

STATES' 4-H INTERNATIONAL EXCHANGE PROGRAMS WINDOWS



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A MESSAGE FROM THE STATES' 4-H PRESIDENT

Dear States' 4-H Community,

2020 was a year of unprecedented challenges. While these difficult times changed us, they did not diminish us. In fact, we came to know just how resilient, courageous, adaptable and creative humans can be. 2020 also gave us reasons to be thankful and taught us the value of community and how much we depend on one another to survive and to thrive. I am proud to be part of the States' 4-H community and grateful for the perseverance and commitment of our students, host families, staff, coordinators, Board, volunteers, advocates, and international partners.

We eagerly wait the return of in-person programs. However, our virtual programming has brought us new ways to connect with new friends around the world. Virtual programs have opened a door to many additional participants who are curious about the world but perhaps were not able to participate in an in-person exchange. Reaching this new audience has been one of the silver linings of this past year.

Our Pen Pal Program has connected nearly 3,300 youth from around the world and we are excited for this summer's Global Exploration Series and Virtual USA Summer Camp (please read page 12 for more information). Connecting with new friends around the world in a virtual space has allowed so many new global citizens to increase their cultural awareness, empathy and understanding of the world. Our virtual programs have also just been plain fun. We have baked gingerbread cookies, made bento boxes, learned about Japanese Girls' Day, and made Taiwanese paper zhongzi.

Our world is at a point where intercultural exchanges are needed more than ever. Our virtual collaborations will build even stronger exchange programs moving into the future. The future is bright, and we cannot wait to welcome our in-person exchange programs back in 2022. Thank you again for your support, stay healthy and safe, and stay connected with us this summer!

Yoko Kawaguchi
President & CEO
States' 4-H International Exchange Programs



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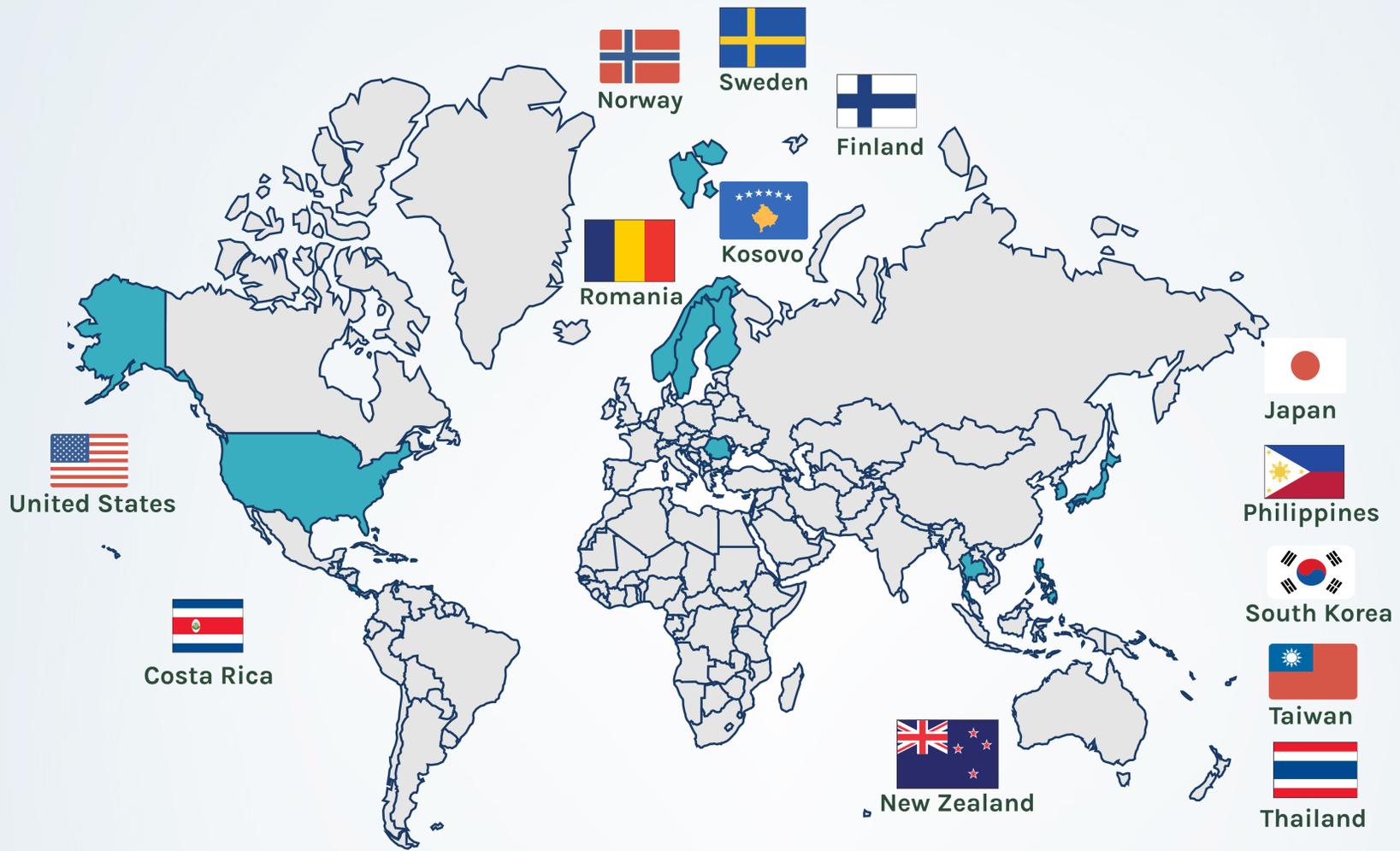
Nicol Gahley

Young Adult Representative,
Oregon



2020-21 PEN PAL PROGRAMS

IN 2020, STATES' 4-H LAUNCHED THE 'STATES' 4-H PEN PAL EXCHANGE'. NEARLY **3,300 YOUTH** AROUND THE WORLD PARTICIPATED!



