**Shawnee County 4-H Interstate Exchange Application**

**(Submit by October 24, 2025)**

Please read all information below before completing and submitting your application.

The 4-H Interstate Exchange program offers you the opportunity to travel and stay with a

4-H member from another state and in return host that 4-Her within your home. Travel and hosting activities are done together as a group. This is a 2-year program commitment.

**Guidelines and Requirements for the Shawnee County Interstate Exchange selection process.**

1. Must be able to commit to two years. One summer the group will host, the next summer the group will travel.
2. Must be able to host as well as travel and fulfill the entire 8-day commitment each year.
3. Must be between the ages of 14 and 18 (4-H age). Age 14 at time of traveling/hosting.
4. Must have been in 4-H for two years or have chaperones approval.
5. Cost to Host: $500-$700 (Depends upon the activities the group chooses to share with the state we are hosting.)
6. Cost to Travel: $400 and up (Depends on the cost of flights.))
7. Must complete and submit the attached 4-H Exchange Participation application. Please return application to the Extension Office or email to Twyla Hernandez at [twylah78@gmail.com](mailto:twylah78@gmail.com) by deadline. Questions: 785-845-4067
8. Each selected 4-Her and his/her family must be able to accommodate exchange in their home as well as complete the Volunteer Selection Process.
9. Exchange club members are responsible for expenses not raised through group fundraisers.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4-H Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_\_\_

1. Name of parent(s)/guardian(s) and their occupations.
2. Name of sibling(s) and their ages.
3. Residence (circle one): Farm Rural/non-farm Small town City
4. Number of years in 4-H and 4-H activities /projects involved in.
5. Leadership activities.
6. Community Service Projects.
7. List your school/church/community activities.
8. List honors you have received in 4-H, school, or other organizations.
9. List your hobbies including sport you enjoy.
10. What do you hope to learn from this exchange experience?

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Applicant Signature Parent/Guardian Signature