



YOUTH FOR UNDERSTANDING
Intercultural Exchange Programs



make the world
your **classroom**

YFU CLASSROOM EXCURSIONS



YOUTH FOR UNDERSTANDING Intercultural Exchange Programs

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Some things you're born with. Other things—your confidence, your individuality and perspective—you will discover. Since 1951, YFU has helped students all over the globe find themselves, expand their world and discover intercultural opportunities through studying abroad.

For learners of all ages who are looking for a life-changing cultural exchange experience, Youth For Understanding (YFU) offers a wide range of opportunities to see the world up close. The global YFU network, consisting of partners in more than 70 different countries, is united by the belief that curiosity about the world expands cultural awareness and acceptance of other ways to live, which leads to broader perspective and greater understanding. YFU's unique intercultural exchanges open minds and hearts, enables learning that transforms lives, changes the way you see the world and helps to overcome stereotypes. Selected to administer more government and corporate scholarships than any other high school exchange program, YFU has remained a trusted leader of intercultural exchange programs for more than 65 years because of its commitment to safety, reputation for quality and exceptional support services.

“As a teacher, the reason I chose to work with YFU and host students myself was from my years of experience with YFU in the classroom. It always seemed to have the **most well-adjusted, supported exchange students.**”



Visit yfuusa.org/jackdudley to discover how YFU changed the life of Jack.

A photograph of several students sitting at desks in a classroom, looking at papers and talking. The image is partially obscured by a large teal and yellow circular graphic on the left side.

are you interested in building your own perfect combination of adventure and discovery?

Do you have students that are curious about the world and would benefit from the global exposure of an international education program with their classmates and friends? YFU is pleased to offer new and exciting summer opportunities abroad for high school students and educator chaperones which emphasizes global themes and project-based learning. Program options focus on cultural exchange and language immersion and are available in multiple countries. YFU's Classroom Excursions offer a once in a lifetime opportunity for you and your class to fully immerse yourselves in a culture all while touring with a group you know!

Let YFU build your dream classroom program. YFU works out all the details including finding host families or accommodations, booking transportation (both domestic and international), ordering tickets for activities, scheduling classes and finalizing details. From start to finish, YFU is there for you every step of the way!

These classroom excursions abroad run two to three weeks and participants are sure to discover as much about themselves as they are about their new host culture! Students and teachers live with a host family or in group accommodations while engaging in workshops and embarking on educational excursions. Please see where noted, excursion accommodations vary. Not all excursions provide host family stays. *Call **1.800.TEENAGE** to start building your unique program now!*

Teachers, coaches, chaperones or YFU volunteers who recruit 10 or more students for the same Classroom Excursion are eligible for a free trip with their group.

Programs generally include:

- Pre-departure orientation workshop or meetings
- Pre-program information and admissions support
- In-country arrival orientations
- Housing in country (typically host family, youth hostel or dormitory)
- Cultural activities and excursions
- Guided lessons in the local language
- Service-learning volunteer opportunities or other activities with local communities
- 24/7 on-call support staff in country and in the U.S. during program
- Local in-country guides
- Round-trip U.S. domestic and international travel

At additional costs, YFU can also offer:

- Discounted Rosetta Stone accounts
- Comprehensive travel insurance
- Customizable program extensions, activities or enhancements



YOUTH FOR UNDERSTANDING Intercultural Exchange Programs

INTERNATIONAL ADVENTURES WITH YOUR STUDENTS YFU Classroom Excursions

PROGRAM TUITION INCLUDES

- Round-trip travel (domestic and international)
- Entrance to all YFU led excursions
- Orientations and preparation
- Placement with a carefully selected host family or in group accommodations
- Meals
- 24-hour YFU student support

Program Duration: 2-3 Weeks

Program Dates: Varies by program; flexible dates

Participant Capacity: Varies by program

APPLICATION DEADLINE

School Participation Commitment: February 1, 2017

Student Application: March 15, 2017*

*Deadline subject to change.

Programs fill up fast! Early school commitment and student applications help ensure availability.

For more information and updates, please visit us on the web at yfuusa.org, contact us at admissions@yfu.org or call us at **1.800.TEENAGE**.



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**“have fun
and learn
all you can
from it.”**

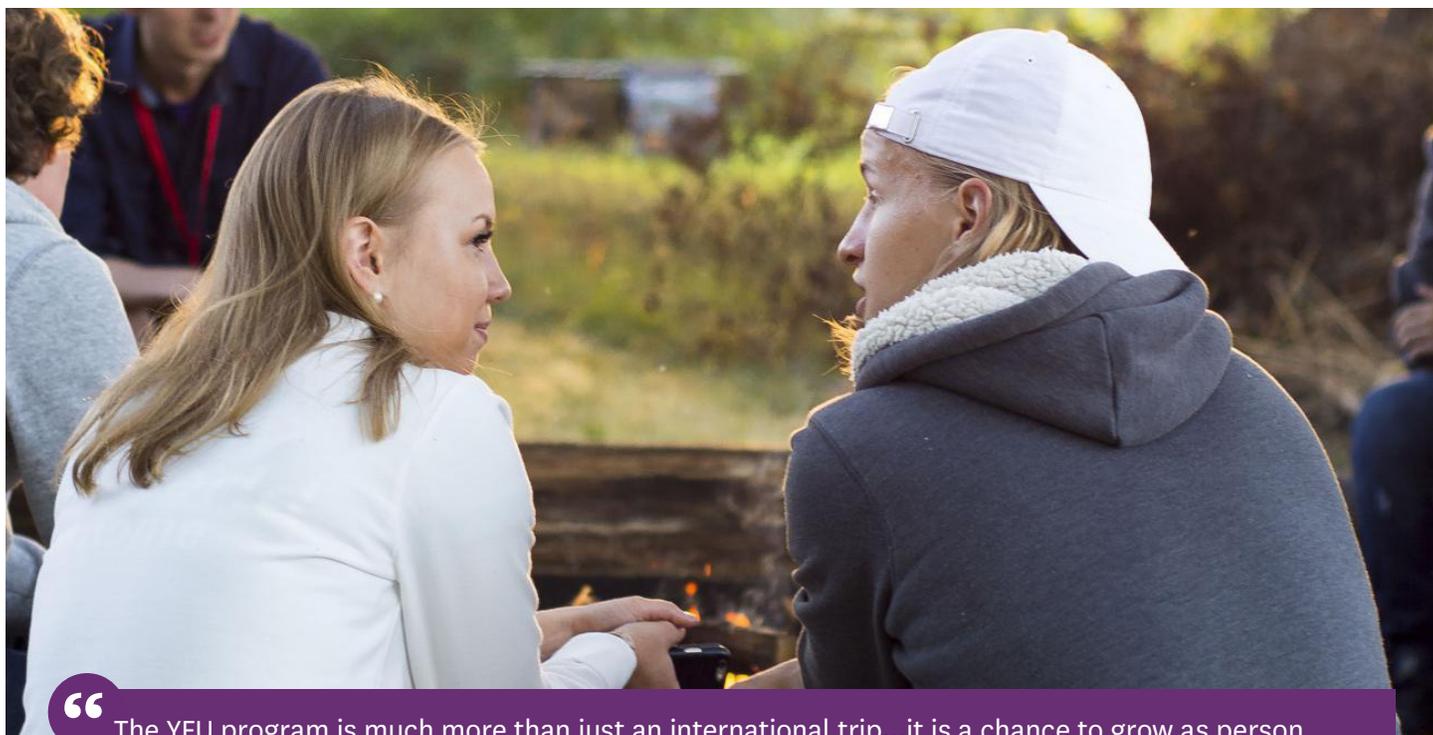


BRAZIL – Mysteries of the Amazon

Far from the samba-filled streets of Rio de Janeiro and the picture post-card beaches of Copacabana lies an intricate web of rivers and jungles of the Amazon! The Amazon Rainforest, the largest tropical rainforest on earth with the richest and most diverse biodiversity on our planet can only be appreciated in person. This is your chance to experience the real adventure of exploring the Amazon.

DID YOU KNOW?

Brazil is the largest country in South America with 2,500 airports! It is the only country in South America that speaks Portuguese. Brazil has the largest coastline on the eastern side of South America. Brazil spans 3 time zones. 60% of the Amazon Rainforest is located in Brazil.



“

The YFU program is much more than just an international trip...it is a chance to grow as a person and can provide a springboard for future opportunities!”

- YFU Alumni

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BRAZIL Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • Arrival in Manaus and check-in to the hotel
Day 2	<ul style="list-style-type: none"> • <i>AM</i>: City tour • <i>PM</i>: Visit to the Opera House
Day 3	<ul style="list-style-type: none"> • <i>AM</i>: Departure to the city of Presidente Figueiredo • <i>PM</i>: Hiking trip through the forest to Maroaga's Refuge Cave; enjoy a Folkloric show at the hotel
Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Visit the Sanctuary Waterfall • <i>PM</i>: Depart back to Manaus on board the Amazon regional boats; visit the Meeting of the Waters and ecological reserve; Spend the night on the boat
Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Visit a local indigenous tribe and experience their life in the Amazon • <i>PM</i>: Navigate the Rio Negro River and go alligator spotting
Day 6	<ul style="list-style-type: none"> • <i>AM</i>: Visit the Casa da Farinha to learn about the manufacturing of flour and tapioca • <i>PM</i>: Navigate the lakes in the Acajatuba area and visit with locals to learn more about Amazon preservation; participate in a social activity in the evening
Day 7	<ul style="list-style-type: none"> • <i>AM</i>: Swim with pink dolphins; Sail north of the Rio Negro river to view lakes and rivers inhabited by exotic wildlife • <i>PM</i>: Participate in a discussion of the region
Day 8	<ul style="list-style-type: none"> • <i>AM</i>: Navigate down the Rio Negro river and relax on a river beach • <i>PM</i>: Hiking trip through the jungle and learn how to make your own blow gun
Day 9	<ul style="list-style-type: none"> • <i>AM</i>: Canoe through the flooded forest • <i>PM</i>: Make indigenous crafts; spend the night in the forest sleeping in hammocks
Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Learn about Amazon conservation through tree planting • <i>PM</i>: Finish boating expedition and depart to Manaus
Day 11	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.





CENTRAL EUROPE – Culture & Castles Along the Danube

The banks of the Danube River are home to a wealth of culture, history and countries. This Classroom Excursion, offering summer and winter departures, explores the geographic midpoint of Europe with visits to Bratislava, Vienna and Budapest. With overlapping cultures and borders that have frequently changed over the centuries, this region is ideal for the curious as well as the adventurous.

