THINGS YOU NEED TO KNOW

Expenses:
The North Dakota 4-H Foundation provides partial sponsorships. Delegates will be responsible for meals to and from the trip location and any souvenirs they wish to purchase.

Applicants Must:
- be age 15 to 19 on the year of the event
- not have been a previous delegate to the program in which they are applying
- Be able to miss one full week of school and/or work to attend the program
- Have been a participant in the 4-H program
- Be dependable and punctual

If selected, delegates will:
- Participate in an orientation and complete preprogram assignments
- Participate fully in the program
- Carry out follow-up responsibilities designated by the program, including promoting National 4-H Conference and Congress across North Dakota
- Make public appearances for 4-H

Selection process:
- Applications must be postmarked or hand-delivered by August 1
- A selection team will screen applications
- Applicants who have not previously been awarded a leadership opportunity will be given preference
- Delegates will be notified in September. Finalists and alternates will be selected.

Please note: Chosen delegates may be required to travel to an airport that is not the closest to them due to chaperone location and cost restrictions.

Completing the application:
- Application is available at: http://www.ndsu.edu/4h/programs_events/national_trip_opportunities/
- Limit responses in the “My Experiences” section to four pages
- Growth in skills, leadership and community involvement are given more consideration than the number of 4-H projects completed
- Attach a letter of recommendation written by a 4-H leader, teacher, administrator, Extension agent, etc. It should not be written by a relative.
- Return the completed application to:
  Center for 4-H Youth Development
  FLC 219, Dept. 7280
  PO Box 6050

North Dakota State University does not discriminate on the basis of age, color, disability, gender identity, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231-7708.
**National 4-H Congress**

*Where:* Atlanta, Georgia  
*When:* November / December

**Purpose**
To recognize and promote excellence in the 4-H youth development education program

**What is National 4-H Congress?**
- The flagship event of the 4-H program
- Provides youth ages 15 to 19 with a high-quality educational and cross-cultural experience
- Focuses on issues and trends in cultural diversity, group dynamics, community service and agriculture.
- Designed to address the needs and issues of youth while helping develop capable, competent and caring citizens

**Why attend 4-H Congress?**
- Listen to dynamic, nationally recognized speakers and entertainers
- Fun and exciting recreational and networking opportunities
- Learn to be a better leader
- Go sightseeing
- Make new friends with the 1,300 youth attending
- Plus much more!

*Complete Program Details available at: [www.ndsu.edu/4h/programs_events/national_trip_opportunities](http://www.ndsu.edu/4h/programs_events/national_trip_opportunities)*

**Quotes**

- "It's an opportunity that needs to be experienced and its outcome will benefit you greatly.”
- "This experience was a great opportunity for me to meet awesome people, listen to wonderful speakers, walk around D.C., and learn more about 4-H by discussion and doing.”
- "The things I will always remember about 4-H Conference is our round-table meetings. Sixteen kids from all different states talking about their 4-H programs. It was fun to hear about how different 4-H is in other states."

**National 4-H Conference**

*Where:* Washington, DC  
*When:* March / April

**Purpose**
To involve youth with program development, to strengthen and continue development of 4-H public relations programs

**What is National 4-H Conference?**
- A working conference in which youth and adults assist in the development of recommendations to help guide 4-H youth development programs nationally and in their communities.
- This event brings together youth, volunteer leaders, and state and county Extension staff across the United States, its territories and the Canadian provinces

**Why attend 4-H Conference?**
- Share recommendations for future 4-H youth development programming
- Learn about the work of National 4-H headquarters and the U.S. Department of Agriculture
- Visit your senators and representative on Capitol Hill
- Build leadership skills in workshops
- Visit our nation’s Capitol
- Make new friends and have fun!