Thirteen countries participated in the pen pal exchange program, including 4-H partners from Costa Rica, Finland, Kosovo, Norway, Philippines, South Korea, Sweden, Taiwan and Thailand.



My favorite thing about this exchange was getting to learn about South Korean culture. I'll admit, when I first found out where my pen pal was from, I realized I didn't really know anything about her country!

Yuno is also helping me learn some Japanese, and though I'm sure I'm butchering the pronunciation, I find it fascinating. I've learned how to say hello, goodbye, good morning, good night, how to ask someone how they are, how to tell them my name, and many other words and phrases. I can even tell my dog to come in Japanese!

The 4-H International Pen Pal Program this summer was a great experience. Not only was I able to make a new friend, but I was also able to explore a new culture that I was completely unfamiliar with. I have never traveled outside of the United States, so it was very interesting to hear about another country from the perspective of a girl my age.





2020-21 PEN PAL PROGRAMS

Pen Pal Program Highlights

PROGRAM ALUMNI SHARED THEIR PHOTOS FROM THEIR PEN PAL EXCHANGE

Pen Pal Program participants were matched with a new friend from around the world. Through the exchange of letters, emails, and even boxes of snacks, participants were able to learn about their pen pal's culture.

BY THE NUMBERS

 1,679 youth
USA

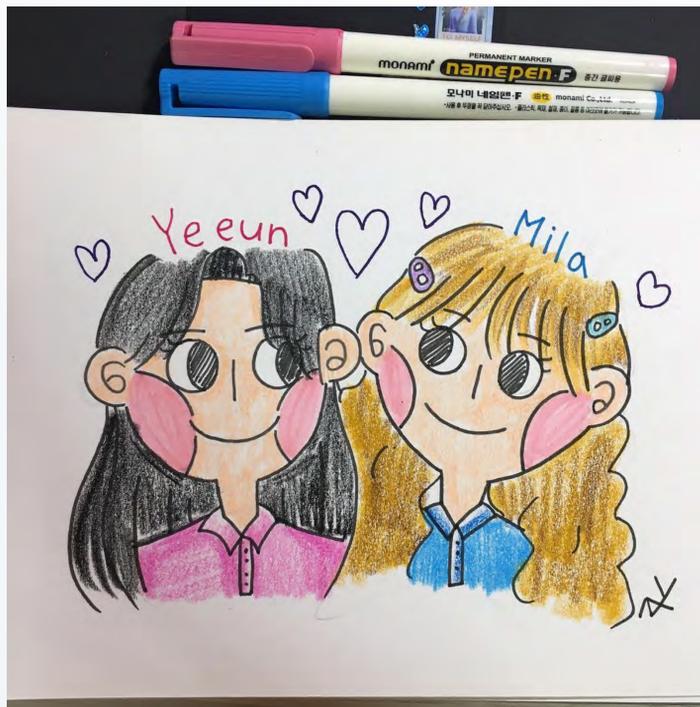
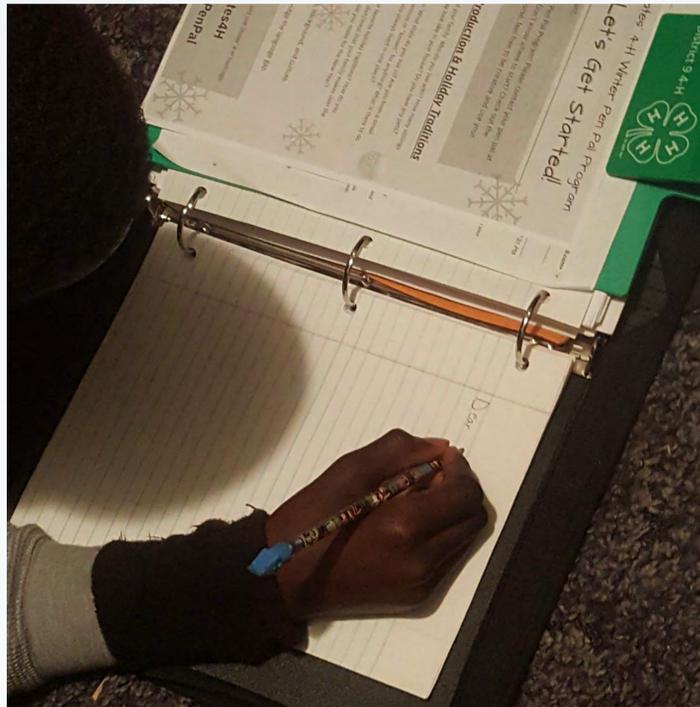
 723 youth
Japan

 121 youth
Norway

 97 youth
Romania

 458 youth
South Korea

 127 youth
Taiwan



Abigail is participating in a really fun program through 4-H this year. She is in the States' 4-H Winter Pen Pal Program.