DID YOU KNOW?

Bratislava features a pedestrians-only Old Town. Slovakia has more castles and chateaux per capita than anywhere in the world. Vienna and Bratislava are only 90 minutes apart by boat.



“That year was the most amazing year of my life. Since that year I have been dedicated to helping students have amazing experiences abroad.”

- YFU Alumni & Volunteer

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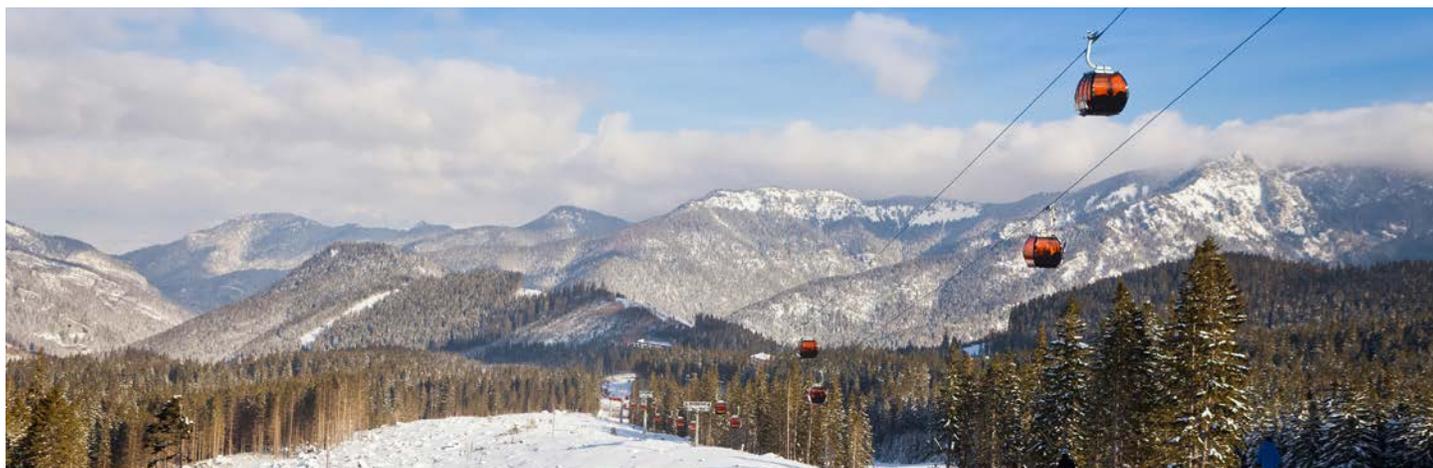
CENTRAL EUROPE Classroom Excursion: *Sample Summer Itinerary*

June 16, Day 1	<ul style="list-style-type: none"> • <i>AM:</i> Arrive and transfer to Bratislava • <i>PM:</i> Enjoy dinner and introduction to the program
June 17, Day 2	<ul style="list-style-type: none"> • Day tour of Bratislava combining history and culture; enjoy Slovak cuisine
June 18, Day 3	<ul style="list-style-type: none"> • Travel to host family
June 19, Day 4	<ul style="list-style-type: none"> • Program Activity (examples include visiting local sites, spending time with Slovak students, sport/cultural activities, hiking, shopping etc.)
June 20, Day 5	<ul style="list-style-type: none"> • Program Activity
June 21, Day 6	<ul style="list-style-type: none"> • Program Activity
June 22, Day 7	<ul style="list-style-type: none"> • Program Activity
June 23, Day 8	<ul style="list-style-type: none"> • Program Activity
June 24, Day 9	<ul style="list-style-type: none"> • Program Activity
June 25, Day 10	<ul style="list-style-type: none"> • Program Activity
June 26, Day 11	<ul style="list-style-type: none"> • Travel to lake or similar location
June 27, Day 12	<ul style="list-style-type: none"> • Sports and Activities
June 28, Day 13	<ul style="list-style-type: none"> • Kayak trip; enjoy BBQ and sleep in tents
June 29, Day 14	<ul style="list-style-type: none"> • Kayak trip; enjoy BBQ and sleep in tents
June 30, Day 15	<ul style="list-style-type: none"> • <i>AM:</i> Swimming/Summer sports • <i>PM:</i> Return to Bratislava
July 1, Day 16	<ul style="list-style-type: none"> • Day trip to Vienna or Budapest
July 2, Day 17	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



CENTRAL EUROPE Classroom Excursion: *Sample Winter Itinerary*

February 10, Day 1	<ul style="list-style-type: none"> • <i>AM</i>: Arrive and transfer to Bratislava • <i>PM</i>: Enjoy dinner and introduction to the program
February 11, Day 1	<ul style="list-style-type: none"> • Day tour of Bratislava combining history and culture; enjoy Slovak cuisine
February 12, Day 1	<ul style="list-style-type: none"> • Travel to host family
February 13, Day 4	<ul style="list-style-type: none"> • Program Activity (examples include visiting local sites, spending time with Slovak students, sport/cultural activities, hiking, shopping etc.)
February 14, Day 5	<ul style="list-style-type: none"> • Program Activity
February 15, Day 6	<ul style="list-style-type: none"> • Program Activity
February 16, Day 7	<ul style="list-style-type: none"> • Program Activity
February 17, Day 8	<ul style="list-style-type: none"> • Program Activity
February 18, Day 9	<ul style="list-style-type: none"> • Day with host family
February 19, Day 10	<ul style="list-style-type: none"> • Day with host family
February 20, Day 11	<ul style="list-style-type: none"> • Travel to ski resort
February 21, Day 12	<ul style="list-style-type: none"> • Ski/snowboard course
February 22, Day 13	<ul style="list-style-type: none"> • Ski/snowboard course
February 23, Day 14	<ul style="list-style-type: none"> • Visit to aquapark/thermal park
February 24, Day 15	<ul style="list-style-type: none"> • <i>AM</i>: Spend morning in ski resort • <i>PM</i>: Return to Bratislava
February 25, Day 16	<ul style="list-style-type: none"> • Day trip to Vienna or Budapest
February 26, Day 17	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



“exchange
has the power
to profoundly
and positively
impact individuals,
families and
communities.”





CHINA – Beijing and Beyond

Discover China and get an in-depth view of the amazing history, culture and society of this ancient civilization! Your two-week adventure in China begins with a short arrival orientation, where you will receive a introduction of the country, customs and lifestyles. You will experience authentic Chinese daily life with your host family or YFU China volunteers while staying in Beijing. The unique sights and sounds and tastes of China’s bustling cultural and commercial center offers a Classroom Excursion like no other.

DID YOU KNOW?

The Chinese New Year lasts 15 days! A popular flavor for ice pops is green bean. The Forbidden City Palace has 9,000 rooms. The summit of Mount Everest marks the border between China and Nepal.



“

YFU is a positive first step in a lifelong journey of international connection.”

- Michael E. Hill, YFU USA President & CEO

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CHINA Classroom Excursion: *Sample Itinerary*

July 15, Day 1	<ul style="list-style-type: none"> • Arrive in Beijing
July 16, Day 2	<ul style="list-style-type: none"> • Orientation and Hutong survival activity
July 17, Day 3	<ul style="list-style-type: none"> • Chinese language and culture lessons; visit Temple of Heaven Park; picnic and calligraphy demonstration
July 18, Day 4	<ul style="list-style-type: none"> • Chinese language and culture lessons; learn to make kites by hand
July 19, Day 5	<ul style="list-style-type: none"> • Visit and explore a village at the foot of the Great Wall; fly your kites
July 20, Day 6	<ul style="list-style-type: none"> • Walk the Great Wall; Learn about the history and story of the Great Wall
July 21, Day 7	<ul style="list-style-type: none"> • Activities with host families or YFU volunteers, such as food tasting and shopping in the hutongs; visit the Beijing Capital Museum or the Beijing Zoo
July 22, Day 8	<ul style="list-style-type: none"> • Activities with host families or YFU volunteers, such as food tasting and shopping in the hutongs; visit the Beijing Capital Museum or the Beijing Zoo
July 23, Day 9	<ul style="list-style-type: none"> • Observe the morning exercises of local residents; try the Chinese martial art of Kung fu
July 24, Day 10	<ul style="list-style-type: none"> • Chinese language and culture lessons; visit Temple of Earth Park; learn about ancestor workshop and the traditional costumes of the Qing dynasty
July 25, Day 11	<ul style="list-style-type: none"> • Visit the Summer Palace; Experience canal culture by boat
July 26, Day 12	<ul style="list-style-type: none"> • Tour of the Forbidden City and Beijing Planning Exhibition Hall; historical walking tour of ancient, present and future Beijing
July 27, Day 13	<ul style="list-style-type: none"> • Learn the art of Chinese cuisine and try making dumplings; view the Beijing Image Show; farewell party
July 28, Day 14	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.





COSTA RICA – Coastal Wonderland

Costa Rica offers a breathtaking extravaganza of biodiversity. No wonder that in this small lush country just about the size of West Virginia, a popular phrase is “pura vida” or pure life! Known for its rainforests, it is a haven for researchers and ecotourism. Approximately 25% of the country’s land area lies within protected national parks. This exciting excursion is offered in partnership with Outward Bound Costa Rica and makes the most of its rugged terrain and rich biodiversity, as well as an opportunity to use and improve Spanish language skills.

DID YOU KNOW?

There are 801 miles of coastline in Costa Rica. There are more than 121 volcanic formations in Costa Rica, seven of which are active. The country is home to more than 52 species of hummingbirds.



“ Everything was planned perfectly, from arrival to departure. I learned much more than I ever expected to.”

