVED
OMB NO. 1651-0009
Each arriving traveler or responsible family member must provide the following information (only ONE written declaration per family is required):

1. Family Name
First (Given) _____ Middle _____
2. Birth date Day _____ Month _____ Year _____
3. Number of Family members traveling with you _____
4. (a) U.S. Street Address (hotel name/destination) _____
(b) City _____ (c) State _____
5. Passport issued by (country) _____
6. Passport number _____
7. Country of Residence _____
8. Countries visited on this trip prior to U.S. arrival _____
9. Airline/Flight No. or Vessel Name _____
10. The primary purpose of this trip is business: Yes ☐ No ☐
11. I am (We are) bringing:
 - (a) fruits, vegetables, plants, seeds, food, insects: Yes ☐ No ☐
 - (b) meats, animals, animal/wildlife products: Yes ☐ No ☐
 - (c) disease agents, cell cultures, snails: Yes ☐ No ☐
 - (d) soil or have been on a farm/ranch/pasture: Yes ☐ No ☐
12. I have (We have) been in close proximity of (such as touching or handling) livestock: Yes ☐ No ☐
13. I am (We are) carrying currency or monetary instruments over \$10,000 U.S. or foreign equivalent: Yes ☐ No ☐
(see definition of monetary instruments on reverse)
14. I have (We have) commercial merchandise: Yes ☐ No ☐
(articles for sale, samples used for soliciting orders, or goods that are not considered personal effects)
15. Residents — the total value of all goods, including commercial merchandise I/we have purchased or acquired abroad, (including gifts for someone else, but not items mailed to the U.S.) and am/are bringing to the U.S. is: \$ _____
Visitors — the total value of all articles that will remain in the U.S., including commercial merchandise is: \$ _____

Read the instructions on the back of this form. Space is provided to list all the items you must declare.
I HAVE READ THE IMPORTANT INFORMATION ON THE REVERSE SIDE OF THIS FORM AND HAVE MADE A TRUTHFUL DECLARATION.

X (Signature) _____ Date (day/month/year) _____



States' 4-H International Exchange Programs

Back side of Form

Declare all articles on this form. For gifts, please indicate the retail value. Use the reverse side of the form if additional space is needed to list the items you will declare.

- Read the notice on the reverse side of the form.
- Sign the form and print the date. (Write the date in this format: July 1, 2014)
- Keep the complete form with you and hand it to the officer when you approach Customs and Border Protection.

Arrival

Follow the other passengers to the Customs and Border Protection area.

1. At the Customs & Border Protection inspection area, get in the line for non-US Citizens. Make sure you have all of these with you and easily available:

- Passport
- Form I-94 Arrival/Departure Record
- Customs Declaration Form

First, an immigration officer will review your documents and may ask you some questions about the purpose of your visit to the United States. Don't be nervous – just tell the truth! You are coming to participate in an exchange program sponsored by States' 4-H International.

2. Second, you will pick up your luggage and go through a customs inspection. The purpose of this inspection is to verify that passengers are only bringing allowed items into the country. If you have any prohibited items, such as fresh fruits or vegetables, they may be confiscated.
3. If you are making a connecting flight, find your gate for your domestic flight.
4. Now, you're done! Go outside to the Arrivals level and S4-H staff will be waiting to meet you!





States' 4-H International Exchange Programs

7. Who to Contact for Help; Chain of Communication; Roles & Responsibilities

If you have a problem and need help, what should you do?

1. If you are at your host family's home, talk to your **Host Family**.
2. If your host family isn't able to help you, or if you are not at home, talk to the **S4-H State Coordinator** in your hosting state, or the **Adult Chaperone** from your country.
3. Remember, every problem has a solution! Don't be afraid to speak up and tell someone if you need help. You are only in the USA for four weeks and we want you to have the best experience possible.

Contact information is listed on page 1 of this handbook.

