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2026 COSTA RICA EXCHANGE



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STATES' 4-H INTERNATIONAL PROGRAM DETAILS:

4 WEEK HOMESTAY PROGRAM

Depart/Return to US Dates*: June 26-July 23, 2026

Cost: \$2,500** + airfare (estimated \$800-\$1,200)***

Ages: 15-18

Delegates arrive in San José for orientation, which includes sightseeing and cultural activities. Afterwards, they meet their Costa Rican host families and begin their homestay experience. They also come together for a mid-program excursion to a national park.

Contact: Mary Kay Munson, KS 4-H Exchange Coordinator, 1114 N. Spring Valley Rd., Junction City, KS 66441; 785-375-3189; Email—mkm2@ksu.edu; Visit: <https://www.kansas4-h.org/events-activities/global-citizenship/states-4h-international-exchange-program/index.html>.

Program Cost Includes:

- Orientations in Orlando and San José
- Sightseeing and cultural excursions
- In—Costa Rica expenses: lodging, meals, transportation
- Orientation materials and States' 4-H t-shirts
- Accident & Sickness Insurance

Spanish language knowledge recommended.

The online application is due November 1st to Kansas 4-H.

Application and \$200 deposit due to Kansas 4-H. Interviews will be in Junction City, 11/23/25. Details will be provided to applicants.

Applications open in Fall 2025 for our 2026 Outbound programs!

*All dates are approximate; final dates will be announced when applications open in the fall.

**Program cost does NOT include airfare. Airfare estimate is for international airfare. Participant is responsible for purchasing domestic airfare to/from US gateway city. For Costa Rica, the gateway city is Orlando, FL.

***Airfare estimates are based on ticket prices from the past few years plus the potential for increased prices in 2026.