- YFU Alumni

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**OUTWARD
BOUND**



**Costa
RICA**

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COSTA RICA Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • Depart the U.S. and arrive in San Jose, Costa Rica • Transfer to rainforest base • Participate in orientations and have a traditional meal
Day 2	<ul style="list-style-type: none"> • <i>AM:</i> Rainforest canopy tour and zip-line; learn about canopy species and wildlife • <i>PM:</i> Spanish class
Day 3	<ul style="list-style-type: none"> • <i>AM:</i> Tree Climbing • <i>PM:</i> Spanish class
Day 4	<ul style="list-style-type: none"> • <i>AM:</i> Conservation service project • <i>PM:</i> Service project with local community, practicing Spanish
Day 5	<ul style="list-style-type: none"> • Conservation service project (planting trees, trail maintenance)
Day 6	<ul style="list-style-type: none"> • <i>AM:</i> Conservation service project • <i>PM:</i> Spanish class
Day 7	<ul style="list-style-type: none"> • <i>AM:</i> Rainforest hike/trekking • <i>PM:</i> Make meals; camp underneath rainforest canopy
Day 8	<ul style="list-style-type: none"> • <i>AM:</i> Rainforest trekking • <i>PM:</i> Stay with local host families
Day 9	<ul style="list-style-type: none"> • <i>AM:</i> 80 foot waterfall rappel challenge • <i>PM:</i> Learn to make sugar and grind corn for homemade tortillas, and other traditional skills with local community; stay with local host families
Day 10	<ul style="list-style-type: none"> • <i>AM:</i> Hike • <i>PM:</i> Tour a banana plantation and learn to make traditional banana bread and cheese
Day 11	<ul style="list-style-type: none"> • Hike the mountains and take in the views
Day 12	<ul style="list-style-type: none"> • Visit frog farm, learn about conservation
Day 13	<ul style="list-style-type: none"> • <i>AM:</i> Downhill hike • <i>PM:</i> Visit Manuel Antonio beach
Day 14	<ul style="list-style-type: none"> • <i>AM:</i> Surf lessons in the Pacific Ocean
Day 15	<ul style="list-style-type: none"> • <i>AM:</i> Surf lessons and surf etiquette • <i>PM:</i> Experience coastal wildlife, such as sea turtles, dolphins and monkeys
Day 16	<ul style="list-style-type: none"> • Surf day, snorkeling or paddle-boarding
Day 17	<ul style="list-style-type: none"> • <i>AM:</i> Visit Manuel Antonio National Park • <i>PM:</i> Experience monkeys, howlers, sloths, parrots and more
Day 18	<ul style="list-style-type: none"> • <i>AM:</i> Beach • <i>PM:</i> Transfer to mountain rainforest base; enjoy a traditional meal; Group reflection
Day 19	<ul style="list-style-type: none"> • White water rafting trip - see waterfalls and wildlife
Day 20	<ul style="list-style-type: none"> • White water rafting – learn to read river rapids and basic rafting safety and techniques through the rainforest rivers
Day 21	<ul style="list-style-type: none"> • <i>AM:</i> Discover active volcanoes • <i>PM:</i> Visit Basílica de Nuestra Señora de los Ángeles, Cartago
Day 22	<ul style="list-style-type: none"> • Transfer to airport; depart Costa Rica • Return to the U.S.



FRANCE – Language & Culture

Language. Art. Architecture. Religion. Food. Fashion. Business. Technology. Industry. This two-week program will include French language classes, cross-cultural workshops and programming, visits to Tours, Amboise, and Chenonceau, Service-learning activities with local organizations (health care, environmental protection, homelessness, and animal protection), sporting activities (football/ soccer, volleyball, canoeing, pétanque) and of course world famous French culinary experiences.

DID YOU KNOW?

France's nickname is "the hexagon." One quarter of the country is covered in forest. Louis XIX was king of France for just 20 minutes - the shortest reign ever. The first hair dryer was invented by Alexandre-Ferdinand Godefroy in 1888. About a million French citizens actually speak Italian!



“

YFU programs increase tolerance, reduce violence, help to eliminate stereotypes and reinforce our common humanity.”

- Michael E. Hill, YFU USA President & CEO

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FRANCE Classroom Excursion: *Sample Itinerary*

July 1, Day 1	<ul style="list-style-type: none"> • Arrive in Paris and transfer to Tours
July 2, Day 2	<ul style="list-style-type: none"> • <i>AM</i>: Orientation • <i>PM</i>: Visit Tours
July 3, Day 3	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Sports activity (volleyball or basketball)
July 4, Day 4	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Free time and shopping
July 5, Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Cross-Cultural Workshop • <i>PM</i>: Visit Chateau d'Amboise
July 6, Day 6	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Community Activity
July 7, Day 7	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Pétanque game
July 8, Day 8	<ul style="list-style-type: none"> • <i>AM</i>: French cinema (movie theatre) • <i>PM</i>: Free Time and Shopping
July 9, Day 9	<ul style="list-style-type: none"> • <i>AM</i>: Canoeing • <i>PM</i>: Visit to Chenonceau Castle
July 10, Day 10	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Visit to a guinguette and cooking class
July 11, Day 11	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Castle du Faucon Noir
July 12, Day 12	<ul style="list-style-type: none"> • <i>AM</i>: Cross-Cultural Workshop • <i>PM</i>: Free time and shopping
July 13, Day 13	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Community Activity and Bastille Fireworks
July 14, Day 14	<ul style="list-style-type: none"> • <i>AM</i>: French Lessons • <i>PM</i>: Winery Tour
July 15, Day 15	<ul style="list-style-type: none"> • Transfer to Paris; depart • Return to the U.S.





GERMANY – Land & Lore

Germany is a breathtakingly beautiful country with a unique and diversely modern culture at every turn. With two itineraries to choose from, students will experience daily German life, deepen language skills and visit some of Germany’s iconic landmarks and world-class museums. The first itinerary focuses on environmental sustainability solutions, green alternatives and renewable energy concepts in action. The second itinerary offers an exploration of German cultural heritage, customized museum tours and visits to historic landmarks.

DID YOU KNOW?

Germany borders nine countries including Belgium, the Netherlands, Denmark, Austria, the Czech Republic, France, Luxembourg, Poland and Switzerland! Germany is the largest economy in Europe. More than 100 Germans have received the Nobel Prize. The capital, Berlin, has more bridges than Venice! Germany boasts the largest zoo in the world.



“ This experience changed my life, and I’m sure it will have a great influence on my future.”

- YFU Alumni

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GERMANY Classroom Excursion: *Sample Itinerary 1*

Day 1	<ul style="list-style-type: none"> • <i>PM</i>: Arrive in Berlin, transfer to hostel
Day 2	<ul style="list-style-type: none"> • Orientation and topic introduction
Day 3	<ul style="list-style-type: none"> • <i>AM</i>: Sightseeing in Berlin • <i>PM</i>: Visit package free supermarket and an urban gardening project
Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Visit German Ministry for Environment Protection • <i>PM</i>: Visit Green Party headquarters
Day 5	<ul style="list-style-type: none"> • Visit Feldheim (a sustainable town) and learn about Germany's efforts and goals for renewable energy
Day 6	<ul style="list-style-type: none"> • <i>AM</i>: Transfer to Hamburg • <i>PM</i>: Explore Hamburg's attractions
Day 7	<ul style="list-style-type: none"> • <i>AM</i>: Visit headquarters of Greenpeace Germany • <i>PM</i>: Workshop on cradle-to-cradle concept
Day 8	<ul style="list-style-type: none"> • <i>AM</i>: Visit a World War II bunker turned into renewable energy power plant • <i>PM</i>: Workshop on sustainable clothing
Day 9	<ul style="list-style-type: none"> • <i>AM</i>: Visit Hamburg Environment Center, Workshop • <i>PM</i>: Transfer to Wattenmeer National Park
Day 10	<ul style="list-style-type: none"> • Workshop day on German Wetlands: International Sea trade impact on oceans
Day 11	<ul style="list-style-type: none"> • Transfer to Bad Vilbel
Day 12	<ul style="list-style-type: none"> • Spend day at Dottenfelder Hof (organic farm); workshop on organic and sustainable food production
Day 13	<ul style="list-style-type: none"> • Spend day at Dottenfelder Hof (organic farm); workshop on organic and sustainable food production
Day 14	<ul style="list-style-type: none"> • Final Workshop Day: What did I learn? What can I apply to my life in the US?
Day 15	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



GERMANY Classroom Excursion: *Sample Itinerary 2*

July 15, Day 1	<ul style="list-style-type: none"> • Arrive at Nuremberg and meet host families
July 16, Day 2	<ul style="list-style-type: none"> • Activities with host families
July 17, Day 3	<ul style="list-style-type: none"> • Arrival Orientation
July 18, Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Language Course • <i>PM</i>: Guided City Tour
July 19, Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Language Course • <i>PM</i>: Guided tour of Transport Museum
July 20, Day 6	<ul style="list-style-type: none"> • <i>AM</i>: Language Course • <i>PM</i>: Tour of Imperial Castle
July 21, Day 7	<ul style="list-style-type: none"> • <i>AM</i>: Language course • <i>PM</i>: Guided Tour of Faber-Castell (Pencil Manufacturer)
July 22, Day 8	<ul style="list-style-type: none"> • Activities with host families
July 23, Day 9	<ul style="list-style-type: none"> • Activities with host families
July 24, Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Language Course • <i>PM</i>: Workshop on Environment Consciousness and Recycling
July 25, Day 11	<ul style="list-style-type: none"> • <i>AM</i>: Language Course • <i>PM</i>: Guided tour in historic Nuremberg Cellars
July 26, Day 12	<ul style="list-style-type: none"> • <i>AM</i>: Language Course • <i>PM</i>: Guided historic tour of the documentation center of Nazi Party Rally Grounds in Nuremberg
July 27, Day 13	<ul style="list-style-type: none"> • <i>AM</i>: Language Course • <i>PM</i>: Tour of Science Center in Nuremberg
July 28, Day 14	<ul style="list-style-type: none"> • <i>AM</i>: Re-entry Seminar • <i>PM</i>: Farewell Party
July 29, Day 15	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.





**“enjoy
every minute
and every
opportunity
of this
experience.”**



GREECE – From Antiquity to Today

Philoxenia is a combination of philo (to love) and xenos (stranger or guest). As a YFU summer student in Greece, you will undoubtedly experience philoxenia wherever you go and with whatever you do! With lectures on Greek mythology and history and daily excursions to historic sites and archaeological museums, this trip will give you a rich insight about the Greek culture and mythology.

DID YOU KNOW?

Greece has no navigable rivers and 80% of the country is mountainous. Thousands of English words actually come from the Greek language. Greece has been continuously inhabited for more than 7,000 years and is considered the birthplace of democracy, Western philosophy, the Olympic Games, political science and Western theories of tragedy and comedy.



“

I can be honest and say YFU started my future. Without this experience I would not have lived and worked around the world. YFU gave me the taste for different cultures and travel.”

