What is a Ford County 4-H Ambassador?
Ambassadors serve a leadership role in our county. It is their responsibility to promote 4-H to the public and within our own organization. This is our prime leadership development group!

What is 4-H Cultural Exchange?
The Cultural Exchange program is designed to help youth gain more independence, a greater appreciation for other parts of the state and country, new friends, and new experiences. It is a two-year commitment. It is recommended that you enroll in the self-determined project to receive credit for the many activities and experiences you will have while in Exchange, but it is not required. This is a youth group with parent support and involvement.

Do I have to do both Ambassador and Exchange duties?
No, you may be interested in one or the other or both. A current application is required for either group, and you will check what areas you are interested in.

Guidelines:

1. Age Requirements
   - 12 and up for Ambassadors
   - 12-13 for in-state Exchange
   - 14 and up for state-to-state Exchange
   - Officers - ages 14 and up

2. Number of adults on Exchange Trips –
   - Minimum of 1 adult per 10 4-H’ers is the state requirement; the number of adults will depend upon the mode of transportation and the number of 4-H’ers attending.
   - Families must have both parents complete the volunteer screening process to be eligible to host/spONSor.
   - Drivers must be 21 years of age and older in order for 4-H Insurance to cover the driver and those in the vehicle.

3. Point System
   - a. One point per hour worked (not hanging out) on EXCHANGE activities and one point per meeting attended.
   - b. Work shifts at Exchange fund raising events will be limited to a specific time and number of people; if you sign up for a shift and can NOT fulfill the work time, it is YOUR responsibility to find a replacement. Donations of food/booth items for Flea Market have points attached for member to earn.
   - c. Participation in an Exchange Trip will require a certain number of points based upon the total number of points available and attendance at a minimum of three meetings and one or more fund raising events.
   - d. Points may be shared among family members (i.e. Mom works and shares her points with 4-H’er wanting to go on an Exchange Trip).
   - e. Every year following an exchange your points zero out (whether you participated or not); point accumulation for the following year will begin after the summer exchange trips have occurred (usually in July) rather than on October 1 when the new 4-H year begins.

4. A current Exchange/Ambassador Application is due each year to the Extension Office. During travel year, a Code of Conduct form and an Exchange Commitment Form will need to be signed by both member and parent and turned in to Office.