

POWERED  
BY ORANGE

# 4-H URBAN EXCHANGE

March 14-18, 2012



## BRIDGING THE DIVIDE

URBAN AND RURAL OREGON TOGETHER



4-H YOUTH

*A gathering of urban and rural youth seeking common ground to manage the land around us*



## SCHEDULE

### Wednesday

#### Travel Day

Travel to Portland with stops at educational sites along the way.



### Thursday

**Attend a local School:** Portland Sunnyside Environmental School will host students from around Oregon for this one day visit to an urban school.

### Friday

**Tour PORTLAND -hike, bike, canoe, tram and train and more!**



See Portland through different eyes. A group guided tour will take participants throughout Portland by foot, bike,

canoes, trams and trains. Without a car, visit the local farmers markets, visit a rooftop garden, stop by an Earth Day celebration, participate in a community building project, tour the water projects along the Willamette by canoe, and more!

### Saturday

Spend time with your urban host family and participate in family and community chores, explore the local neighborhood and learn about how Portland family lifestyles

### Sunday

**Return to Home**

### WHAT IS THE 4-H URBAN EXCHANGE?

In cooperation with the Grant County, Klamath County, Willowa County, Lake County, and Multnomah County, the 4-H Urban Exchange is designed go help youth gain an understanding of natural resource management issues from both an urban and rural Oregon perspective. The exchange is also designed to help youth develop a camaraderie and spirit of friendship with families from urban Oregon who are involved in natural resource management.



Participating youth will have the chance to live and work and attend school with urban Portland youth and learn how Oregonians in the urban areas are working to balance social, economic and environmental needs for building a

sustainable Oregon. This exchange will include a host family stay; tours of Portland on foot, bike, trains and trams; and a day attending Sunnyside Environmental School.



# What to Expect



**P**articipating youth will:

- live with an urban host family for 4 nights (all families are screened and approved by OSU Extension 4-H staff) -two students per family.
- be expected to help with daily family chores
- learn about the history of the area, urban Oregon lifestyle, and the economic, social and environmental issues in Portland which impact sustainability
- share stories and information about the natural resources issues facing rural Oregonians with your urban host family.

- have the opportunity to exchange letters and photos with your host family prior to arrival
- Visit local and regional parks and urban natural areas.
- Participate in 4-H meetings to plan for trip.



*This exchange program has demonstrated that when people can come together, share, listen and learn from each other that we find we have more in common than we realize and that misperceptions on both sides can only hinder that dialogue.*

## 4-H PARTNERS

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*The Portland Farmers Market is a national leader in the promotion of healthy local food, sustainable agriculture, and supporting local farmers. Learn more about the urban agriculture movement in Portland.*

## GET INVOLVED!

### How to Apply

This program is open to both boys and girls in grades 6-9. A committee of teachers and the 4-H staff will screen and select the students based on their application. To apply students must submit to the 4-H office.

- A 4-H Urban-Rural Exchange Application (complete both sides) -
- A photo of yourself and a letter of introduction for the host family



- A registration fee (check with your 4-H office for your county fee)
- Submit your application by January 13, 2012

If selected, students will be asked

*“I enjoyed the sense of true meeting and learning, free of dispute and judgment.”*

*Portland Middle School Student.*