Abigail's pen pal is also a 4th grader, and her name is Saho Muto. Saho lives in Moriya City, Ibaraki Prefecture, Japan.

It's so cool to read the communication between the two girls! Abigail and Saho may live on different continents, but thanks to email, they can learn about each other's cultures, education systems, hobbies, and more! Turns out they bo... See More

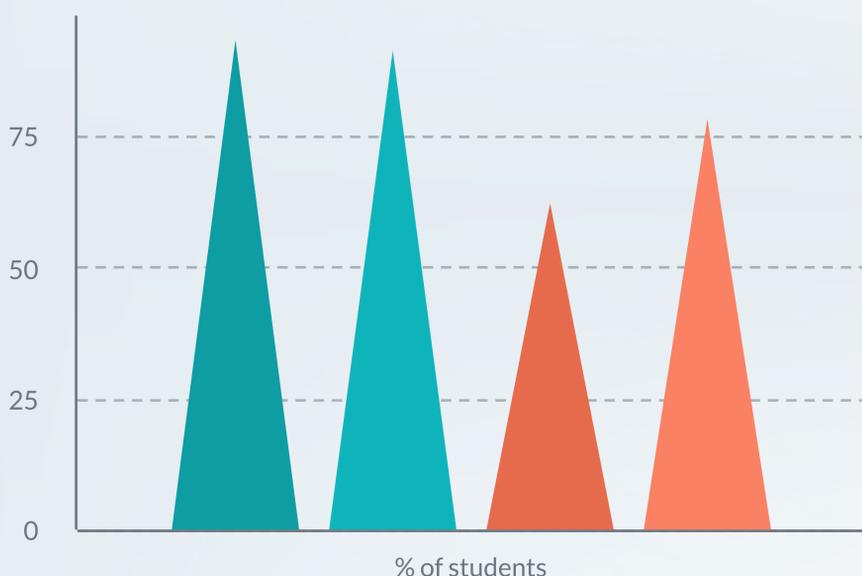


59 7 Comments 3 Shares

Clockwise from top left: A pen pal participant from Texas writes his pen pal a letter; Snack box sent by a Japanese pen pal; Abigail and Saho sharing about each other's pets; Drawing created by a South Korean pen pal as a gift to her new American friend.

STATES' 4-H HOST SIBLINGS SHARED HOW THEY CHANGED AFTER PARTICIPATING IN THE PEN PAL EXCHANGE PROGRAM

After hosting an exchange student, I... (N=199)



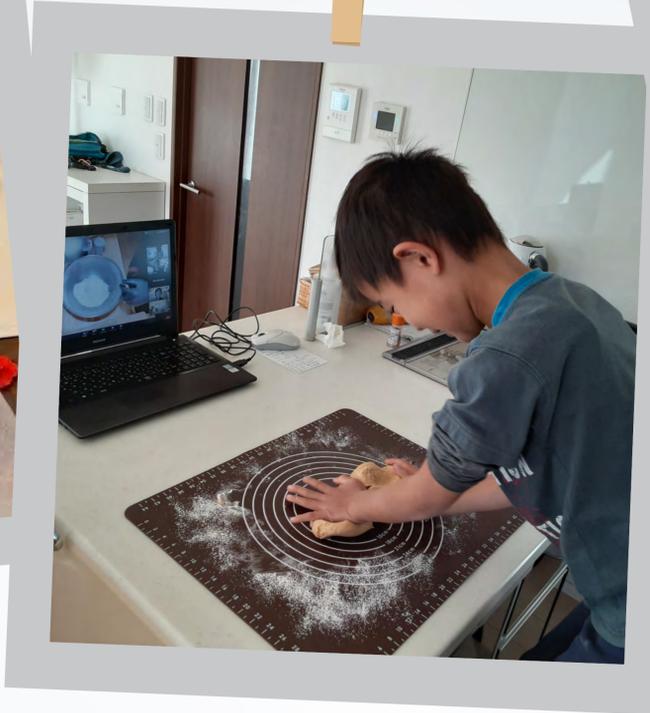
 Enjoyed learning about people who are different from me. 90%

