

# 4-H Alberta Exchange Project



Leaders' and Members' Project Outline



CANADA  
4-H Alberta

## **The 4-H Motto**

"Learn To Do By Doing."

## **The 4-H Pledge**

I pledge

My Head to clearer thinking,

My Heart to greater loyalty,

My Hands to larger service,

My Health to better living,

For my club, my community and my country.

## **The 4-H Grace**

(Tune of Auld Lang Syne)

We thank thee, Lord, for blessings great on this, our own fair land.

Teach us to serve thee joyfully, with head, heart, health and hand.

## **Developed by**

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# 4-H Alberta Exchange Project

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## Project Outline

### **What is the 4-H Alberta Exchange Project?**

This project consists of three-units which will take three or more years to complete. During the first year in

**Unit 1 "Hosting"**, a member hosts a visitor from another province, state or country. The member prepares by corresponding with the visitor, learning about the visitor's home area history, geography, customs and language (if different from the member's). The record book details the preparations made, the time and any costs involved.

Achievement Day requirements are an oral presentation and a display of the preparations made. Pictures taken during the exchange are put in an album and provide an excellent gift for the visitor's family, and a display item for next year.

Unit I can be repeated another year with a different visitor if the member is not able to travel. The cost involved in hosting is minimal. For traveling, however, the costs are paid by the members and any sponsors he or she can arrange.

A member can take **Unit 2 "Traveling"** when they are getting ready to travel on an exchange. Preparations include corresponding with the host, learning some history, geography, and customs of the member's home area, studying the host's language if possible and making a picture album of the trip. The record book details the preparations, time and costs. An oral presentation and display of preparations is required for Achievement Day.

In **Unit 3 "Reporting Back"**, a member prepares presentations and displays on the exchange at club, district and/or regional meetings or events; at school or sponsors' meetings; and sends a report to the provincial 4-H magazine. As well, he or she will help the regional 4-H exchange coordinator at an orientation meeting of new families involved in an exchange; complete an evaluation of their experiences; and, if possible, help with the arrival and departure of another group of exchange students. A record book of activities, time and costs and an Achievement Day report on the activities will complete the project. Videos on exchanges are available for presentations.

# 4-H Alberta Exchange Project

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## Project Outline continued

### **What are the requirements to join?**

To become involved in the 4-H Alberta Exchange Project, members must join or belong to an established 4-H club. The leader must be aware of the member's intentions.

Participants should be 12 years old for three to four week exchanges. Members exchanging both ways in one year can combine Units 1 and 2.

### **When does it start?**

Exchanges usually take place during July or August, so members should register in the fall for plenty of preparation time. Applications to host include getting reference letters and pictures. Traveling to another country may require a medical, passport, references, essay and picture.

Applications to host or travel must be approved before the project can be taken.

### **What characteristics do you need for exchanges?**

Members must be polite, open-minded, accepting of cultural differences, fun-loving, with a good sense of humor and a willingness to try new things. If this describes you, why not give it a try?

### **Want more details?**

Call your regional 4-H Exchange Coordinator, Regional 4-H Specialist or the 4-H Specialist, Programs as listed in the provincial 4-H magazine or ask your 4-H leader to find out more!

To apply, complete the application form on pages 3 and 4 and discuss it with your club leader.

# 4-H Alberta Exchange Project Application Form

Complete this application form and review it with your club leader. Then contact your regional 4-H exchange program coordinator to find out how to make your proposed exchange happen.

## 1. Information about you

Name of your 4-H Club		
First name	Last name	
Mailing address		
Town or city	Province	Postal code
Home phone	Business phone	
Fax	E mail	
Number of years in 4-H	Age	

**Please answer questions 2 to 6. Attach an extra sheet of paper if necessary.**

**2. Briefly list any previous 4-H projects and leadership involvements as well as any special recognitions you may have received in 4-H or school.**

**3. Briefly explain why you want to enroll in the exchange project and what you hope to gain from it.**

**4. Briefly explain why you want to enroll in the exchange project and what you hope to gain from it.**

**5. Describe what exchange experience you are interested in: hosting? Traveling? to what province, state, or country and for how long?**

**6. Please have one parent indicate why he or she would like to have you enrolled in the 4-H Alberta Exchange Project and what kind of support they are willing to provide to the program if you are selected to participate.**

**7. Signatures of people supporting our participation in the project:**

4-H members' signature	Date
Parent or guardians' signature	Date
Leaders' signature	Date

# Unit 1    Hosting

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## Unit 1 Outline

1. Correspond with your exchange student, telling them about your family, home, area, activities you will be doing while they are living with your family.
2. Learn about the history, geography, origin, culture of your exchange student's area, province, state or country.
3. Study your visitor's language and learn some basic phrases, if different from your own.
4. Collect maps and information about your home town, province and country to give to your exchange student.
5. Keep a record book of the preparations you make, the time you spend preparing and any costs you have. You could use the Senior Opportunities Record Book or make your own.
6. Take pictures while your exchange student is living with you, and make a picture story of the visit to send home to his or her family.
7. Fill out an evaluation form if your exchange coordinator provides one.
8. Write a report about the exchange in your record book. Were you prepared well enough? Was it what you expected? What was difficult? What was easier than you expected?
9. Report on your preparations to your club at each meeting. Have your 4-H leader sign your record book at each meeting.
10. Submit your completed project to your exchange coordinator or Mark Shand for signature.

### **Achievement Day Requirements**

For Achievement Day you should prepare an oral report and a display on your preparations.

## Unit 2    Traveling

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### Unit 2 Outline

1. Correspond with your host to find out what things to take with you, and what you will be doing.
2. Learn about the history, geography, origins and cultures in your area, province and country to take to your host family. You may be asked to give a presentation while you are visiting.
3. Study your host's language if possible.
4. Find out what gifts would be appropriate according to their culture. Alberta-made and hand-made items are usually welcomed.
5. Keep a record book of the preparations you make, the time you spend preparing and any costs you have.
6. Take pictures of your exchange and make a picture story to bring home.
7. Fill out an evaluation form if your exchange coordinator provides one.
8. Write a report in your record book about your trip. Were you prepared well enough? Was it what you expected? What was difficult? What was easier than you expected?
9. Report on your preparations to your club at each meeting. Have your 4-H leader sign your record book at each meeting.
10. Submit your completed project to your exchange coordinator or Mark Shand for signature.

### **Achievement Day Requirements**

For Achievement Day you should prepare an oral report and a display on your preparations.

## Unit 3 Reporting Back

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### Unit 3 Outline

1. Make a presentation to your 4-H club on your exchange experience, displaying your pictures and souvenirs.
2. Make a similar presentation to your District 4-H Council.
3. Send a report of your exchange to the provincial 4-H magazine.
4. Assist your exchange co-ordinator at an orientation meeting for new families involved in an exchange.
5. Assist with the arrival and departure of a student exchange group, if possible.
6. Keep a record book of your presentations and exchange activities, the time you spend preparing and presenting, and any costs you have.
7. Report on your activities to your club at each meeting. Have your 4-H leader sign your record book at each meeting.
8. Submit your completed project to your exchange coordinator or Mark Shand for signature.

### **Achievement Day Requirements**

For Achievement Day you should prepare an oral report and a display on your preparations.

