Spend a SUMMER ABROAD
and immerse yourself in another culture!

2015 FINLAND EXCHANGE

Curious about how the other side of the world lives? Live with a host family in Finland and immerse yourself in a world that most tourists rarely get to see. You’ll share everyday life with friends and relatives in the community and build friendships that will last a lifetime. An adult chaperone will travel with the delegation on all international flights and stay in Finland for the entire exchange period to assist with any concerns. This exchange is coordinated with the Finnish 4H Federation who will organize the Arrival Orientation, homestay and camp.

Dates: June 29 – August 1, 2015
Program Overview:
- Departure orientation in US gateway city
- Two-night arrival orientation and sightseeing in Helsinki, Finland
- Homestay with Finnish family*
- Nordic Camp from July 23-30, 2015 with 1,000 other 4-H youth
- Camp themes: intercultural learning, voluntarism, healthy lifestyle

Capacity: 20 participants
Cost: $1,800 plus airfare.
Current airfare estimate based on past cost: $1,300-$1,900

Application & Payment Deadlines:
- Dec. 15: Application & $1,000
- Feb. 1: $2,000
- Mar. 1: Medical form & Passport copy
- May 1: Remaining balance

For more information:
- www.states4hexchange.org
- www.facebook.com/states4hexchange
- exchange@states4h.org
- (206) 462-2200
- (800) 407-3314

Cancellation Policy:
- Payments NOT refundable after each deadline (Air ticket is issued by end of January and is NOT refundable once issued).
- For exceptional circumstances, refunds are made on a case-by-case basis
- Program may be cancelled if less than 5 participants
- *Host sibling of similar age not guaranteed.

Program Fees Includes:
- One week Nordic Camp
- Three week homestay
- In-Finland expenses: lodging, meals, transportation to/from host family and to/from camp
- Orientation in the U.S. gateway city & Helsinki
- Health & Accident Insurance
- Pre-trip conference call, orientation materials and t-shirts
- A portion of the adult chaperone expenses
- Overnight departure debriefing in Helsinki

Additional costs to be paid by each delegate may include:
- Passport
- Gifts for host family members
- Spending money and all other personal items

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.