 Became more respectful of someone different from me. 91%

 Am interested in working internationally in my career. 62%

 Am interested in hosting an exchange student in the future. 78%

GOING VIRTUAL: ONLINE EVENTS



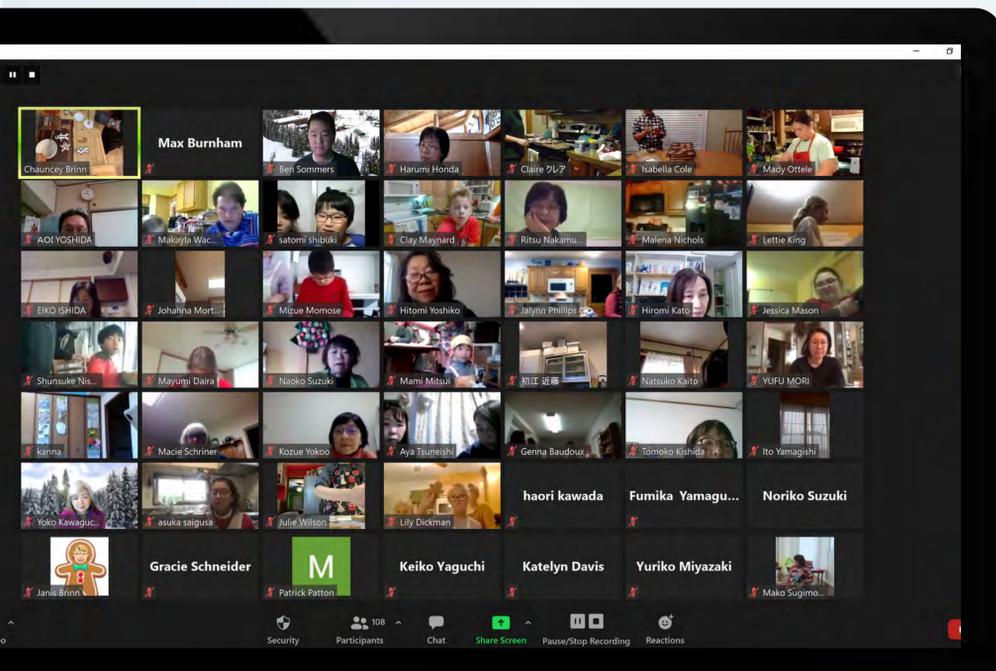
Gingerbread Baking

States' 4-H hosted a virtual gingerbread baking class in order to share a special holiday tradition with the global community that has developed over its many decades of exchange programming! The class took place virtually on December 4, 2020 and was attended by participants scattered across the globe. Jan Brinn, long-time volunteer Coordinator with Michigan State University 4-H Extension, and her former host sister, Grażyna Tucholska from Warszawa-Wesoła in Poland, were asked to host the making of these traditional Polish gingerbread cookies virtually together. Over 200 participants registered including youth from Japan, Egypt, Georgia, Indonesia, and the USA. Turnout for the event measured over 120 participants.



Japanese Girls' Day

The virtual Japanese Girls' Day Celebration was a collaboration between States' 4-H, the Soga Japan Center at Western Michigan University, and staff and 4-H youth from Kentucky 4-H and Michigan 4-H. 295 youth and 181 adults registered to participate from thirty states across USA. Each session focused on a different aspect of Japanese culture and explored the traditional Hinamatsuri Celebration. Sessions were for all age groups with interactive activities and opportunities to share. The participants gained general knowledge about Japan, cultural awareness, a glimpse into daily life in Japan, a cooking class, origami and songs, and had fun while making new connections and gaining new skills.



GOING VIRTUAL: ONLINE EVENTS



States' 4-H Summer Speaker Series

The States' 4-H Summer Speaker Series was a six-part online webinar series that brought participant voices to life. Exchange students from past years shared about their experiences and the impact that international exchange has had on their lives. Check out these videos on our YouTube channel! Four of the youth speakers are profiled below:



MADISON HARTUP // LEX INTERN (WISCONSIN)

Madison has worked with both LEX in Japan and Wisconsin 4-H International Programs.



BREANNA BURKHEAD // KOREA OB '18 (KENTUCKY)

Breanna traveled to South Korea in the summer of 2018. She is a 4-H Youth in Action award recipient.



TUSHIL CHAVDA // YES '19-'20 (INDIA)

Tushil arrived as part of the first-ever YES Program cohort. He spent his exchange year in VA.



DARIA PIECZYŃSKA // FLEX '18-'19 (POLAND)

Daria is a FLEX alumni ambassador in Poland. She spent her exchange year in KS.



International Education Week

Each year during the third week in November, exchange students across the country participate in International Education Week (IEW). IEW challenges students to give presentations in their host communities and share the unique aspects of their home cultures. Students model their countries' traditional dress, teach their language, and even share the unique tastes of their country.

The States' 4-H FLEX and YES 2020-'21 exchange students participated in IEW 2020 virtually by creating videos and sharing recorded presentations about their countries. Students from Indonesia, Kyrgyzstan, the Republic of Georgia, and Egypt created content that could be widely shared throughout States' 4-H online communities, reaching even more people than usual in-person IEW presentations.

States' 4-H was so impressed with the positive attitudes of these cultural ambassadors.

LET'S COUNT!

1	2	3	4
Sikok	Duo	Tigo	Empat
Satu	Dua	Tiga	Empat
One	Two	Three	Four
6	7	8	
Enam	Tujuh	Delapan	
Enam	Tujuh	Delapan	
Six	Seven	Eight	

International Education Week | Republic of Indonesia

ALEXANDRIA EGYPT

Andien (Indonesia) created a presentation that included a short language lesson introducing some basic Palembang vocabulary.

Mariam (Egypt) took us on a tour of one of Egypt's most famous cities, Alexandria.