Roles and Responsibilities

The **S4-H State Coordinator** and other staff have these responsibilities:

- Recruit, select, and orient host families
- Monitor participants and host families during 4-week homestay

Host families have these responsibilities:

- Welcome the participant into their home as a member of the family
- Provide a bed and all meals for the participant
- Integrate the delegate into their daily life and activities

Youth Participants have these responsibilities:

- Be active, engaged participants during the entire exchange
- Share their culture with Americans
- Follow the Code of Conduct
- Report any problems immediately to the Chaperone or State Coordinator

Chaperones have these responsibilities:

- Leader on travel days
- Monitor delegate well-being and communicate all issues to the State Coordinator and S4-H Program Manager. Check-in with your participants at least during the first and third week of the exchange.
- Assist S4-H and State Coordinators in monitoring youth participants' well-being and adjustment.



States' 4-H International Exchange Programs

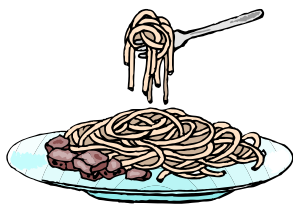
8. It's Not Right or Wrong; It's Just Different

Courtesy

Each culture has its own rules of behavior. You will most likely find that customs in your country are different from the USA. Basic courtesy and good behavior will apply to every aspect of your life abroad. Host families, friends and teammates will all react with pleasure to your thoughtfulness. Your sensitivity and willingness to learn and adapt to new ways will help you to quickly adjust and integrate into a new culture. Consideration of others' feelings and good manners come from a natural impulse to please or to show response for another. "Please" and "thank you" are the two most important words you will use during your homestay. It will be very important for your host family, coordinators, and friends to feel you appreciate them. Your positive attitude will always work to your benefit!

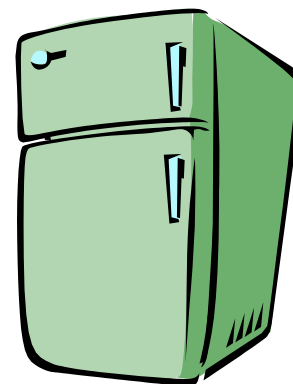
Eating habits

In America, the most substantial meal of the day, dinner, is eaten in the evening. This is not the case everywhere. In many countries lunch is the main meal of the day. Many families like to eat meals together and talk over the day's experiences, make plans for tomorrow or have a lively conversation on a current topic. Others families have different customs.



After a good meal prepared by a host family, complimenting him/her would be good manners in any culture. Even if you do not like the food your host family prepares, try it. If you politely explain that the food is different and it will take some time to become accustomed to, your host family will not feel insulted.

It is common in America that children will prepare their own breakfast and/or lunch and that these meals will not be prepared for them. If you feel hungry, let your host family know. They may tell you to "help yourself" from the fridge, so go ahead and prepare the food you would like to eat yourself. If you are not sure what to eat or how to prepare breakfast/lunch for yourself, ask your host family to show you!



Homework

If you have homework that you are expected to complete during the exchange, let your host family know. It's OK to do some homework, but don't spend too much time alone in your room working on homework. Your host family will think you are unhappy and not enjoying the exchange. Try to work on your homework in common spaces of the house and limit the amount of time you spend on homework to less than one hour/day.



States' 4-H International Exchange Programs

Hygiene

We recommend you ask your host family about water use (they may have water restrictions), how often clothes are laundered and their bathroom schedules so that you can fit in with their routine. Some host families will expect you to do your own laundry and wash your towels or bed sheets, so don't be surprised if they do not do this for you. If you need help doing your laundry, just ask!



Take Initiative

In the USA families expect their children to share their feelings with the parents and to tell them if there are issues. Families often share "how the day went" during dinner, and they interpret spending time alone or being quiet as unhappiness. It is important that you explain how you are feeling to your host parents. Tell them if you enjoyed an activity or if there is something you are confused about or would like to try. If you don't ask, you never know what the answer would have been!



