



Congress-Bundestag Youth Exchange

Participant of the Month Nomination Form

A CBYX Participant of the Month is a current participant who works to increase **mutual international understanding**, exhibits **leadership** qualities, demonstrates a commitment to **community service** and/or has a **positive impact on society**, and strengthens their **host community**.

Host families, host schools, local coordinators, or CBYX partner organizations are all encouraged to submit Participant of the Month nominations. **To submit a nomination**, please fill out this form and email it and two photos as attachments to YouthPrograms@state.gov with the subject line "CBYX POM Nomination", **no later than the 15th of each month.**

Name of Participant:	
Participant Email:	Participant Telephone:
Participant Home Country:	
Nominated By:	
Nominator Email:	Nominator Phone:
Relationship of Nominator to Participant:	
*Host Family and/or Local Coordinator:	
*Host School:	*Home School:
*Host City/State:	*Home City/State:
Host Congressional District/Constituency:	Home Congressional District/Constituency:

**Starred items are optional, but help us to personalize our Participant of the Month stories.*

Please provide a narrative statement for each of the following items with as many specific examples and quotes as possible. The boxes will expand to fit your text. Use of this form is optional. Nominations may be submitted in other formats as well. **Nominees for CBYX Participant of the Month must agree to be featured publicly on U.S. and German Government websites and social media.**

1. Provide an example(s) of how the participant has worked to promote mutual understanding between Americans and Germans.
2. Describe how the participant is involved with or strengthens their host community . Is the nominee a member of any organizations/clubs? Are they doing community service? Please be as specific as possible by including names of organizations and details about any projects or volunteer activities. If possible, please provide a quote from someone who can attest to the participant's positive impact in the community.
3. Please ask the participant to select and respond to two of the attached interview questions and provide their responses below.
4. If there is anything else you would like to add to the nomination, please do that here:

Thank you for taking the time to submit a nomination for the CBYX Participant of the Month! We very much appreciate you taking the time to share some of the details of your participant's exchange experience with us. While we can't select everyone as the Participant of the Month, any nominations we receive will be considered for promotion via social media (@CBYXPPP on Facebook, Instagram, and Twitter) and other venues. All CBYX Participants of the Month are posted on <http://exchanges.state.gov/cbyx> under the "stories" link.



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CBYX Participant Interview Questions

*Please ask the participant to select and respond to **two** of these questions for the Participant of the Month nomination.*

- How has your exchange affected your personal growth?
- What has surprised you the most?
- What is a lesson you have learned on your exchange that you are excited to share when you return home?
- What is your favorite moment from your exchange so far?
- Describe an obstacle you had to overcome during your exchange and how you overcame it.
- Tell us about when you felt really “at home” with your host family or school.
- Describe a role model you have found in your host community.
- What impact has your exchange experience had on your view of the world and other cultures/people?
- Why are exchange programs important?
- What would you say to anyone considering going on an exchange?