



# 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:

<b>Dates:</b>	<b>June 19—July 18, 2025</b>
<b>Capacity:</b>	15 delegates maximum, 7 delegates minimum
<b>Cost:</b>	\$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\*:

<b>December 15:</b>	<b>Application due to States' 4-H Office</b>
January:	States' 4-H notifies applicant of acceptance
<b>January 15:</b>	<b>\$2,000 first payment due</b>
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:

Contact your local 4-H coordinator to apply and learn about your local deadlines.

## 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](http://www.states4hexchange.org)

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