States' 4-H International Exchange Programs

9. Money

S4-H recommends that participants bring no more than \$300-500 spending money for the exchange program. You may want to purchase gifts for your family and/or friends while on the exchange or purchase some souvenirs to remind you of your experience. Keep in mind that the primary purpose of the exchange is not a shopping trip and you may not have many opportunities to shop. Additionally, you should be aware of luggage space and how much room you have for additional items on your return. Remember that you are limited to one checked bag and the weight limit for checked luggage is 50 lbs. (22 kilograms).

If there are certain items you need to buy as gifts for your natural family, tell your host family early in the exchange so that they can plan ahead.

You may wish to check the most current exchange rate online before travel. Go to www.xe.com to find this information.

Here are average prices for items in the US

Shampoo: \$5.00

Toothpaste: \$3.00

Magazine: \$5.00

Coffee or Hot tea: \$2.00

Potato chips: \$1.50

20 oz soda: \$2.00

Movie ticket: \$10.00

Souvenir keychain: \$5.00

Souvenir t-shirt: \$15.00





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10. Homestay: Adjusting to a New Environment

LIVING WITH YOUR HOST FAMILY

You will be living with an American host family for four weeks during the program. Their living conditions may be different from your home country and there may be some things that seem strange or new to you. Please remember that these families opened their homes to welcome you and are excited to have you as a new member of their family.

BREAKING THE ICE

Staying with a new family for four weeks will be a great learning experience, but at first, you might need a little help getting to know each other. Try out some of these ideas to break the ice!

- Play simple games that don't require a common language, like a card game, board game, or game of catch outside.
- Ask your family to teach you a typical American game.
- Ask how you can help around the house. You might have to ask more than once to show you really mean it!
- Tell about your family and life in your home country. If you can bring any pictures with you, show the pictures to your host family.
- Ask lots of questions!



BEING DIFFERENT

In the United States, especially in a small town or rural area, you may be one of very few foreigners in the area. You may notice some people staring at you, while others might want to ask you questions about your country or listen to how you pronounce words in English. Don't feel like you have to be an expert on your country's history, culture, or any topic—just be yourself! At the same time, do your best to be kind and patient, and try to remember that you could be one of the few people from your country that these Americans will meet.

ADJUSTING TO YOUR HOST FAMILY (INCLUDING ANIMALS!)

Many host families live in rural farming communities and have farm animals in pastures/barns and household pets who come inside the home. If you are unfamiliar with farm life, there will likely be a lot to adjust to. Children are often assigned chores, and if your family gives you a chore it's a sign that they want to incorporate you into their family lifestyle, so give it a try. It's important to be careful around large animals and always ask your host how to handle animals safely. Pets are also very important "family" members in many American households, and they are often given a lot of attention. Each family has different rules and expectations about caring for and interacting with their animals, so it's important to observe what your host family does and ask if you have questions.

HOMESICKNESS

During the program, you will probably experience a range of feelings, from excitement to loneliness.



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Everyone who travels misses home sometimes. One of the best cures for homesickness is to stay busy. Avoid calling and emailing home frequently because this will only make you more homesick as the sound of their voice may make you miss them even more and will keep you from getting to know your host family. Remember, you'll only be in America for four weeks, and this is a once in a lifetime experience! When the program ends, you won't believe how quickly the time passed. If you are having a hard time, don't keep your feelings to yourself. Talk to your host family and/or chaperone about it.

Feeling homesick is completely natural. Here are a few important Dos and DON'Ts:

- ❖ DO talk to your host family
- ❖ DO talk to your chaperone
- ❖ DO stay busy
- ❖ DO learn about your new environment
- ❖ DON'T call or email home
- ❖ DON'T stay in your room and cry

CULTURE SHOCK

If you feel confused, anxious, or frustrated about the foreign things you encounter in the USA, you might be experiencing culture shock. This is a normal feeling that happens to everyone who travels abroad at some point. Do your best to keep an open mind and remember that although it might not be what you're used to, it's not good or bad—just different. Here are a few of the most common feelings you may experience:



Panic - You feel the whole thing is a mistake and want to go home. This is a natural feeling, most people have periods of uneasiness in new situations. As time goes by, you will feel more comfortable.

