



2025 JAPAN EXCHANGE

Join a HOMESTAY EXCHANGE and
immerse yourself in another culture!



Are you curious about daily life, culture, and youth leadership programs in other countries? Live with a host family in Japan and immerse yourself in a world that most visitors rarely get to see. You can share everyday life with friends and relatives in your host community and build friendships that will last a lifetime.

STATES' 4-H INTERNATIONAL PROGRAM DETAILS:

8 WEEK HOMESTAY PROGRAM

Dates: June 11—August 8, 2025

Capacity: Maximum 20 delegates

Cost: \$5,700 + airfare estimate (\$2,100 - \$2,400)

(Actual airfare may vary at time of booking)

For the **first 4 weeks**, stay with a host family (*host sibling not guaranteed*) in the Tokyo area, while attending an **intensive Japanese language Nihongo program**. This program is for youth that are interested in a true Japanese classroom experience! In the second 4 weeks, you will be placed with a new host sibling and host family.

Program Timeline*:

December 15:	Application due to States' 4-H Office
January:	States' 4-H notifies applicant of acceptance
January 15:	First payment due for Japan
	(\$4000 for Japan 8 week, \$3000 for Japan 4 week)*
February 1:	States' 4-H issues international air tickets
April 1:	Passport due to States' 4-H Office
	Domestic itinerary due to States' 4-H Office
	Remaining payment due to States' 4-H Office
Early Spring:	State-level orientations
Late Spring	National orientation (virtual)
Summer:	Students fly to a U.S. gateway city for National Departure Orientation the day before the international flight.

4 WEEK HOMESTAY PROGRAM

Dates: July 9 - August 8, 2025

Capacity: Maximum 60 delegates

Cost: \$3,600 + airfare estimate (\$2,100 - \$2,400)

(Actual airfare may vary at time of booking)

Live with a Japanese host family for the month and experience daily life. You will be placed with a host sibling to share your experience and learn about Japanese culture. A group camp is offered through both Labo and LEX.

Program Fees Include:

- Overnight National Orientation in Seattle, WA & in Tokyo
- LABO and LEX camps
- In-Japan expenses: lodging, meals, transportation
- Orientation materials and States' 4-H t-shirts
- Accident & Sickness Insurance
- A portion of adult chaperone expenses
- 8 Week Program fees include the 4-week Japanese Nihongo language program: Language learning in a classroom setting and cultural excursions outside of classroom.*
- Overnight National Departure Debriefing in **Seattle, WA**

**Lunch not included on weekdays during language classes (\$7-10/day estimate).*

**Some states may have an earlier timeline set in order to approve documents.*



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States' 4-H International's mission is to enhance world understanding and global citizenship; one way to move towards that goal is through living with a local host family and immersing oneself in another culture.



"This was a life changing experience and it has truly changed my mindset on others and the world. I feel like a different person now, in a good way, and I now have an international family!"

- States' 4-H Outbound Alumna

Who can apply:

4-H youth who want to learn first-hand about another culture and gain a global perspective. Must be between ages **12-18** from the first day to the last day of the exchange for Japan 4-Week, and **15-18** for Japan 8-Week (applicant must not be in college). 4-H enrollment guidelines and ages vary by state.

How to apply:

Contact your local 4-H coordinator to apply and learn about your local deadlines and to access the application.

States' 4-H Program Policies:

- Program Cancellations:
 - * No refund of paid deposits, unless full program cancelled by States' 4-H
- Airfare is non-refundable once issued
- In-State Fees may apply
- **Participant is responsible for purchasing domestic airfare to/from National Departure in Seattle, WA**
- Unaccompanied Minor fees may apply (up to \$150 each way)
- Program details subject to change

FAQs:

Q: Will a chaperone accompany the group?

A: Yes! Adult chaperones accompany the group during international travel and remain in-country to provide support during the exchange.

Q: Do I need to speak Japanese?

A: No prior language study is required, but it is certainly helpful! Our international partners have English-speaking staff on hand to assist you in communication.

Q: How will States' 4-H prepare me for my homestay?

A: States' 4-H provides travel handbooks that cover everything from packing lists to financial matters to cultural information. In addition, each state may conduct a spring orientation covering these topics. Delegates also receive details during the States' 4-H group conference call in late spring and a National Departure Orientation the day before the international flight.

For more information:

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