

What are the Wisconsin 4-H/Mexico and Costa Rica Exchanges?

- Wisconsin 4-H, the Institute for Language Experiment, Experience, and Exchange (LEX) Mexico cultural program, and 4S (Costa Rica cultural program) coordinate the Mexico and Costa Rica Exchanges.
- The coordinators in Mexico and Costa Rica select host families and make final 4-H delegate host family assignments.
- One or more group leaders accompany the delegates and live in the same regions where youth are assigned.
- Transportation to and from the host country is from Madison on a regularly scheduled airline.
- The Mexico program is approximately 3-4 weeks in length. The Costa Rica exchange is 4 weeks. Host brothers or sisters have the opportunity to travel to Wisconsin for a reciprocal exchange. Inbound and outbound program dates are approximately June 19 – July 17 for Costa Rica; July 2-25 for Mexico.
- Homestays take place either in suburbs of Mexico City or in Chihuahua, Mexico or in usually more rural areas west of San Jose in Costa Rica.



What Can These Exchanges Offer You?

- The joy of living with a host family for four weeks "South of the Border."
- Look at Mexican or Costa Rican cultures from an insider's viewpoint while experiencing daily life with host family members during a homestay.
- A way to better understand the history and economy of Mexico or Costa Rica.
- A chance to discuss with peers of another culture such issues as the environment, global understanding and your hopes for the world.
- A reciprocal hosting experience: opportunities will exist for you to host an exchange student from Mexico or Costa Rica.
- The opportunity to develop long-lasting friendships, to become better informed on global issues and to better know and understand yourself.



University of Wisconsin-Extension, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA.

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2010 Wisconsin 4-H Mexico and Costa Rica Exchanges

4-H Teens

How about sharing your summer with
a family in Mexico or Costa Rica?

Who Can Go?

- Youth between the ages of 15-18 at the time of the exchange.
- 4-H'ers who are enrolled in 4-H by January 1.
- 4-H'ers who are interested in intercultural experience featuring a homestay.
- Youth who agree to do some serious preparation, including country and culture study and attending a weekend of orientation in the spring, and who are willing to participate fully and wholeheartedly in the total planned experience.
- Youth who are mature, ready and eager to explore, learn and have a new experience.

What Should You Do?

- Carefully read the information on both sides of this flyer.
- Discuss your interest in Mexico or Costa Rica with your parents and family.
- Talk with others who have traveled to Mexico or Costa Rica with other 4-H international programs.
- Call the county extension office and discuss your interest with your 4-H Youth Development Agent.
- Ask the county extension office to send you an outbound application.
- Application due by January 1.

Costs?

- Delegates are responsible for all costs. Wisconsin 4-H'ers are required to fundraise at least \$1,000.
- Total cost is dependent upon the value of the U.S. and the countries currency, transportation cost and the cost of living.
- The estimated program costs are approximately \$2,000 (Mexico) and \$2,500 (Costa Rica). The fee covers pre-departure orientation, information on Mexico or Costa Rica, supplementary health/medical insurance, round-trip airfare from Madison to the host city, a portion of the working expenses of the adult advisor(s) and a portion of administrative costs.
- The fee also covers a portion of the costs of: a weekend orientation in March at Upham Woods for the delegate and one adult, overnight stay in Madison the night before departure (if necessary), ReEntry Workshop in August and program materials.



Additional costs to be paid by each delegate will include:

- Required medical examination, inoculations as required by your physician;
- birth certificate, passport photos, passport;
- travel to and from Madison or Milwaukee*
- travel to and from orientation and ReEntry Workshop;
- small inexpensive gifts for host family members;
- spending money and all other personal items.

*departure site dependent on location of 4-H delegates and airfare.

Schedule of Payments

Jan. 1	\$250 with application payable to UW Extension
Jan. 25	\$500
Feb. 25	\$800-1200 for flight ticket, depending on airfare for Costa Rica; \$400 for Mexico
Apr. 25	Balance due
TOTAL	Approximately \$2,000 for Mexico, \$2,500 for Costa Rica.

Cancellation Policy: payments not refundable after each deadline