Disinterest - You're not excited about being in the U.S. or the things you've been dreaming about for months. As you get more involved with your host family, your excitement will increase.

Nervousness & Uncertainty - You feel a lack of confidence and are unsure of yourself. As you become more familiar with the American life-style and get to know your family better, you will feel more settled and comfortable.

Impatience - You're impatient with people around you and your inability to communicate and understand easily. Remember that you are struggling with the language. The simplest encounters may require more effort from you than ever before. New routines may take some time to adjust to.

Criticism - You're critical of your new surroundings because they are different and you're homesick. Try to remember that just because something is different, does not mean it is bad! Take advantage of the new surroundings and learn all you can while you are here because before you know it, you will be back home.



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11. S4-H Policies and Code of Conduct

Following are the terms of participation for the States' 4-H International Exchange Programs. Youth delegates are expected to observe the following during the entire exchange period.

CODE OF CONDUCT

1. Delegates must abide by the laws of the host country, host state, and hosting organization.
2. Delegates must show respect for 4-H and all program staff in the U.S. and abroad and obey their instructions.
3. Delegates must obey host family rules about things such as, but not limited to, curfews and household chores. Delegates may not have guests in the host family's home without their host parent's permission.
4. Delegates should talk to their State Coordinator, Program Chaperone, or appropriate organization staff concerning problems they are having and avoid speaking of their host family's private affairs to community members and friends.
5. Delegates may not change host families without approval.
6. Delegates must always be aware of their responsibilities as an exchange participant and make a determined effort in their host family.
7. Delegates must not participate in any sexual contact or sexual activity, including possessing or viewing pornographic material.
8. Delegates must not take any action that may change the nature or course of their life, e.g. getting married, changing religion, etc.
9. Delegates are not allowed to purchase or use a firearm.
10. Delegates may not possess or use drugs except those prescribed by a licensed physician or over-the-counter medications such as aspirin.
11. Delegates are not permitted to purchase or drink alcoholic beverages.
12. Delegates are not permitted to smoke or use other tobacco products.
13. Delegates must not possess or use fireworks.
14. Delegates are not allowed to gamble.
15. Delegates must return to their home country on the date which 4-H or the program organization specifies.
16. Delegates must obtain prior consent from the host family and the appropriate organization contact before planning personal travel of any kind.
17. Delegates must follow S4-H program safety guidelines at all times.



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12. Safety Guidelines

Participant safety is very important to a successful exchange experience. To make sure participants are safe, S4-H places some restrictions on their activities. In addition, S4-H forbids some activities because they may not be covered by the program's insurance.

Airplanes, etc.

Delegates are NOT allowed to fly in private airplanes, hot air balloons, or other small aircraft.

Animals

Many delegates, especially the youth from Korea, have no experience with farm animals or large household pets. If the delegate will be around animals, make sure s/he handles them correctly and safely. Delegates are allowed to ride horses but must wear a safety helmet and be under responsible adult supervision.

Appliances

Explain and demonstrate how household appliances work, the hazards of using them, and safety precautions. Be sure to include cooking range, refrigerator, dishwasher, toaster, washing machine & dryer, garbage disposal, trash compactor, microwave, smoke detector, fan, etc.

Bicycles

Show delegate how to use bicycle brakes, since they may be different from bicycles in the delegate's home country. Because of different traffic patterns, extreme caution should be used. Delegates must wear helmets while riding bicycles.

Boats

Delegates may ride in a boat. HF's must follow state safety regulations and explain them to the delegate.