- YFU Alumni

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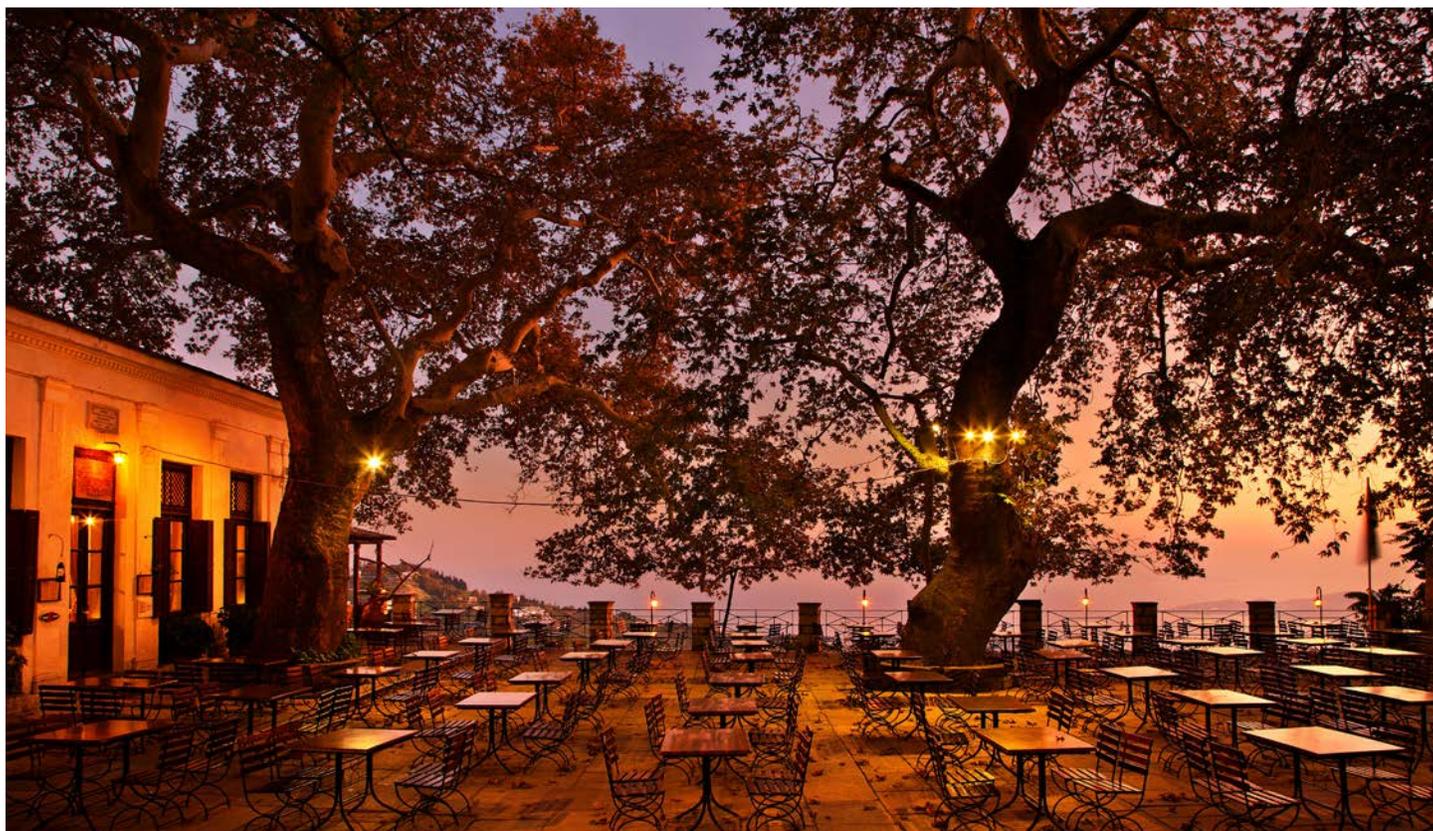


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GREECE Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • Arrive at Athens airport and take a bus to Volos
Day 2	<ul style="list-style-type: none"> • Travel and explore Makrinitza, a village on Mount Pelion, and learn about Mount Pelion in mythology
Day 3	<ul style="list-style-type: none"> • Tour Volos and learn about its nearby history, mythology and culture
Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Traveling from Volos to Meteora • <i>PM</i>: Visit a cave and two 16th century monasteries
Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Take the “Little Train” to the Pelion village of Milies • <i>PM</i>: Tour the village and visit the Cave of the Wise Centaur
Day 6	<ul style="list-style-type: none"> • Visit the island of Skiathos, main village, and local shopping opportunities & beach
Day 7	<ul style="list-style-type: none"> • <i>AM</i>: Trip to the ancient oracle of Delphi, including a visit to the museum, temple of Apollo, theatre, stadium and the temple of Athena (the Tholos) • <i>PM</i>: Travel to Athens
Day 8	<ul style="list-style-type: none"> • Visit some of the world’s most renown structures and landmarks of Athens including the Parthenon
Day 9	<ul style="list-style-type: none"> • Visit National Archaeological Museum and Constitutional Square and do some last minute shopping
Day 10	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



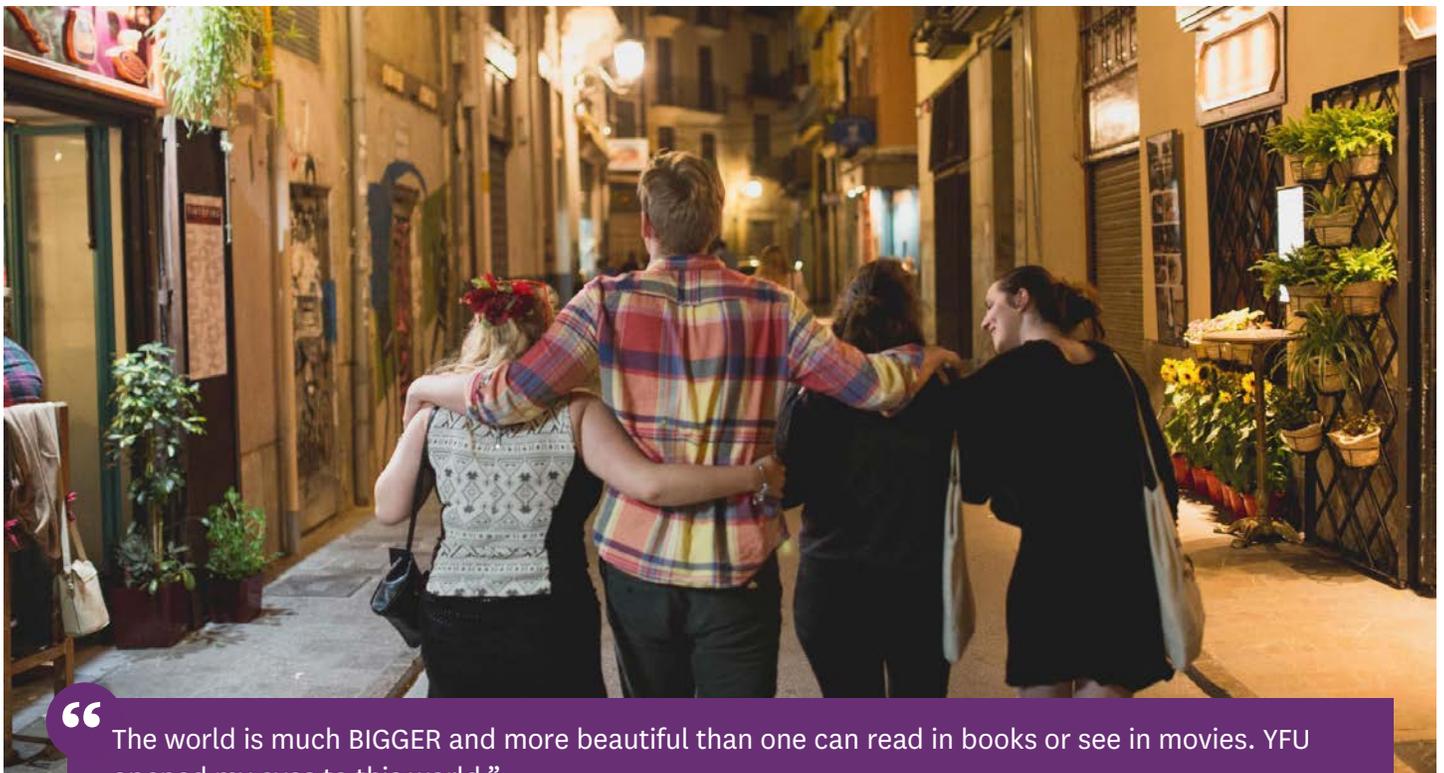


GUATEMALA – Hidden Gem

Guatemalan civilization dates back millenia to its Mayan cultural roots. This Classroom Excursion offers an intimate opportunity to live and study with Guatemalan host families. Daily life, historical tours, museums and participation in special service and cultural projects will fill every excursion day with adventure and memories for an intercultural experience like no other.

DID YOU KNOW?

Coffee is Guatemala's main export. Instant coffee was discovered by a Guatemalan. Guatemala means "Land of the Trees. Its currency "Quetzal" is also the name of its national bird. The first chocolate bar was invented in Mayan times.



“

The world is much BIGGER and more beautiful than one can read in books or see in movies. YFU opened my eyes to this world.”

- YFU Alumni

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GUATEMALA Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • <i>PM:</i> Arrival and Reception with host families
Day 2	<ul style="list-style-type: none"> • Host Family activities such as, beach day, museums, etc.
Day 3	<ul style="list-style-type: none"> • <i>AM:</i> Attend school • <i>PM:</i> Evening with host family
Day 4	<ul style="list-style-type: none"> • <i>AM:</i> Attend school • <i>PM:</i> Evening with host family
Day 5	<ul style="list-style-type: none"> • <i>AM:</i> Attend school • <i>PM:</i> Host Family and students are invited to participate in “Salsa night”
Day 6	<ul style="list-style-type: none"> • <i>AM:</i> Attend school • <i>PM:</i> Museum night at the Museum of the Indigenous Dress or the Museo Popol Vuh
Day 7	<ul style="list-style-type: none"> • <i>AM:</i> Attend school • <i>PM:</i> Tourist destination trip to either Panajachel-Chichicastenango or Tikal Peten
Day 8	<ul style="list-style-type: none"> • Continue on trip to Panajachel- Chichicastenango or Tikal Peten
Day 9	<ul style="list-style-type: none"> • Students who traveled to Chimaltenango begin social service in Patzicía
Day 10	<ul style="list-style-type: none"> • <i>AM:</i> Students learn about social service in Guatemala; social service presentations and discussions • <i>PM:</i> Students spend the evening enjoying activities at the hotel such as zip-lining or coffee tours
Day 11	<ul style="list-style-type: none"> • <i>AM:</i> Students begin their social service teaming up with other students and assigned specific tasks • <i>PM:</i> Visit a community center to teach English classes, theatre, music and dance
Day 12	<ul style="list-style-type: none"> • <i>AM:</i> Practice Spanish by buying food at a local market • <i>PM:</i> Meet local families and participate in community service project
Day 13	<ul style="list-style-type: none"> • <i>AM:</i> Participate in social service • <i>PM:</i> Personal growth workshop
Day 14	<ul style="list-style-type: none"> • <i>AM:</i> Tour Antigua Guatemala and visit the historical center, monuments and shop • <i>PM:</i> Dinner with host families
Day 15	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.