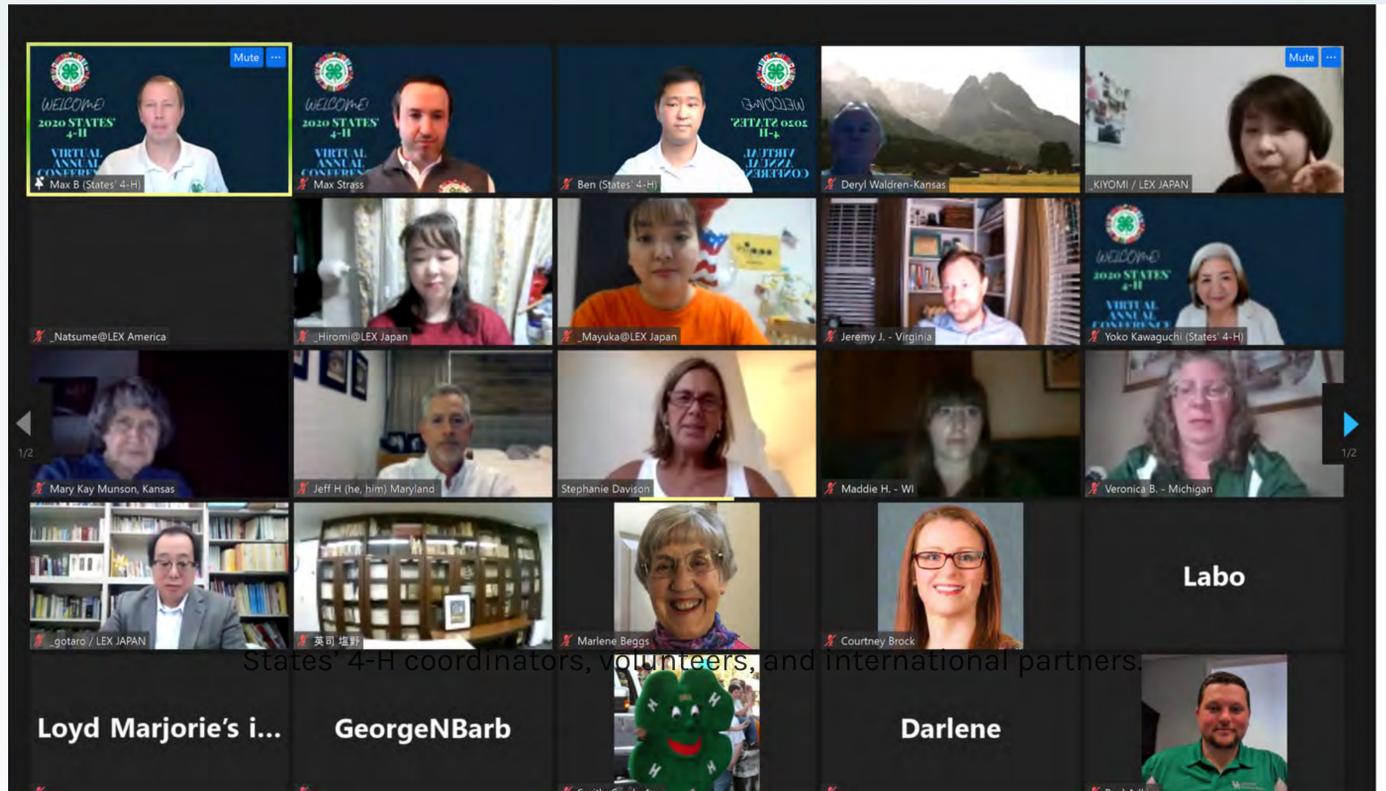
2020 STATES' 4-H VIRTUAL ANNUAL CONFERENCE

In a year filled with challenging circumstances, States' 4-H International held its very first Virtual Conference from October 7 - 9, 2020. Although the format was adapted, the goals of the annual conference remained the same -- to convene our supporters and provide a space for mutual learning, best-practice sharing, and community building.

While we dearly missed seeing everyone in person, the online nature of the conference this year did provide some unique opportunities for engagement.

We were able to increase participant registration numbers and involve more international partners than ever before. Established tracks of coordinator-led breakout sessions allowed attendees to choose between the following topics:

- Adapting Programming to a Virtual Learning Environment
- Diversity, Equity, & Inclusion in States' 4-H Programming
- Program Innovations & Best Practices



HIGHLIGHTS

Korea 4-H

Byeong-ho Kim (Director of the Korea 4-H Association) joined our virtual conference to discuss the growing partnership between Korea 4-H and States' 4-H, as well as his own personal experience visiting Washington state in 2017. He was joined by Sangwon Kim, who provided wonderful details and anecdotes about the delegate experience in both Korea and the United States.



HIGHLIGHTS

Taiwan 4-H

During Taiwan 4-H's virtual presentation, Secretary-General Charlene Yen shared about the rich history of Taiwan 4-H, typical camp activities, and their growing international partnership with States' 4-H. Charlene also shared about the structure of Taiwan 4-H including its 302 Farmer's associations and 40 Fishermen's associations. Many thanks to Charlene and her wonderful program staff!



HIGHLIGHTS

4-H Argentina

Our newest program partner joined the virtual conference to introduce their team and share details about our new Outbound exchange program in Argentina. According to Gabriel Valfre - Executive Director of 4-H Argentina - Argentina is the newest 4-H country in the world! Our new partnership with Argentina will feature group lodging and cultural experiences rather than our traditional focus on individual homestays.



2020-'21 ACADEMIC YEAR PROGRAMS



4-H INVOLVEMENT

Many of our year-long high school exchange students join 4-H clubs. Below, our three 2020-2021 high school exchange students share what they learned about 4-H during their exchange year.



AYANE / JAPAN

I learned that being myself is very important and when I am struggling, nothing can change unless I take action. Do not hesitate to ask someone for help and be confident. By participating in 4-H programs, I could know the differences in our culture, food, and life style.



KYOSHIRO / JAPAN

By participating in 4-H program, I could see all the aspects of the US. Before I came here, I know about this country only on TV or the Internet. I still can't tell you exactly what America is, but I can tell you what kind of people I met and the wonderful time that I spent with them was.



SEORIN / S. KOREA

Thanks to 4-H, I could experience the real American culture, and meet friends who have different cultures with me. I learned how to accept differences and overcome it. It is a good chance to expand one's horizons, and the experiences will help you.

