

YFU HELPS YOU CHANGE THE WORLD

Since 1951, YFU has been a leader in youth exchange programs in more than 60 countries. Each year, more than 4,000 students participate in our programs worldwide. Through the exchange experience, YFU students gain skills and perspectives that help them meet the challenges and opportunities of our fast-changing global community.

Uniquely, YFU's network of more than 1,400 community-based volunteers throughout the U.S. ensure that both host families and students get the support they need during the year. YFU volunteers work with professionally staffed offices located throughout the U.S.

The YFU Mission: Youth For Understanding (YFU) prepares young people for their responsibilities and opportunities in a changing, interdependent world.

Youth For Understanding USA
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YFU USA is a designated J-1 visa sponsor by the Office of Exchange Coordination and Designation, Bureau of Educational and Cultural Exchanges, e-mail JVisas@State.gov

Youth For Understanding USA is a registered nonprofit 501(c)3 organization.

YFU SUPPORTS YOU EVERY STEP OF THE WAY

YFU's network of trained, community-based volunteers and international structure provides an extensive support system for students, natural families and especially for host families. YFU volunteers are in your local area, supporting you every step of the way and are able to help when and where they are needed.

A successful relationship between your exchange student and your family begins with preparation. Your local YFU volunteer works to find the right exchange student to become part of your family. He or she will review the student's profile, application materials and photos with your family to involve everyone in the selection process.



YFU provides professional orientations for students and families throughout the year. Also:

- YFU provides 24-hour emergency support.
- In many areas, YFU conducts events that bring students and parents together for fun and support.
- Your local YFU volunteer will ensure that the student is the right match for not only your family, but the school and community as well. They look for the basic traits necessary for compatibility.

Throughout the hosting experience, your volunteer will assist the student and your family to ensure a successful adjustment process.

"Hosting is about laughing a lot at funny words, experiences, misinterpretations and mistakes. It's seeing that kid experience a ton of things for the first time. It is about teaching and sharing and seeing something from a totally different perspective. It's about fear, pride, nurturing, loving and getting so connected to someone that you feel like a part of you leaves when they get on the plane." — J. Spel, Host Dad from Texas

MEET A TYPICAL YFU STUDENT

YFU students are carefully selected from one of more than 60 countries around the world. Every YFU student undergoes a thorough selection process, including personal interviews, recommendations, and medical examinations.

YFU students speak English. Most exchange students adapt well to studying and living in an English-speaking environment. YFU students have been tested for English language proficiency and have earned good grades.

YFU students are eager to learn about you. YFU students from other countries are typically open-minded, adventurous youths who have chosen to undertake an exchange to connect with a new family and culture and learn first-hand about another country. They're eager

to learn about American culture from you, improve their English skills and study in an American school.

YFU students bring their own spending money and have medical insurance while in the U.S. The main expenses for your family are those of including another person in meals, transportation, and regular family activities.

YFU students can share a bedroom. Exchange students can share bedrooms with other children of the same gender and similar age.

YFU students often become an integral member of your family. Imagine a student experiencing something you do every day for the first time with amazement and excitement. Your family will benefit from sharing their lives with an exchange student, showing them American traditions and learning about the exchange student's country and culture.



Youth For Understanding USA

Share Your Home, Change the World.

Host a YFU Exchange Student.



Apply online! www.yfu-usa.org ■ 1-866-4-YFU-USA ■ (1-866-493-8872)

YOUR FAMILY CAN BE A YFU HOST FAMILY

Host families have many different faces, and are all part of the American experience. You can be a host family whether or not you have children. If your family is willing to open yourselves to new experiences, share your lives with a fascinating teenager from a foreign land, and provide guidance, love and support to a young person who is beginning their journey into adulthood, then you will be a great host family. All kinds of families make wonderful YFU Host Families—yours will too!

- Working parents
- Single parents or singles
- Couples with children (of any age)
- Couples without children
- Adoptive parents
- Empty nesters
- Military families



HOSTING A YFU EXCHANGE STUDENT FITS YOUR LIFESTYLE

Hosting is about sharing your version of the American lifestyle with a new son or daughter. As a host family, you'll give your student a caring, supportive and warm family life. Successful host families should:

- Be interested in teenagers and international students and have realistic expectations of what life with a teenager is like.
- Provide a stable family unit.
- Offer an emotionally supportive environment as the student goes through his or her adjustment process.
- Be able to provide for an additional member of the family including a separate bed, suitable study area, and three meals per day. Families of moderate means can afford to host a student.
- Be prepared to assist the exchange student to participate in school and community events.



5 GREAT REASONS TO HOST A YFU STUDENT

- 1. Experience a new and exciting family dynamic.** Parents with an only child may want to provide the experience of a sibling relationship for their son or daughter, or families with young children may want to provide an older sibling and role model. Even “empty nesters” or younger couples without children enjoy the hosting experience.
- 2. Give your family a new perspective on your community.** By showing your student different aspects of your community life, you'll find yourself exploring your community and your surroundings through different eyes. Even a simple trip to the grocery store may be filled with wonder for your new exchange student.
- 3. Connect your family to the world.** Hosting broadens your family's view of the world without leaving home. Hosting creates a home experience that is likely to make your children more tolerant and understanding of other cultures and peoples. It will encourage them to explore new ideas and recognize similarities and differences between our culture and others.
- 4. Change forever how your family thinks about the world.** Create lifelong memories and relationships between your family and your YFU student.
- 5. Change the world.** Relationships and experiences gained through the exchange process create connections and feelings of global unity and friendship that will help promote peace and understanding for future generations.



“Our student brought more happiness to our family than I could have ever imagined. He was also a very easy, wonderful and helpful person.

Barely an extra burden – far more an extra

pleasure! Thanks so much!”

—Irving/King, Host Family from Washington

“Seeing the US from the perspective of our exchange students has opened our eyes

to the beauty and glory of our country. I remember taking one of our exchange students, Denis from Moldova, to the grocery store. He couldn't believe that we had a whole aisle devoted to cereal! Hosting is a great opportunity to understand another culture and country.”

—Janice Mulhern, Host Mom from California