

States' 4-H International Exchange Programs



Outbound Cultural Project

Each outbound delegate is asked to prepare a cultural project that he/she can share with his/her host family. The cultural project should focus on an aspect of American culture that is important to you. The project can be in any form and on any topic. For instance, previous delegates have:

- Demonstrated how to throw a lasso
- Prepared their favorite food dish
- Sung a favorite pop song (with accompanying dance moves!)
- Taught their favorite sport/game and then played it with their host family

Pick a project that you enjoy and that you're comfortable teaching others. You should also be prepared to leave a "hard copy" of your project with your host family. For instance, write down the recipe for your favorite dish, write down the lyrics for your favorite song, take photographs of your dance moves, or prepare a guidebook with pictures on your favorite sport. The main goal is for you to share a piece of American culture with your host family and new friends...and to have fun!

Please describe your project in the space below and/or attach separate sheet (if necessary):