IRELAND – Poets, Artists & Athletes

Welcome to the Emerald Isle! Beautiful green countryside, friendly culture, bustling and exciting cities, music and history are just some of the many reasons to visit Ireland. Our cultural immersion program will ensure you a true Irish experience - beginning with an Irish welcome! You will stay with an Irish host family and experience the Irish culture first hand, in a way you can never experience as a tourist. With your excursion group, you'll visit Dublin & Belfast, explore the lush countryside, see the natural wonder that is the Giant's Causeway and try traditional Irish sports, activities & dancing. Our cultural workshops will give you a unique insight into life in Ireland.

DID YOU KNOW?

Ireland's symbols are the green shamrock, the harp and the Celtic cross. Halloween traces its origins to the Gaelic festival of Samhain, a harvest festival held on October 31. Dublin, the country's capital, is home to more than one quarter of Ireland's total population. Ireland's most popular sports are Gaelic football and hurling.



“Exchange teaches skills that cannot be learned in any other way.”
- Michael E. Hill, YFU USA President & CEO

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IRELAND Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • Arrival and transfer to host families
Day 2	<ul style="list-style-type: none"> • <i>AM</i>: Introduction to program, tour of local area • <i>PM</i>: Introduction to Irish history and culture; introduction to projects
Day 3	<ul style="list-style-type: none"> • “Be Irish for a Day” – Visit Causey Farm
Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Workshop Activity: Irish history, culture and Dublin • <i>PM</i>: Sports and Activities
Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Depart to Dublin, walking tour of the city • <i>PM</i>: View the Book of Kells and other Dublin attractions; free time to explore the city; return to host families
Day 6	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: What has Ireland given to the world? • <i>PM</i>: Learn about Irish cuisine
Day 7	<ul style="list-style-type: none"> • Activities with host families
Day 8	<ul style="list-style-type: none"> • Activities with host families
Day 9	<ul style="list-style-type: none"> • Trip to Kilkenny, visit Castle and outlet (shopping)
Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: Northern Ireland • <i>PM</i>: Workshop: The Titanic
Day 11	<ul style="list-style-type: none"> • Trip to Northern Ireland, Giants Causeway, Titanic Museum, Belfast City
Day 12	<ul style="list-style-type: none"> • <i>AM</i>: Group work and projects • <i>PM</i>: Wrap up and presentations
Day 13	<ul style="list-style-type: none"> • Trip to Dublin and farewell dinner
Day 14	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.





PANAMA & COSTA RICA – Explorers’ Destination

Long before the canal was built that would change the way the world ships goods from the Atlantic to the Pacific this southernmost Central American country proved pivotal in the earliest shipping and commerce in the Americas. Mayan, Aztec, Chibcha and Caribs all had contact in this area. In partnership with Outward Bound Costa Rica, YFU has developed a service-focused program featuring an opportunity to connect concepts and Spanish learned in the classroom with real-life local community experiences.

DID YOU KNOW?

Panama is the only place in the world where you can see the sun rise on the Pacific and set on the Atlantic. The Panama Canal generates fully one-third of the nation’s economy. The phrase, “A man a plan a canal panama” is a palindrome.



“ I believe I am far more mature than I ever could have been without studying abroad.”

- YFU Alumni

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**OUTWARD
BOUND**



**Costa
RICA**

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COSTA RICA & PANAMA Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • Departure U.S. and arrive in San Jose, Costa Rica • Transfer to rainforest base; attend orientations and enjoy a traditional meal
Day 2	<ul style="list-style-type: none"> • <i>AM</i>: Breakfast and transfer to Talamanca, scenic rainforests • <i>PM</i>: Meet village community members; stay at community center
Day 3	<ul style="list-style-type: none"> • Orientation to service project
Day 4	<ul style="list-style-type: none"> • Community service project
Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Community service project • <i>PM</i>: Games and cultural traditions with local community
Day 6	<ul style="list-style-type: none"> • Community service project
Day 7	<ul style="list-style-type: none"> • <i>AM</i>: Transfer to San San Pond Sak, Panama • Work with Bio National Program for Sea Turtles to help protect endangered sea turtles
Day 8	<ul style="list-style-type: none"> • Service project (catalog sea turtle nests) and learn about endangered species with local biologists
Day 9	<ul style="list-style-type: none"> • Service project
Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Breakfast and transfer to Solarte Island, Bocas del Toro, Panama • <i>PM</i>: Stay in sheltered campsite or at a village home
Day 11	<ul style="list-style-type: none"> • <i>AM</i>: Sea kayaking expedition through tropical mangrove islets and coral reef
Day 12	<ul style="list-style-type: none"> • Engage with local island community, play soccer or volleyball with children
Day 13	<ul style="list-style-type: none"> • Paddle back to Solarte Island • Overnight at camp or at a village home
Day 14	<ul style="list-style-type: none"> • <i>AM</i>: Zip-lining through rainforest • <i>PM</i>: visit Bocas Town by bike, shop for traditional crafts and souvenirs
Day 15	<ul style="list-style-type: none"> • <i>AM</i>: Scuba diving skills practice in shallow water, underwater tour of coral reef • <i>PM</i>: Second scuba dive and tour of island, Scuba theory lesson, afternoon activity such as: service, wakeboarding, kayaking, or soccer with local community
Day 16	<ul style="list-style-type: none"> • <i>AM</i>: Open Water scuba dives 3 and 4 • <i>PM</i>: Community service project or water activity
Day 17	<ul style="list-style-type: none"> • <i>AM</i>: Dives 5 and 6 • <i>PM</i>: Service project, scuba and tropical coral reef theory
Day 18	<ul style="list-style-type: none"> • <i>AM</i>: Practical and writing exam for National Association of Underwater Instructors (NAUI) Scuba Diver Certification • <i>PM</i>: Sail or power boat tour of island
Day 19	<ul style="list-style-type: none"> • <i>AM</i>: Free dive through sunken shipwreck • <i>PM</i>: Beach afternoon
Day 20	<ul style="list-style-type: none"> • <i>AM</i>: Transfer back to Costa Rica • <i>PM</i>: Lunch at Cahuita National Park; Learn about Costa Rican wildlife and environment; spend the night by river
Day 21	<ul style="list-style-type: none"> • <i>AM</i>: White water rafting, waterfalls and wildlife along jungle banks • Night in Tres Ríos dorms
Day 22	<ul style="list-style-type: none"> • Transfer to airport; depart Costa Rica • Return to the U.S.

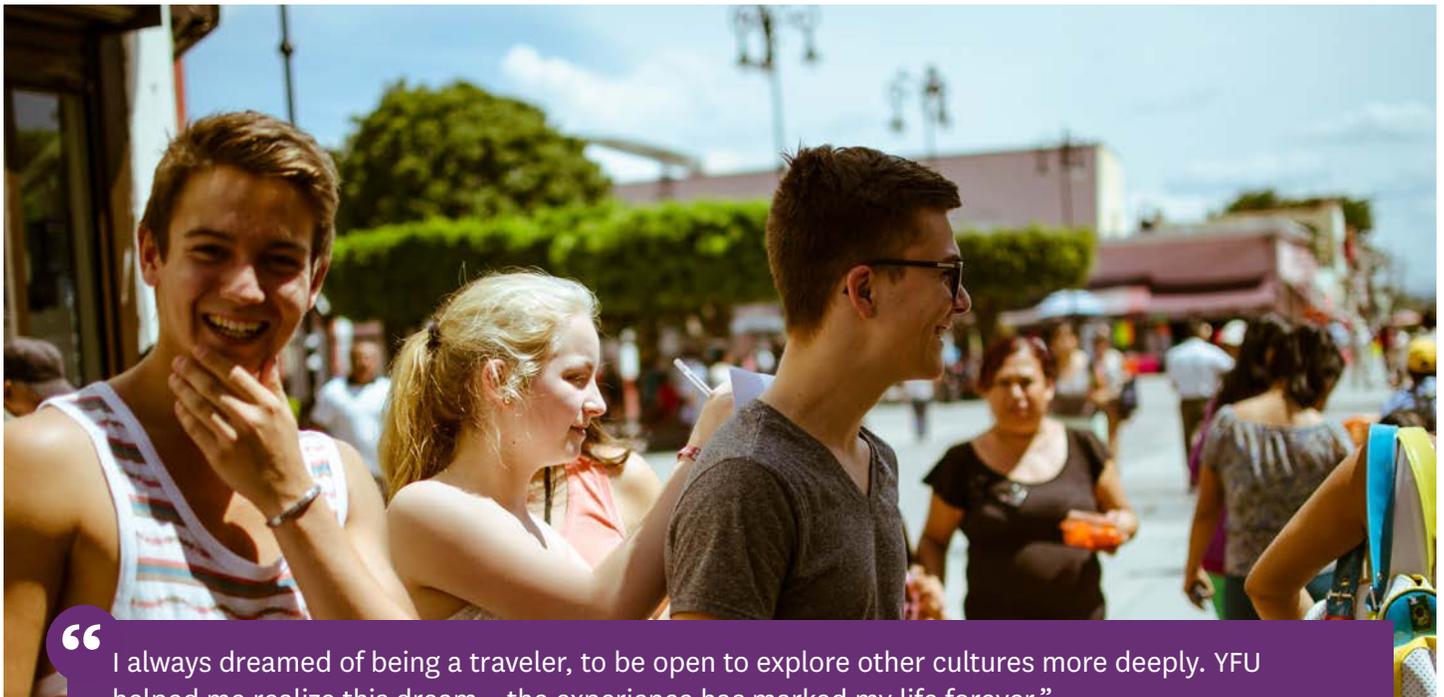


SCOTLAND – Ahh, Bonnie Scotland

Exploring unique landscapes, majestic mountains, enchanting lochs and a fascinating history are just part of this excursion to Scotland! Our cultural camp theme offers diverse opportunities to experience the traditions and history of this fascinating land. You will stay in the historic Gartmore House, located on the edge of the Trossachs National Park; the perfect base from which to explore the surrounding area. You'll explore Scottish cities, visit castles, walk at the base of Ben Nevis – Scotland's highest peak – and try to spot the elusive Loch Ness Monster. Find out why it's called Bonnie Scotland!