2020-'21 VIRTUAL ACADEMIC YEAR PROGRAMS

FLEX & YES Virtual Exchange

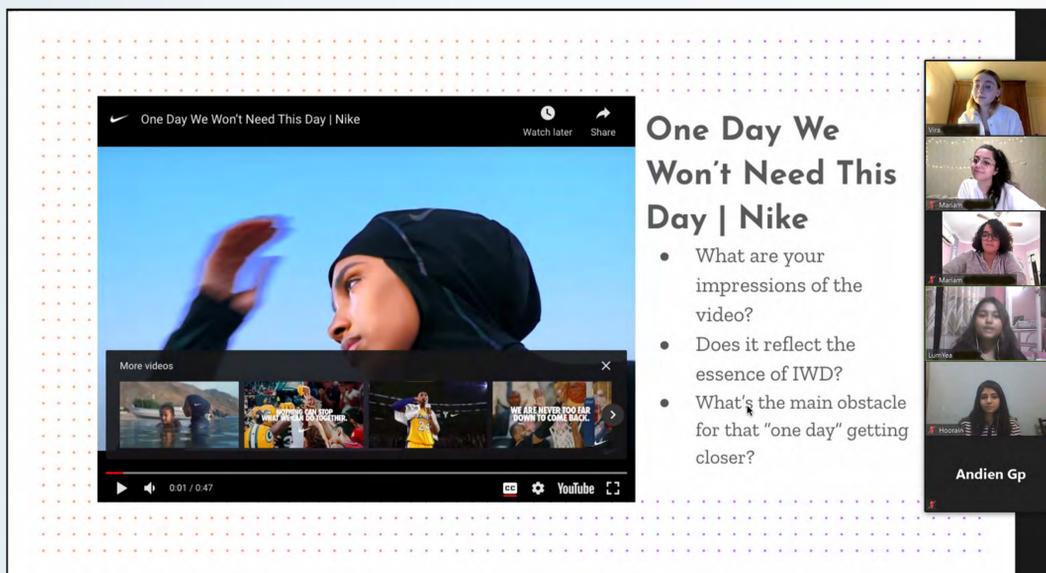
Due to conditions created by the pandemic, the State Department's Bureau of Educational and Cultural Affairs (ECA) decided to transition the Future Leaders Exchange (FLEX) and Kennedy-Lugar Youth Exchange & Study (YES) Programs into virtual exchange programs. Participants pushed through their disappointment to fully jump into the virtual exchange.

The FLEX/YES students were matched up with volunteer host families and 'virtual peers'. Each month, our YES/FLEX students and their virtual host families have a few different opportunities. States' 4-H shares a discussion topic, an activity, and two webinars that students and host families are welcome to attend. The overall goals of the virtual exchange are the same as an in-person exchange - to encourage: cultural sharing, mutual understanding and respect, new relationships, cross-cultural learning, and fun!

The positive attitudes of our virtual exchange students has been a wonder. Students have embraced the chance to connect with one another virtually and to create new international friendships. FLEX and YES virtual exchange students will become full program alumni and we look forward to following their journeys as they become the leaders of tomorrow.



My goals for this virtual programming is to promote the cultural exchange between my native country and the U.S. and get to know American people while sharing our interests and traditions
-Mariam, Republic of Georgia
(2020-2021 States' 4-H YES Program student)



International Women's Day presentation led by FLEX alumna, Vira Kondratyuk (Ukraine, MT '14-'15)



Participants said goodbye to 2020 by doing a year-end wrap up trivia game.

THANK YOU TO OUR VOLUNTEER VIRTUAL & IN-PERSON HOST FAMILIES FOR OUR '20-'21 ACADEMIC YEAR STUDENTS!

- AK:** Haltom Family, Mariam/Georgia
- ID:** Torgersen Family, Kyoshiro/Japan; Onur/Turkey
- KS:** Anderson Family, Andien/Indonesia
- KS:** Ingalsbe Family, Hoorain/Pakistan; Zhanbuu/Kyrgyzstan
- KS:** Koch Family, Lum Yea/Bangladesh
- KS:** Magill Family, Ayane/Japan
- KS:** Meiwes Family, Maksym/Ukraine
- KS:** Payne Family, Seorin/Korea
- MT:** Spaulding Family, Mariam/Egypt; Tomas/Lithuania

2019-'20 ACADEMIC YEAR PROGRAMS

Finding a New Me

By Yamato Yokoyama, Japan

Hi guys!! I'm Yamato from Japan. I was a foreign exchange student in Kentucky in 2019. I'm so happy to share with y'all about my experiences in KY and reflections since I came back to Japan. Firstly, have you ever faced any struggles that you do not want to try or are afraid of? And if you have, did you ever wonder if you could transcend your ability, skill, and fear? In my case, I had a hard time fighting with mathematics ever since I was in junior high because I constantly made careless mistakes and got lower grades which lost my motivation to study. I have an unforgettable memory from my American high school when I got to ask a question about the struggle that I faced. I'm very thankful to my math teacher in Kentucky for literally changing my world toward mathematics. I went to her classroom every morning to ask questions that I encountered and I enjoyed that environment which made me want to know more about math.

Thinking differently from the others is not quite easy, however, I realize that it's relatively easy to take what you want to see. In other words,

when you want to overcome something and you think you cannot handle it by yourself, you should not see the subject itself, but people around you because there are always friends or teachers who you can count on. This is applicable for anything regardless of what you are working on so I can't wait to try new things!!