Bunk Beds

If the HF has bunk beds, encourage the delegate to sleep on the lower bunk. Past delegates have seriously hurt themselves after falling out of a top bunk!

Crime

Because crime can be much lower in other countries than in the U.S., delegates might be used to wandering off by themselves in a crowd, at the mall, or from home, with no fear of harm. Host parents should keep an eye on delegates in public places and explain the importance of checking with the HF before walking off alone.

Farm Equipment

Delegates are NOT allowed to operate any farm equipment. Delegates are only allowed to ride on farm equipment that is designed to accommodate passengers and is operated by an adult over the age of 18.

Firearms

Any firearm or gun (toy or real) that shoots bullets or pellets is not to be used by a delegate. Paintball is prohibited. If a scheduled camp or group activity involves using firearms, the delegate should have another activity planned at that time. Keep all firearms in the home locked away out of sight and inaccessible. Archery is allowed only when supervised by a trained adult. Water squirt guns, nerf guns and laser tag are permitted.



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Fireworks

Delegates should not handle or ignite fireworks themselves. If fireworks will be used by family members, ensure that the delegate understands all necessary safety precautions.

Fire Exits

Show the delegate how to get out of the house in case of fire.

High-risk Activities

Delegates are NOT allowed to participate in high-risk activities such as sky diving, parachuting, hang gliding, glider riding, parasailing, bungee jumping, snowmobiling, horse racing, spelunking, etc. If unsure about the "high risk" nature of a particular activity, contact S4-H for guidance.

High Ropes Course

Delegates are allowed to participate in a high ropes course, including zip lines, under the supervision of properly certified staff with proper safety equipment.

Hunting

Delegates are NOT allowed to hunt or participate in any hunting activities.

Lawnmowers

Delegates are not allowed to operate any motorized lawn equipment. This includes push mowers and riding lawn mowers.

Rock Climbing

Ordinary hiking is fine, but any rock climbing or hiking which requires ropes or other equipment is prohibited. Use of indoor rock climbing walls is allowed if the delegate is under the supervision of properly trained adults.

Traffic

Explain driving on the right-hand side of the road. Tell the delegate to always look both ways before crossing the street (taking care to look especially to the left) and to walk, not run, across streets.

Vehicles

Delegates may NOT operate or ride as passengers on motorcycles. In addition, delegates are not allowed to operate cars, trucks, or any other motorized vehicles. A delegate may ride in a passenger vehicle wearing a seatbelt, or in a vehicle designed for mass transportation, such as a bus. The driver of any vehicle in which the delegate rides must hold a valid driver's license AND abide by all state laws, including those pertaining to teen driving.

Water Sports

Delegates are not allowed to jet-ski, snorkel, scuba dive or deep sea dive. Tubing and water skiing are allowed at the host parents' discretion. A life jacket must be worn during this activity.

Note on Adult Chaperones

Chaperones accompanying the delegates are mature adults who are capable of determining whether a specific activity is unsafe for them to participate in. However, chaperones are expected to follow the same safety guidelines outlined above in order to comply with insurance policies.

Note on Delegate Autonomy

Host parents should be aware of the autonomy they extend to their visiting delegates and be conscious of the risks involved. Host parents should be aware of delegates' whereabouts at all times.



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13. Medical Care in the USA

If you become ill or are injured, let your host family or an S4-H representative know right away. If you need to see a doctor or go to the hospital, S4-H and your host family will make the arrangements for you.

Medical and Sickness/Travel insurance coverage is purchased by each individual participant, or by S4-H (agreement varies by country) prior to the exchange. Carry your insurance information with you at all times in the US and present it at the time of service.





