

# 2018/2019 Exchange Trip/Ambassador Guidelines

## 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.
  - Ambassador activities are NOT Exchange activities. Ambassador activities may include leadership development events such as Lock-In's, Fair activities, announcing at shows, 4-H promotions, Rodeo Kiddie Corral, & other events that are not Exchange Fundraisers.
- 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.