At the beginning of this program, I was dreaming of being a global person, working at an international organizations such as the UN, where I thought I could help people who have been suffering from poverty, refugees camp, etc. These are still the goals that I'd like to achieve in the future, but instead of aiming to work internationally, I decided to take a little detour to challenge different careers. I hopefully want to major in computer science and business in college which is quite attractive to me, even though I have not decided what to do with that major specifically. I'm taking this detour to become a skillful man who can apply techniques and experiences to solve the problem. But for the best part is that new version of me, pursuing the career that I did not expect in the first place. Throughout this exchange year, I was updated to a new version of myself and I'd love to discover unearthed talent and possibilities that we will face soon!! Thank you for reading this and hope you're going to have a great day!!



Yamato (far left), with his host family, the Sizemore family.

My Year in Alaska

By Viktoria Marinova, Bulgaria

I will start from the end. I didn't want to leave, I didn't want this to come to an end, or at least not so soon. I went to the airport with a heavy, full of fear and sadness, heart. I was still far from realizing that this dream has ended.

I am Viktoria Marinova from Bulgaria and I spent my exchange year in Eagle River, Alaska. If I have to describe this experience in one word, it would definitely be the word unforgettable. It started with piles of paperwork, but all that effort was worth it. The trip to the final destination was long and tiring, full of excitement and complicated emotions.

My first couple of days were for me and my host mom to get to know each other, and to settle in this new home. Then I started school and faced some challenges with choosing the right classes and getting used to this completely different education system. I loved the yellow school buses! I was only taking classes that I enjoyed, but my favorite one was JROTC. I loved everything about it - the PT, the uniform inspection days, the educational classes, but I most of all the people.

My host family consisted of my host mom and our three dogs. I am so grateful for this person. We built a strong life-long connection. She helped me go through my hard times, and taught me some truly useful lessons. Besides that, she kept me busy with numerous activities. We went golfing, hiking, shopping, visiting her friends. We also did some Alaskan things like going on a glacier tour, ice fishing, visiting nature centers - the list is endless.

My exchange year was full of challenges and adventures. I enjoyed every second of it. And I am happy that I met all these new people, and had a chance to dive in their lifestyle and culture, while sharing my own. I loved the country and the state, I loved the people and the diverse cultures. I would definitely recommend to everyone, who gets a chance to experience this, to fully enjoy it. To get the most of it and to give the most of themselves.



Viktoria (right) and her host mother, Jill, on a trip to one of Alaska's many glaciers.

THANK YOU TO OUR COMMUNITY!

2020 Fundraising Overview

Since 1972, over 61,000 youth across the United States have participated in a States' 4-H exchange program. Over 8,000 of these youth have traveled overseas for cultural immersion programs. For the vast majority of these youth, it is their first experience traveling outside of the United States. The ongoing Coronavirus pandemic has drastically affected our ability to build and sustain these life-changing exchange programs. Embedded in our work is the belief that positive youth development occurs by taking youth people out of their comfort zones and providing them with the chance for personal growth through experiential learning.

By participating in a States' 4-H exchange program, the next generation of young leaders will have greater empathy and mutual understanding with people from different backgrounds, as well as greater cross-cultural competencies. Our programs are hugely transformative for our participants, most of whom come from rural communities with little to no ethnic diversity and few opportunities for international travel.

States' 4-H has always sought to keep the financial barriers to international exchange as minimal as possible for our participants. As a non-profit organization, our program funds are reinvested into the development of future opportunities for youth. States' 4-H is very grateful to the generous donors who contributed to support our exchange programs during this challenging time. A list of donors is posted on the right side of this page. We would like to express our heartfelt gratitude to our supporters for helping to develop the next generation of global citizens.



THANK YOU, DONORS!

- AK:** Haltom Family
- AK:** Yon Family
- CA:** Mora Family
- CO:** Harrison Family
- CO:** Karr Family
- CO:** Richards Family
- HI:** Chen Family
- ID:** Zender Family
- IL:** Haning Family
- IL:** Kane Family
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- KY:** Noble Family
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- MI:** Dingledine Family
- MI:** Kuhn Family
- MI:** Rohrer Family
- MI:** Sorgenfrei Family
- NE:** Caldwell Family
- NJ:** Hennig Family
- SD:** Hinkle Family
- VA:** Byrum Family
- VA:** Seibert Family
- WA:** Burnham Family
- WA:** Henry Family
- WI:** Kempfer Family
- WI:** Lendved Family
- WI:** Schatzinger Family

LOOKING FORWARD



New Partnership: Argentina 4-H/JUVIPS

States' 4-H was very excited to develop a new partnership with 4-H Argentina/JUVIPS Fundación. According to Gabriel Valfre – Executive Director of 4-H Argentina – Argentina is the newest 4-H country in the world!

4-H Argentina is a non-profit organization that develops programming for under-served youth in the region of Cordoba. These programs include a music academy for students using recycled instruments and a soccer program to promote social inclusion, leadership and health. 4-H Argentina was established in 2015 when the JUVIPS Fundación asked the International 4-H Board to join the 4-H movement. Since then, 4-H Argentina has continued its work implementing programs and community projects that empower young people and strengthen the community while promoting healthier

lifestyles. 4-H Argentina has a special focus on children and young people and engage with these youths' communities and neighbors to support their programs. As described by Gabriel Valfre,

"The School of Music is based in the periphery of Córdoba and it allows more than 60 under privileged youth to develop their talent as musicians or to find a path to progress in their lives. Many of them play recycled instruments made of the trash collected from the landfill.

