



## Geary County 4-H Interstate Exchange Program

### What is a County 4-H Exchange?

An Interstate Exchange program is an exciting opportunity for teenage youth. Exchange programs are a series of learning experiences in which individuals from the county visit in the homes of 4-H members in another geographical area, and are visited by them in return. Counties usually host a group one year and visit the homes of their guests the following year.

### Exchanges Objectives

The interstate exchange program is designed to help youth:

- Learn more about themselves and their own family, friends, county, and state.
- Learn to help plan and conduct fundraising projects to pay expenses for the trip and for hosting a visitor.
- Learn to be a good host or hostess.
- Develop as individuals by learning to interact with people who may have practices, beliefs, and customs different from their own.
- Create new and lasting friendships.
- Learn more about 4-H in other states.
- Have fun as a member of a 4-H exchange.

### Exchange Requirements

- Be at least 13 years old 4-H age.
- Be enrolled in a local 4-H club.
- Host a member from the other state and participate for a two-year term which includes both hosting and traveling.
- Present self in a manner that positively represents the county and state 4-H program by actions, attitude and dress.
- Members and families are expected to participate in ALL exchange planning and group functions. The process of planning the exchange is as educational as the trip and hosting.
- Every participant is responsible for the cost of the program. Fundraisers may be planned. Funds raised will be divided evenly between all exchange participants who participate in each individual fundraising event. Credit will be given and a record will be kept on the amount of money each member has earned.
- Under no circumstances should Kansas youth participants transport other youth.

## **Family Requirements**

- Exchange host families should be willing to participate fully in the exchange and provide supervision for their own children and the youth they are hosting.
- Be willing to create a positive environment, uphold the code of conduct, promote safe participation and be open to youth and adults who may have different values and cultural norms.
- While hosting, you will be required to make your home a welcoming, clean and comfortable environment.
- Delegates should be treated as a member of the host family. The exchange delegate will be included in all family activities. Every effort will be made to make sure the exchange delegate feels comfortable around friends and feels included.
- As a host, you are expected to participate in all group activities with your exchange delegate. If for some unusual circumstance you are unable to participate in a group event, your delegate must still participate.
- Hosts must provide reliable and safe transportation to and from all planned activities.
- All family members 19 years of age and older, who are residing in the host family dwelling, will be expected to complete and pass the Kansas 4-H Volunteer Screening process.
- Families are encouraged to attend the exchange trip meetings. Family involvement helps ensure a successful exchange experience.