DID YOU KNOW?

Scotland includes more than 700 islands. The highest mountain in Scotland is Ben Nevis. The first international game of soccer was played in 1872 – Scotland against England. (It was a 0-0 draw!) The oldest tree in Europe is considered to be in Scotland - in the middle of a churchyard. It could be 5,000 years old!



“ I always dreamed of being a traveler, to be open to explore other cultures more deeply. YFU helped me realize this dream – the experience has marked my life forever.”

- YFU Alumni

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SCOTLAND Classroom Excursion: *Culture Camp Sample Itinerary*

August 6, Day 1	<ul style="list-style-type: none"> • Arrival & transfer to Gartmore House
August 7, Day 2	<ul style="list-style-type: none"> • <i>AM</i>: Icebreaker, introduction to the program and walking tour of local area • <i>PM</i>: Introduction to Scottish history & culture; intro to project assignment and participate in sports/games
August 8, Day 3	<ul style="list-style-type: none"> • <i>AM</i>: Depart for Stirling and take walking tour • <i>PM</i>: Free time to explore Stirling
August 9, Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: Scotland's Place in & Contribution to the Modern World • <i>PM</i>: Workshop: Scottish Nature
August 10, Day 5	<ul style="list-style-type: none"> • Trip to Ben Nevis & mountain walk
August 11, Day 6	<ul style="list-style-type: none"> • The Trossachs National Park – volunteer or take a walking tour with a park ranger
August 12, Day 7	<ul style="list-style-type: none"> • Sports day/Highland Games
August 13, Day 8	<ul style="list-style-type: none"> • <i>AM</i>: Scottish cooking • <i>PM</i>: Free time with optional sports/activities and Ceilidh (Scottish dancing)
August 14, Day 9	<ul style="list-style-type: none"> • <i>AM</i>: Depart for Edinburgh and take walking tour • <i>PM</i>: Free time to explore Edinburgh
August 15, Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: The Scottish Language • <i>PM</i>: Workshop: The Loch Ness Monster
August 16, Day 11	<ul style="list-style-type: none"> • Trip to Loch Ness, Urquhart Castle & Inverness
August 17, Day 12	<ul style="list-style-type: none"> • <i>AM</i>: Cultural Workshop • <i>PM</i>: Project time (Group work)
August 18, Day 13	<ul style="list-style-type: none"> • <i>AM</i>: Workshops: Wrap up and presentations • <i>PM</i>: Packing, free time & fun activities
August 19, Day 14	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



SCOTLAND Classroom Excursion: *Castles & Myths Sample Itinerary*

August 6, Day 1	<ul style="list-style-type: none"> • Arrival & transfer to Gartmore House
August 7, Day 2	<ul style="list-style-type: none"> • <i>AM</i>: Icebreaker, introduction to the program and walking tour of local area • <i>PM</i>: Introduction to Scottish history & culture; intro to project assignment and participate in sports/games
August 8, Day 3	<ul style="list-style-type: none"> • <i>AM</i>: Depart for Stirling and visit Stirling Castle • <i>PM</i>: Free time to explore Stirling
August 9, Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: Scotland's Place in & Contribution to the Modern World • <i>PM</i>: Workshop: Scottish Nature
August 10, Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Depart for Edinburgh and visit Holyrood Palace • <i>PM</i>: Walking tour of Edinburgh and go on a Ghost Tour
August 11, Day 6	<ul style="list-style-type: none"> • The Trossachs National Park – volunteer or take a walking tour with a park ranger
August 12, Day 7	<ul style="list-style-type: none"> • Sports day/Highland Games
August 13, Day 8	<ul style="list-style-type: none"> • <i>AM</i>: Scottish cooking • <i>PM</i>: Free time with optional sports/activities and Ceilidh (Scottish dancing)
August 14, Day 9	<ul style="list-style-type: none"> • <i>AM</i>: Depart for Edinburgh and take walking tour upon arrival • <i>PM</i>: Free time to explore Edinburgh
August 15, Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: The Scottish Language • <i>PM</i>: Workshop: The Loch Ness Monster
August 16, Day 11	<ul style="list-style-type: none"> • Trip to Loch Ness, Urquhart Castle & Inverness
August 17, Day 12	<ul style="list-style-type: none"> • <i>AM</i>: Cultural Workshop • <i>PM</i>: Project time (Group work)
August 18, Day 13	<ul style="list-style-type: none"> • <i>AM</i>: Workshops: Wrap up and presentations • <i>PM</i>: Packing, free time & fun activities
Day 14	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



SCOTLAND Classroom Excursion: *Highland & Island Experience Sample Itinerary*

August 6, Day 1	<ul style="list-style-type: none"> • Arrival & transfer to Gartmore House
August 7, Day 2	<ul style="list-style-type: none"> • <i>AM</i>: Icebreaker, introduction to the program and walking tour of local area • <i>PM</i>: Introduction to Scottish history & culture; intro to project assignment and participate in sports/games
August 8, Day 3	<ul style="list-style-type: none"> • Trip to Eilean Donan Castle & the Isle of Skye
August 9, Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: Scotland's Place in & Contribution to the Modern World • <i>PM</i>: Workshop: Scottish Nature
August 10, Day 5	<ul style="list-style-type: none"> • Trip to Ben Nevis & mountain walk
August 11, Day 6	<ul style="list-style-type: none"> • The Trossachs National Park – volunteer or take a walking tour with a park ranger
August 12, Day 7	<ul style="list-style-type: none"> • Sports day/Highland Games
August 13, Day 8	<ul style="list-style-type: none"> • <i>AM</i>: Scottish cooking • <i>PM</i>: Free time with optional sports/activities and Ceilidh (Scottish dancing)
August 14, Day 9	<ul style="list-style-type: none"> • Adventure activity: White Water Tubing
August 15, Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Workshop: The Scottish Language • <i>PM</i>: Workshop: The Loch Ness Monster
August 16, Day 11	<ul style="list-style-type: none"> • Trip to Loch Ness, Urquhart Castle & Inverness
August 17, Day 12	<ul style="list-style-type: none"> • <i>AM</i>: Cultural Workshop • <i>PM</i>: Project time (Group work)
August 18, Day 13	<ul style="list-style-type: none"> • <i>AM</i>: Workshops: Wrap up and presentations • <i>PM</i>: Packing, free time & fun activities
August 19, Day 14	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



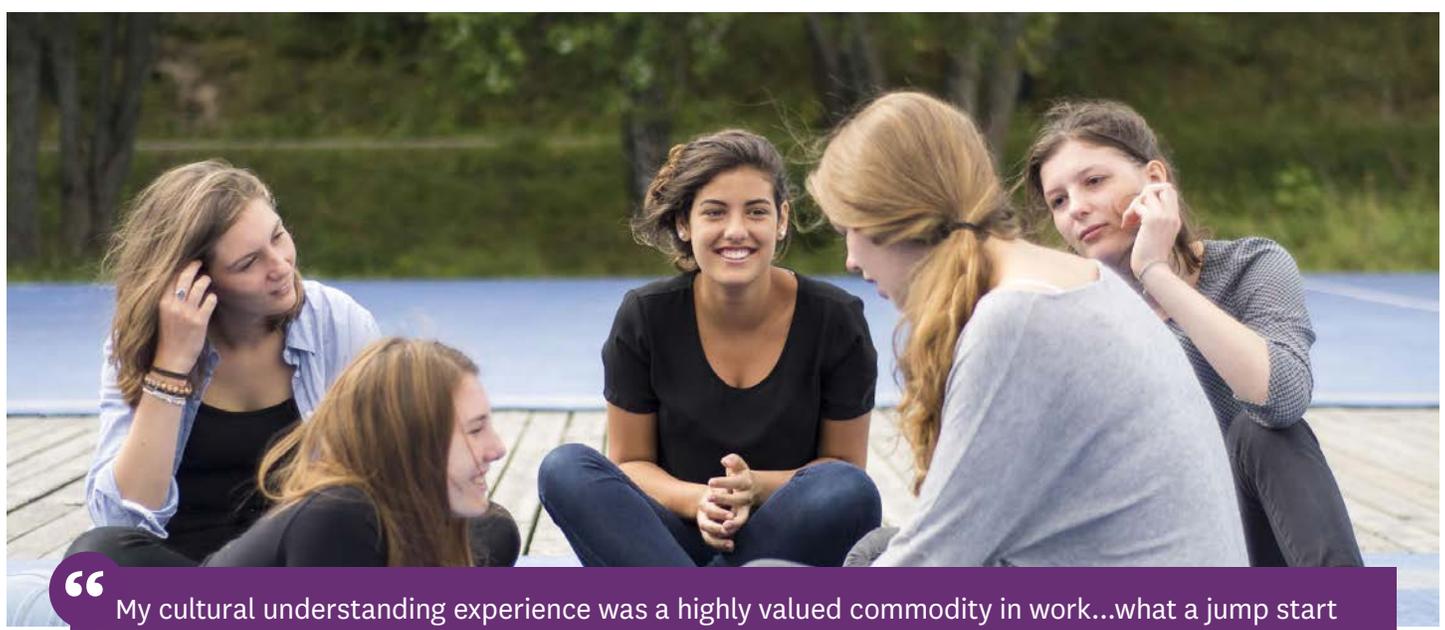


SPAIN – Unlocking Valencia’s History

“¡Viva España!” Those are the words YFU students will hear throughout Spain. If you want to learn Spanish, there’s no better way than immersion, especially through this YFU program! This intensive two-week program offers Spanish (Castilian) classes and a rich historical and cultural experience. Students attend a Spanish academy where teachers with extensive experience teach in an entertaining and engaging way. Cultural tours enable students to experience the arts, heritage and special character of Spain. These cultural tours are designed as vehicles of cultural exchange, providing a personal experience, not only of that which has survived from the past, but of the contemporary life and society of others. Through environmental volunteering, students return to USA as people more concerned about the problems the world is facing and how they can be an active part of the solutions.