América Unida, the Soccer School, hosts more than 120 kids and teenagers from the northwest periphery of Córdoba to open a door for them to social inclusion and a healthy life, and the possibility to begin a route to high sports performance."

States' 4-H and 4-H Argentina have jointly developed a new exchange program opportunity for American 4-H youth. The two and a half-week exchange program combines volunteerism projects, language classes, cultural activities and sightseeing. Participants will have the chance to work directly to support 4-H Argentina programming while also learning Spanish, attending an overnight camp, and visiting 4-H clubs in and around the city of Cordoba. Participants may also have the chance to visit a working farm and participate in other cultural activities organized by Argentina 4-H. Unlike States' 4-H's other travel programs, the 4-H Argentina exchange will offer group accommodations. Spanish language knowledge is recommended but not required to participate in this program.

The 4-H Argentina program is a unique way to develop your global perspectives, your cross-cultural competencies, and your understanding of a new culture.



4-H Argentina staff and volunteers. 4-H Argentina is a non-profit organization that develops programs for under-served youth.



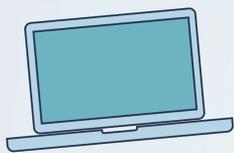
Staff from 4-H Argentina leading craft activities for youth in Córdoba. States' 4-H has developed a new group exchange program to Argentina, beginning in summer 2022.



Youth participate in one of 4-H Argentina's core projects: crafting musical instruments using recycled materials.

Read About Our Summer Programs on the Next Page!

SPEND YOUR SUMMER WITH STATES' 4-H!



We are excited for a summer full of fun and educational virtual programming! We hope you will join us for these **unique online opportunities** to learn about new cultures and make new friends around the world.

NEW States' 4-H Global Exploration Series

This summer, join States' 4-H for a **virtual trip** around the world! Tour **six countries** to learn about their language and culture and participate in hands-on activities. Each interactive zoom session will be 90 minutes long and feature the following activities:

- Language 101: Introduction to basic phrases and language structure
- Country Trivia: Interactive game to introduce culture and history
- Hands-On Activity: Unique craft or cooking activity

We will have two sessions a month starting in early June. Our **Japan** session will take place on June 25th.

We will also have sessions about **Korea, Argentina, Norway** and **Egypt!** Visit our Facebook page to register and learn more about this global series.



States' 4-H Summer 2021 Pen Pal Program!

Pen Pal is back for the summer of 2021! We will be launching the registration period for the summer program on **June 10th**. Please contact your State Coordinator for the registration announcement and instructions on how to register. We also would like to encourage you to visit our Facebook and Instagram pages for program updates this summer!

So far, nearly 3,300 youth around the world have connected with a new pen pal friend. We have loved hearing the stories from participants about their new friendships.



My favorite thing about the Pen Pals program was learning about different cultures and the customs or traditions of them. I also liked comparing our (US) environment/culture to Japan's.



States' 4-H Summer 2021 Virtual USA Summer Camp!

The USA Virtual Summer Camp series features four unique and interactive summer experiences geared toward international youth who were not able to visit the U.S. this summer due to the pandemic. States' 4-H Coordinators and 4-H volunteers will help facilitate and run these sessions that also welcome U.S. 4-H youth as participants.

- **Our Homestay Experience** lets participants meet virtual host families, cook a traditional summer snack, and enjoy creating crafts and playing games together.
- **Our Farm-life Experience** has participants visit a farm to learn about caring for animals, practice milking a cow, making their own butter, and creating some other tasty treats at home.
- **Our U.S. Holidays Experience** has participants learn a bit about the 4th of July holiday in the U.S., create fun crafts and bake treats!
- **Our 4-H Summer Camp Experience** lets participants visit a real 4-H camp and join in on several fun interactive camp activities that are popular in the U.S.

We hope these sessions will keep youth interested and engaged in international and cultural exploration, and promote a desire for building friendships and understanding around the globe. We can't wait to see them in person next summer!

SHARE YOUR WORLD!



GET INVOLVED



HOST

We are looking for volunteer host families for our high school exchange students arriving in August 2021 and for Summer 2022 short-term hosting!

Contact your State Coordinator to learn more.



GO ABROAD

Summer 2022 programs will take place in Argentina, Costa Rica, Japan, Norway, Romania, South Korea and Taiwan. The application window will open in the fall.

Contact your State Coordinator to request an application.



LEARN MORE



@states4hexchange



@states4hinternational



www.states4hexchange.org



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About States' 4-H International

States' 4-H International is a not-for-profit educational and cultural organization, established under IRS code 501(c)3, in the State of Washington. States' 4-H is governed by a board of directors comprised of Extension professionals from across the USA. The 4-H National Headquarters at NIFA has authorized States' 4-H to use the 4-H name and emblem. Programs are coordinated through the State 4-H Office by 4-H Youth Development Centers of the Cooperative Extension System at Land Grant Colleges and Universities in each state.

Non-Discrimination Statement

As an organization comprised of 4-H member states, States' 4-H prohibits discrimination in all its programs and activities on the basis of race, color, national origin, creed, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.



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EXPLORE YOUR WORLD!