

# Sports and Outdoor Programs Abroad

## 2010-2011 School Year Programs

### Experience Life as a YFU Exchange Student!

Youth For Understanding offers high school students the opportunity to combine a traditional academic exchange experience with a sports or nature program in these three exciting programs. **Apply early! Programs fill up fast!**



#### Lithuania Basketball Program



The most popular sport in the country, basketball has put Lithuania on the map. With this unique YFU program, you will be enrolled in a specialized basketball high school and will train and play competitive team basketball three to five times a week.



#### Belgium Sports Program



Combine general subjects with coursework in sports! Study physiology, anatomy, sports theory, and fitness while you practice swimming, basketball, gymnastics, soccer, handball, tennis, dance, badminton or volleyball.

#### All programs include:

- Round-trip domestic and international travel
- Placement with a carefully selected host family
- Enrollment in high school
- Preparatory materials
- 24-hour student support
- Regional orientation for participants and parents

For additional details and requirements, please visit us at [www.yfu-usa.org](http://www.yfu-usa.org) or call 1.800.TEENAGE.



#### Estonia Nature Program

Learn about the environment in this beautiful Baltic country. Along with traditional academics, you will take numerous field trips throughout the region and get the chance to appreciate its natural beauty and



learn about the environmental issues it faces.

This program is perfect for adventurous nature lovers and may include trips to national parks, camping, skiing, ice-fishing, canoeing, and bird watching.

*Hone your skills and explore your interests while immersing yourself in another country's culture, language, family and school life.*

## Change Your Life, Change the World.

### The Learning Adventure of a Lifetime



Youth For Understanding USA

| [www.yfu-usa.org](http://www.yfu-usa.org) | 1.800.TEENAGE  
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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.  
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