



## Participant of the Month Nomination Form

A FLEX-YES 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**.

During the 2025-2026 academic year, the FLEX-YES participants will be in the United States during an exciting and historic year – America's 250<sup>th</sup> birthday! During this academic year, we ask that nominators please consider the America 250 Participant of the Month criteria on the attached document when nominating a Participant of the Month. Nominated participants are encouraged to share how their experiences on program have helped them better understand and appreciate the United States of America.

Host families, host schools, or local coordinators, 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 [yfugrantscholars@yfu.org](mailto:yfugrantscholars@yfu.org) with the subject line "FLEX-YES POM Nomination", no later than the 15<sup>th</sup> 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. **Nominees for FLEX-YES Participant of the Month must agree to be featured publicly on U.S. Department of State websites and social media.**

1. Provide an example(s) of how the participant has worked to promote <b>mutual understanding</b> between Americans and their home country.
2. Describe how the participant is involved with or strengthens their <b>host community</b> . 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 <b>ask the participant to select and respond to two of the below interview questions</b> and provide their responses below (interview questions are pasted below on the next page).

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 FLEX-YES 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 and other venues. All FLEX-YES Participants of the Month are posted on the [YES](#) or [FLEX](#) website under the "stories" link.

### **FLEX-YES Participant Interview Questions**

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

- What has been your favorite thing about the United States or your host state or community since beginning your program year?
- What has your exchange experience taught you about Americans or American culture?
- 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?