DID YOU KNOW?

The Puerta del Sol (“Gate of the Sun”) Plaza in Madrid is actually the physical center of the country. What do Land of Rivers, Land of the Setting Sun, and Land of Rabbits all have in common? They are all former names of what we now call Spain! There is a New Year’s Eve custom celebrated only in Spain - eating a grape for every strike of the clock at midnight, hence the name “Twelve Grapes.”



“My cultural understanding experience was a highly valued commodity in work...what a jump start it gave me on life!”
- YFU Alumni

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SPAIN Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • Arrival in Madrid; transfer to Valencia
Day 2	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Community Service and Sports Activities
Day 3	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Environmental Volunteering
Day 4	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Community Service and Sports Activities
Day 5	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Environmental Volunteering
Day 6	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Community Service and Sports Activities
Day 7	<ul style="list-style-type: none"> • Cultural Tours, city and museums visits
Day 8	<ul style="list-style-type: none"> • Amusement Park/Beach Day
Day 9	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Community Service and Sports Activities
Day 10	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Environmental Volunteering
Day 11	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Community Service and Sports Activities
Day 12	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Environmental Volunteering
Day 13	<ul style="list-style-type: none"> • <i>AM</i>: Spanish lessons and leisure time • <i>PM</i>: Community Service and Sports Activities
Day 14	<ul style="list-style-type: none"> • Cultural Tours, city and museums visits
Day 15	<ul style="list-style-type: none"> • Amusement Park/Beach Day
Day 15	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.

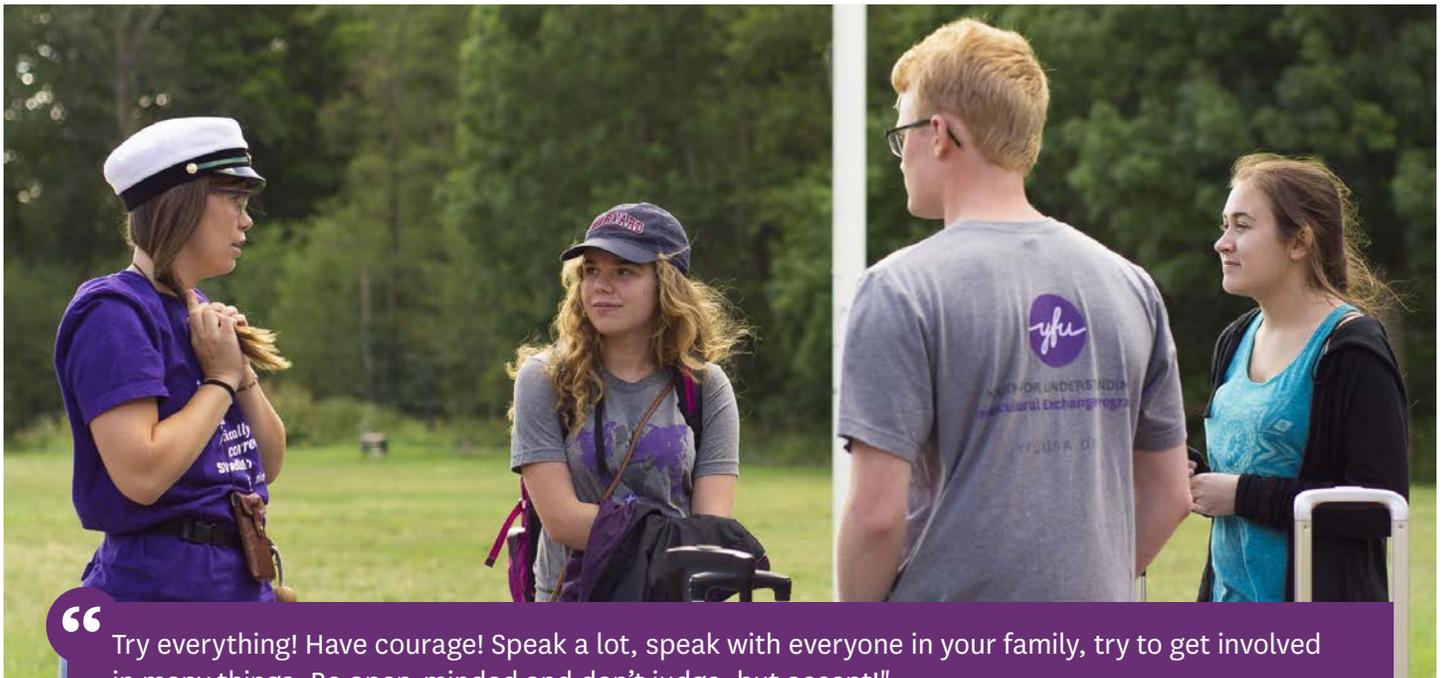


SWEDEN – Powered for the Future

Sweden is a proud country of great natural resources and beauty. This Classroom Excursion offers an up-close look at Sweden's newest innovative sustainability solutions that will impact our environment for generations. In the Agenda 2030 (the new sustainability goals) Sweden is a top ranking country. As a highly industrialized country, Sweden focuses on shifting its energy systems from high-carbon to low-carbon primary energy. With our partner Youth For Understanding Sweden, we have developed an excursion that blends an understanding of Swedish history and culture with an unparalleled opportunity to see a wide range of sustainable energy solutions in action - from hydroelectric to biomass.

DID YOU KNOW?

On Easter, children dress up as witches and go trick-or-treating! The largest mall in Europe is in Sweden. The sun rises at 3:30am in the Summer. Sweden remained neutral in both WWI and WWII. Swedes have the longest life expectancy in Europe. All Russian Tsars were of Swedish descent.



“

Try everything! Have courage! Speak a lot, speak with everyone in your family, try to get involved in many things. Be open-minded and don't judge, but accept!"

- YFU Alumni

Youth For Understanding USA, consistent with its commitment to international understanding, does not discriminate in making its admissions and placement decisions on the basis of race, color, national origin, sexual orientation, religion or gender. Students with disabilities are strongly encouraged to apply, and will be accommodated to the best of our ability. YFU USA is an IRS 501(c)3 nonprofit organization. All programs, scholarships and prices are subject to change or cancellation without prior notice. © 2016, Youth For Understanding USA. All rights reserved.



YOUTH FOR UNDERSTANDING
Intercultural Exchange Programs

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SWEDEN Classroom Excursion: *Sample Itinerary*

Day 1	<ul style="list-style-type: none"> • <i>AM:</i> Arrival in Stockholm • <i>PM:</i> Experience Swedish midsummer celebration; accommodations in Stockholm at youth hostel
Day 2	<ul style="list-style-type: none"> • <i>AM:</i> Stockholm Skansen Open Air Museum and the Historical Museum will provide insight into the history of Sweden and Swedish culture • <i>PM:</i> Picnic in a park as the locals do (with YFU alumni)
Day 3	<ul style="list-style-type: none"> • Depart Stockholm for Vässarö
Day 4	<ul style="list-style-type: none"> • <i>AM:</i> Vässarö team-building exercises and cross-cultural workshop • <i>PM:</i> Evening with campfire
Day 5	<ul style="list-style-type: none"> • Vässarö Sustainable development on an island and Trapper trail
Day 6	<ul style="list-style-type: none"> • <i>AM:</i> Vässarö Sustainable development in the Baltic Sea and sailing • <i>PM:</i> Evening on candle-lit trail
Day 7	<ul style="list-style-type: none"> • Depart Vässarö for Ransberg. A full day of traveling on public transit
Day 8	<ul style="list-style-type: none"> • Learn about sustainable development with renewable energy sources and canoeing
Day 9	<ul style="list-style-type: none"> • Learn about sustainable development with renewable energy sources and visit a hydroelectric power plant in Munkfors
Day 10	<ul style="list-style-type: none"> • Discussion on a modern Swede – How do we as a country face the challenges of today? • Meet with Swedish youth and immigrants
Day 11	<ul style="list-style-type: none"> • <i>AM:</i> Visit to the city of Karlstad with study visits to the municipality and biomass-fueled combined heat and power plant • <i>PM:</i> Evening dancing in a barn
Day 12	<ul style="list-style-type: none"> • <i>AM:</i> Depart Ransberg for Oslo, Norway • <i>PM:</i> Re-entry orientation session
Day 13	<ul style="list-style-type: none"> • <i>AM:</i> Visit the Oslo Nobel Peace Prize Centre and city walk with local YFU volunteers • <i>PM:</i> Farewell dinner
Day 14	<ul style="list-style-type: none"> • Transfer to airport; depart • Return to the U.S.



APPLICATION PROCESS & CYCLE



1. CONTACT YFU

Contact the YFU Admissions Department: **1.800.TEENAGE** or **admissions@yfu.org**.

2. CHOOSE YOUR PROGRAM

Work with YFU to choose the right program for your group and get all of your questions answered.

3. CONDUCT INFO SESSION

Conduct an initial information session for your students, their guardians and other school staff.

4. SCHOOL APPROVAL

Get any necessary approval from your administration or school district.

5. IDENTIFY PARTICIPANTS

Identify specific participants and secure their registration. Reserve your program, submit applications and make payments.

6. PLAN ITINERARY

Work with YFU to incorporate any educational objectives your group's program must meet (language credit hours, service learning hours, curriculum standards, etc.)

7. FINALIZE DETAILS

Finalize your program itinerary. YFU books travel, flights, and other final details.

8. VISA APPLICATIONS

Start the passport application and visa process if required with assistance of YFU.

9. PRE-DEPARTURE ORIENTATION

Prepare for the Pre-Departure Orientation delivered by YFU, review learning content and other provided preparatory materials.



Embark on your Classroom Excursion. YFU provides ongoing support throughout the program, including 24/7 emergency support assistance.

11. RETURN

Return from excursion, provide YFU with feedback evaluation forms and assess impact and learning outcomes!



A TIMELESS MISSION

YFU advances intercultural understanding, mutual respect and social responsibility through educational exchanges for youth, families and communities.

Youth For Understanding's (YFU) history began humbly in the United States in 1951 in an effort to heal the wounds of World War II. By teaching a group of young Germans how families lived together in the United States, the hope was that they would be motivated to help rebuild their homeland according to what they had experienced on exchange. Dr. Rachel Andresen who founded YFU and served as our longtime Executive Director brought this vision to life. In 1955, YFU expanded its programs to allow American students to study abroad.

