

POWERED  
BY ORANGE

# 4-H RURAL EXCHANGE

## 2010

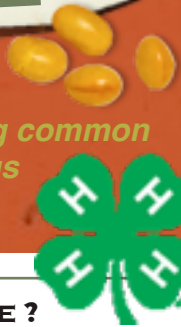


4-H YOUTH

### BRIDGING THE DIVIDE

URBAN AND RURAL OREGON TOGETHER

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



## SCHEDULE

### Day One



#### Travel Day

Travel to rural site with stops at educational sites along the way.

### Day Three and Four



#### Rural Agriculture

Urban 4-H Youth will

have the opportunity to live and work alongside their rural host family and participate in chores related to their ranch and/or farm operation such as:

- Feeding and caring for livestock
- branding cattle
- chopping wood
- learning how to rope
- assisting with artificial insemination
- assisting with calf birthing
- learning about forest management
- and more

### Day Four

**Attend a local School:** Rural schools will host urban students at their school. Attend classes, meet other students, and experience school in a rural setting.

### Day Five

**Closing Program and return to Portland.**

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

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



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

sustainable Oregon. This exchange will include a host family stay; visits around the local area, helping with farm and ranch chores; and a day attending the local rural school.





# What to Expect

**P**articipating youth will:

- live with an rural host family for 3-4 nights (all families are screened and approved by OSU Extension 4-H staff) -two students per family.
- be expected to help with daily farm and ranch chores
- learn about the history of the area, rural Oregon lifestyle, and the economic, social and environmental issues in Portland which impact sustainability
- share the natural resources issues facing urban Oregonians with rural families
- have the opportunity to exchange letters and photos with your host family prior to arrival

- Visit local and regional parks and rural natural areas.
- Participate in 4-H meetings to plan for trip.
- share your story of what you learned back home with your own school community.



*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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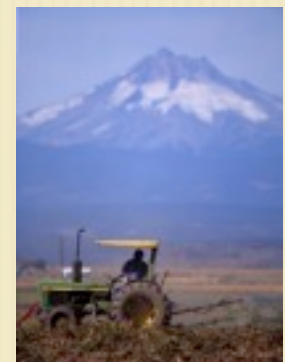
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## GET INVOLVED!

### Dates and Locations



DATE	COUNTY	4-H OFFICE
Feb 11-15	Grant County	John Day
March 18-23	Klamath County	Klamath Falls
April 9-13	Wallowa County	Enterprise



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

*Portland Middle School Student.*

## 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.

[www.4hwildlifestewards.org](http://www.4hwildlifestewards.org)

- A 4-H Urban-Rural Exchange Application (complete both sides) -
- A photo of yourself for the host family
- A \$100.00 registration fee
- Submit your application by January 15, 2010

If selected, students will be asked to write a letter of introduction to their host family.