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14. Keys to a Successful Program

- 1) **Positive attitude.** Some of the best words you can say as an exchange participant are “Yes,” “I will do my best,” and “I think I can!” Be encouraging and positive towards the other participants. Look on the bright side, even if you face challenges. When you say “No,” or “I can’t,” you limit yourself from taking full advantage of the opportunities you’ve been given. Think positive!
- 2) **Flexibility.** Schedules change, and sometimes things don’t go as you expected. Being flexible and adaptable will help you overcome these setbacks with resilience.
- 3) **Communication.** Be inquisitive. Ask questions of those around you. Be the first to speak up when someone asks a question. Communication can also help solve problems. If you have a problem, the best thing you can do is talk to someone else about it. The worst thing you can do is keep it all to yourself and worry.
- 4) **Courtesy and appreciation.** Using the words “please” and “thank you” is polite in the United States. We use these words with everyone – strangers, store clerks, coworkers, friends, and family members! Even a small act of courtesy can make a big difference. By acknowledging the efforts made by your host family, you will help to create a positive relationship with them.
- 5) **Be on time.** In general, Americans are very punctual. Most people wear watches or carry a cell phone with a built-in clock. If you are told to be ready at 8:00AM, this means you should have everything you need to walk out the door by 7:55AM. By being on time, you show your respect for the people who organized the activity. If your host family needs to leave the house at a certain time, being ready on time shows that you respect them and their needs.
- 6) **Follow rules.** Participating in our program is a privilege, and we expect you to be a good representative of your country. The Code of Conduct (see previous pages) lists the program rules. If you have any questions or aren’t sure about a rule, please ask before acting! By being responsible and respectful, you are demonstrating your maturity and appreciation for participating in the program.
- 7) **Involvement and Participation.** During the program, you will be exposed to new ideas, different ways of thinking, and you may be asked to try things you’ve never done before. We expect you to be brave and willing to get involved. Show interest in the community and environment you are in.
- 8) **Express yourself.** Sharing your feelings and thoughts, whether with others, or through journal writing, helps you process the changes you are experiencing as a result of this program. After you return home, your expression of your experience can help inspire others to participate.



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15. Delegate and Host Family Testimonials

Strong Bond Formed Between WV Host Brother and Delegate:

At the end of the program, a West Virginia host brother posted an Instagram photo of himself and his Japanese brother. His comment said: "Saying good bye to this dude was one of the hardest things I've ever had to do. It's been a great month with [delegate] and I hope we will meet again someday. I'm glad to call him family."



Norway delegate on her

favorite part of the exchange:

"I had a great time. The thing I liked most about my experience was getting to know my host family, and doing things with them."

Norway delegates' responses on what goals they

accomplished:

"I accomplished all my goals. I have improved my English skills and I now have a better understanding of the American culture and I am also better at accepting differences."

Norway delegate's

recommendation of the

program: *"I would highly recommend this exchange. Even though it might turn out to be different than you expected, it is going to be a once in a life time experience."*

Argentine delegate on their

favorite part of the

exchange: *"I liked the country and the people."*

Argentine delegate's

response on what goals they

accomplished: *"Improve my English skills, know about the day by day of a common person in the states, and meet and learn about their culture."*

Argentine delegate's

recommendation of the

program: *"Yes, because it's a great experience and you can learn a lot about this beautiful country."*



Costa Rica delegate on their favorite part of the

exchange: *"What I enjoyed most was the relationship with the family, they really accepted me as real family."*

Costa Rica delegate's

response on what goals they

accomplished: *"I had the chance to know a little more about the USA culture. I shared with new people, I met new places, and I improved my English a little bit."*

Costa Rica delegate's

recommendation of the

program: *"It's a great experience to live, and a way to increase your knowledge."*

WI Family Visit to the Milwaukee Brewers Baseball Game:

Delegate Kenryo Seki was from the same hometown in Japan as Brewer's player Norichika Aoki. Kenryo brought a sign with him from Japan for the Brewers game, and his host family arranged to attend a game with him. After the game, his host mother said: "We were interviewed by Fox Studios and they presented a signed ball from Aoki. We were so shocked and humbled. Kenryo was so excited to receive a signed ball from his hero. Kenryo want[s to play] professional baseball in America when he grows up."