In 1948, Dr. Andresen was in attendance when the city lights of Amsterdam were turned on for the first time after the war. That moment of sudden illumination of the entire city was so impressive, she vowed to do everything she could with her life "so that the lights would never go out again" and was inspired to form Youth For Understanding. In 1973, her commitment to international youth exchange was recognized when she was nominated for the Nobel Peace Prize.

In today's world, the principles of youth exchange hold as much relevance as ever. At YFU, we believe that it is within local communities that we will make a global impact and a more peaceful world. At its core, YFU is a catalyst for positive global change. Students of all ages experience tremendous personal growth and at the same time, the impressions made by the students themselves, as well as the broadened perspectives of host families, ripple through schools and across entire communities.

Today, YFU is one of the world's oldest, largest and most respected international exchange programs. Since its inception, YFU offices around the world have exchanged more than 260,000 students, who have in turn, made lasting impressions on millions around the globe.





WHAT YFU DOES

The long-term objective of YFU and youth exchange is to *engage young people in personal development opportunities that will increase their leadership capacity and improve international understanding and public diplomacy*. To achieve this, we place YFU students from around the world with volunteer host families who are willing to open their homes and share their traditions with an international student. During their academic and cultural experience, students learn that acceptance and tolerance are essential for success in a global society. The experience is transformative not only for the student but their host families and communities as well, as they too learn about another culture – without ever leaving home.



see
the **World**
up close

YFU exchange experiences expose participants to everyday life in a different society. It's learning from the inside out, which only happens when a person has time to internalize what they are taking in. Host families share their own traditions, holidays, and customs, offering each student a unique, personal version of life in the host country and an understanding of its diversity.

While it is true that all travel broadens perspective and exposes the traveler to new experiences, **YFU's programs transform who you are and permanently change the way you see the world.**



COMMITMENT TO SAFETY

Educators and families around the world trust YFU because of our reputation for quality, high safety standards and exceptional support network. All precautionary measures are taken to ensure our participants safety and families peace of mind. YFU programs have exchanged more than 260,000 students since 1951 and our top priority continues to be student safety. YFU is evaluated annually by oversight agencies and we are proud to consistently receive Full Listing in all three Council on Standards for International Educational Travel (CSIET) listing categories: Inbound Long-term, Outbound Long-term and Short-term Inbound/Outbound programs.



The top priority of YFU is the safety of the participants placed in our care and we are committed to creating meaningful study abroad opportunities for self-discovery and growth.

See our **FAQs** for additional resources.

ADDITIONAL OFFERINGS

Beyond Classroom Excursions, YFU's reputation for student safety and support allows us to offer more than 100 programs for study abroad to 40+ countries. Our summer, semester, year and gap year programs are all economically priced in order to ensure that every student who wants to study abroad can do so. Plus, we offer more than \$2 million in scholarships each year. The moment your students or school decide to join YFU, we are with them every step of the way. From helping the student select a program and orientation, to travel and airport assistance, our Department of State trained volunteers will provide them with the support they need. All students are placed with a carefully screened host family, enrolled in school (year and semester programs) and have access to counseling, tutoring and worldwide emergency assistance. YFU takes all precautionary measures to ensure students' safety.



Additional YFU programs participants can select include:

YEAR, SEMESTER AND TRIMESTER PROGRAMS

For U.S. high school students and recent graduates eager to experience another part of the world, these programs offer participants the opportunity to immerse themselves in another culture while enrolled in a local high school abroad and placed with a carefully-selected host family. School term may begin in winter/spring or summer/fall.

SUMMER PROGRAMS

Interested in being an exchange student but can't get away during the school year? Summer programs range from 2-8 weeks. Students generally live with host families and engage in local activities.

GAP YEAR PROGRAMS

Whether you've just graduated, deferred college admissions or are deciding what's next, you can use your gap year to gain a greater understanding of another culture.

VOLUNTEER ABROAD

Looking to experience a new culture, expand your circle of friends and develop language skills while giving back and making a lasting impact? YFU volunteer service-learning programs are for young adults ready to make a difference in today's world.

INTERNSHIPS

Gain real world experience and expertise through an internship abroad while living with a host family.

SPECIALTY

Explore your creativity as you discover another language and culture! These unique specialty programs offer students the chance to focus on either Art, Archeology, Music, Film, Theatre, Sports or the Outdoors while living with a host family and attending school full-time.

UNIVERSITY PROGRAMS

If you're a U.S. high school graduate looking for global education, these programs offer a year-long academic exchange with a partner university abroad.

ADULT STUDY TOURS

Unique short-term group travel opportunities for those ages 19 and up. Enjoy set itineraries and group leaders who will ensure you get the most of the exchange experience.

BECOME A HOST FAMILY

Hosting a YFU international exchange student is a life-changing experience, not only for the student, but for your entire family. By opening your mind and heart to a student from another country, your family will gain a new global perspective, many memories and a new family member for life!



YFU offers over 200 full and partial merit-based scholarships and needs-based financial aid to students every year.

YFU has been selected to administer more government and corporate scholarships than any other high school exchange organization, awarding more than \$2 million in partial or full study abroad scholarships annually. These scholarships allow students to get the financial support they need to make exchange experiences possible.

See our full list of scholarship opportunities and eligibility at yfuusa.org/scholarships.

Get your students and school involved with YFU:

- Nominate your students for scholarships and programs
- Talk to your school administrators and school board about YFU and hosting exchange students
- **Be a YFU Volunteer**
- Host a seminar or speak at a PTA meeting about the benefits of hosting a YFU student
- Contact your local media about the impact that welcoming a student can have on your community
- Be a constant voice and advocate of YFU

Visit yfuusa.org/educators to learn more!

“ I am proud to say I am a Youth For Understanding Alumna. I was awarded the Congress-Bundestag scholarship in 2010 and spent one year in Karlsruhe, Germany. It wasn't easy being away from family and out of my “comfort zone,” but the benefits and opportunities from living in Germany far outweighed the challenges. I not only grew to love and understand the German people and culture, but also learned a great deal about myself and what I wanted in life.

Mary Katherine Pulliam, U.S. to Germany YFU Alum

In addition to scholarships, students may wish to pursue their own fundraising activities prior to their exchange. Learn more today on how fundraising can lead to a life-changing cultural exchange experience at yfuusa.org/safundraising!



What are the numbers of students/participants needed to run the program?

Participants requirements depend on the specific country and program. Generally, a program needs at least 10 participants to run. In some cases, discounted per-student prices are available for groups of 15, 20 or more.

What do you provide to teacher chaperones for orientation?

YFU runs all orientations and can provide separate trainings for chaperones.

What are the accommodation arrangements for students?

Depending on the program created, the students will either stay in hostels, hotels or with local host families. In hostel accommodations, the setting will be for either dorm style arrangements or shared rooms with 2-4 students of the same gender.

What does the program tuition include?

The tuition includes:

- Accommodation
- Transportation and admission to cultural excursions and activities
- Airport transfers

- Domestic and international travel
- All pre-departure and post-arrival orientations
- Pre-program support by trained YFU staff
- Support from a YFU partner country while on program

What is not included?

- Insurance available for a discounted rate
- Passport and visa fees

- Program tuition does not include personal spending money

Are exchange programs safe?

YFU takes all precautionary measures to ensure our participants' safety and your peace of mind. YFU has exchanged more than 260,000 students since 1951, many of these years coinciding with war or international conflict. As global tensions and political uncertainty are inevitable, our top priority continues to be participant safety. YFU is evaluated annually by oversight agencies. We are proud to consistently receive Full Listing in all three J-1 Council on Standards for International Educational Travel (CSIET) listing categories: Inbound Long-term, Outbound Long-term and Short-term Inbound/Outbound programs.

What happens if there is a natural disaster or some kind of emergency?

In the rare situation that something of this nature impacts your excursion, YFU has a set emergency protocol managed by our support team. They will coordinate with the YFU country partner and with all appropriate parties to ensure that the chaperone, students and their natural family back home have the proper support in place if needed.

All YFU USA participants also register with the Smart Traveler Enrollment Program (STEP), a free service allowing U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate. Benefits of STEP enrollment include:

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

What kind of logistics and support does YFU provide?

YFU provides you and your group with the support, logistics and tools for a safe exchange experience. From helping select a program and orientation, to travel and airport assistance, your group will be guided and supported throughout your entire journey. Additionally, if needed, you will have access to counseling and worldwide emergency assistance around the clock. When you select YFU for your classroom excursion, you choose an international community with more than 65 years of worldwide exchange experience. And we're here to help you every step of the way.

Have a question not addressed here? Email us at admissions@yfu.org.

MISSION

YFU advances intercultural understanding, mutual respect and social responsibility through educational exchanges for youth, families and communities.

VALUES

Learning: For Life. YFU seeks to instill passion for life-long learning as a path to fulfill our mission. We encourage participants and alumni to use their skills and knowledge to thrive and to contribute wherever they are.

Volunteering: Engaged and Dedicated. The volunteer spirit is embodied in the individuals and families who devote their energy, experience and empathy to ensure the well-being of every YFU student. We believe individual learning and development flourishes in authentic relationships motivated solely by the ideals of YFU.

Caring: Personal and People-Oriented. YFU values the individuality of each and every participant, and we treat everyone with kindness, respect and dignity. Our volunteers and staff are focused on our students, families and communities: preparing, supporting, listening, guiding, challenging and understanding. We appreciate the many diverse motivations inspiring our participants.

Valuing Diversity: Inclusive and Fair. We appreciate differences in people—natural or cultural, innate or learned, personal or formal, and we act accordingly, to contribute to a more peaceful world. We strive to engage a growing base of participants inclusive of that diversity.

Promoting Quality, Transparency, Sustainability. YFU offers educational exchanges based on the highest standards of quality and transparency. In all policies and practices, YFU recognizes the responsibility to consider:

- the well-being of each individual involved with YFU
- the economic stability of all partners in YFU
- the best ecological options

Cooperating in International Solidarity. YFU national organizations work together as a seamless network of interdependent partners, ever improving worldwide cooperation, mutual support and trust. YFU continuously develops as a growing community of nonprofit educational organizations.





YOUTH FOR UNDERSTANDING
Intercultural Exchange Programs

CONTACT YFU

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