



2025 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 visitors rarely get to see. You can 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 19—July 18, 2025
- Capacity:** 15 delegates maximum, 7 delegates minimum
- Cost:** \$2,400 + airfare estimate (\$1,100 - \$1,400)
(Actual airfare may vary at time of booking)



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. Delegates will spend approximately 3 weeks with their host families. They will also gather for a two-day sightseeing excursion to Arenal Volcano National Park.

Program Fees Include:

- Overnight National Departure Orientation in 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
- Overnight National Departure Debriefing in gateway city

Program Timeline*:

- November 1:** Application & \$200 deposit due to Kansas 4-H. Interviews in Junction City, 11/24/24. Details TBA.
- December 15: Application forwarded by Kansas to States' 4-H Office
- January: States' 4-H notifies applicant of acceptance
- January 15:** \$2,000 first payment due to States' 4-H in Bellevue, WA
- February 1: States' 4-H issues international air tickets
- April 1: Passport due to States' 4-H Office
Domestic itinerary due to States' 4-H Office
Remaining payment due to States' 4-H Office
- Early Spring: State-level orientations
- Late Spring: National orientation for all Costa Rica delegates (virtual)
- June 19: 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.



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States' 4-H International's mission is to enhance world understanding and global citizenship; one way to move towards that goal is 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** at the time of international travel (applicant must not be in college). 4-H enrollment guidelines and ages vary by state.

How to apply:

Mary Kay Munson, KS 4-H Exchange Coordinator, 1114. N. Spring Valley Rd., Junction City, KS 66441; 785-375-3189; Email—mkm2@ksu.edu; Visit: <https://www.kansas4-h.org/events-activities/global-citizenship/states-4h-international-exchange-program/index.html>.

States' 4-H Program Policies:

- Program Cancellations:
 - * No refund of paid deposits, unless full program cancelled by States' 4-H
- Airfare is non-refundable once issued
- **Participant is responsible for purchasing domestic airfare to/from National Departure in gateway city**
- In-State Fees may apply
- Unaccompanied Minor fees may apply (up to \$150 each way)
- 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.states4hexchange.org

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