



4-H Canada Club to Club Exchange (2025-2026)

Frequently Asked Questions

What is the 4-H Club Exchange?

The Club to Club Exchange is a national program that brings together 4-H members from across Canada to participate in exchanges. Participating clubs are paired with another 4-H club in a different province. Each club takes turns hosting and traveling, allowing members to explore new communities, increase their understanding of Canada through experiential learning about the history, geography, industry, institutions, cultures, communities, languages and other facets of the country. Fostering a sense of national identity and a sense of belonging to Canada and build connections that strengthen the fabric of Canadian society.

Why

4-H Canada is committed to creating experiential learning opportunities that ensure a safe, fun, inclusive environment with the support of caring adults. This program, in partnership with Canadian Heritage, aims to:

- Enhance young people's knowledge and understanding of Canada.
- Allow 4-H members to connect and create linkages with one another.
- Enhance youth participants' appreciation of the diversity and shared aspects of the Canadian experience.

4-H Canada's program objectives include:

- Developing a sense of purpose
- Developing positive values
- Developing leadership skills
- Developing planning and decision-making skills

How has the program changed since it was last offered?

Changes in 4-H Canada policies require that the Rule of Two be always maintained. For this reason, we anticipate that exchanges will be held in communal stay locations like dorms, camps, or community owned properties to accommodate these changes.

What is the impact of these changes?

- Groups will have additional fundraising needs to support accommodation and meals. These costs would have been absorbed through home stays in the past.
- Connection with the community and local 4-H families will occur through programming and planned activities rather than from youth staying in families' homes.



Who can participate?

- Member participants must be 12–17 years of age by the date of first exchange in summer 2026
- Each club must provide two screened and trained adult chaperones.
- A club can be made up of members from an existing club, or a club created for this purpose made up of members from a region, district area or whole province.
- Clubs must include 10 youth participants
- All members and chaperones must be in good standing as determined by their provincial association from the time of registration with 4-H Canada through to the completion of travel.

When does travel take place

Exchanges take place within three periods of travel. Each group must indicate their preferred dates based on the pre-set periods of time provided by 4-H Canada. Groups will host for one period and travel for the other. Matched groups will decide between themselves the exact number of days for each exchange (minimum 5 days, and maximum 10 days not including travel) and the dates for the exchange.

- July 6-18, 2026
- July 26-Aug 8, 2026
- Aug 16-28, 2026

What do clubs do during the exchange?

Prior to travel, clubs will complete a research project about the community they are visiting.

The host club will plan programming for their guest club and their own members. Program plans will need to support three goals:

- Encourage exchange participants to learn about the community they will be visiting
- Strengthen the sense of pride in, and give back to, one's community
- Reflect upon their Canadian experience, their learnings and the relationships they built.

Plans must include:

- 50% of the time engaged in activities encouraging interaction, learning, and team building including: visits to historical, cultural, economic, or government sites, time interacting with host group families (if possible), and community, or 4-H events.
 - An activity in support of reconciliation will be required.



- A visit to experience the subject of the visiting groups' research project will be required.
- Approximately 20% of the time is spent allowing the exchange groups to build connections, such as fun activities, group games, leisure activities, communal food preparations, etc.
- Approximately 20% of the time is spent engaging in the community from which host participants are drawn. Planning and execution of a community service activity will comprise a large part of this time.
 - An activity that supports diversity, equity, inclusion (DEI) capacity-building or promoting DEI in the community will be required as part of this.
- Approximately 10% of time is spent in group and individual free time and reflection activities.

How are clubs matched?

Clubs are paired based on:

- Location
- Group size and age range
- Interests or focus areas

Every effort is made to create compatible matches.

What are the costs involved?

The cost of air travel between provinces will be funded through the program.

Participating clubs are responsible for:

- Registration fee of \$300 per member and chaperone payable to 4-H Canada upon selection
- Ground transportation costs at the destination and during the exchange
- Hosting costs (e.g., food, accommodations, activities)
- Fundraising and budgeting to help offset these costs
- Costs of the planned program should be covered by the host community.

Do we need a hosting facility?

Yes, each club must identify, arrange and pay for a suitable location to host themselves and their partner group when hosting. This could be:

- A camp or dormitory-style facility
- A community center



- A school or youth venue with residential capacity

Homestays previously used in Club to Club programming no longer meet 4-H Youth Safety policies. Alternative accommodation arrangements that follow the Rule of Two and other youth safety best practices will be considered.

What are safety and supervision requirements?

All programs must follow [4-H Canada's youth safety policies](#), including:

- A minimum of two trained and screened adult chaperones
- The Rule of Two maintained at all times
- Separate sleeping arrangements for youth and chaperones
- Emergency response and first-aid plans
- Pre-approved activity and travel plans

What's required from selected clubs?

Participating clubs must:

- Complete and submit detailed travel and hosting plans by March 1, 2026
- Attend planning and orientation sessions
- Travelling club must complete a community research project prior to travel
 - The hosting club must submit detailed program plans by March 1, 2026, for approval. Plans must include:
 - A reconciliation related activity
 - A community service activity
 - A visit to experience the subject of the visiting groups' research project.
 - An activity that supports diversity, equity, inclusion (DEI), capacity-building, or promoting DEI in the community.
- Participate in evaluation and reporting after each phase

Other requirements

- Exchanges must be a minimum of 5 days excluding travel days.
- Participants may only participate in one exchange funded through the Canadian Heritage Youth Exchange program in their lifetime.

How do we apply?

Complete the Club Application Form available on 4-H Canada website by August 18, 2025. Successful clubs will be notified by September 12, 2025



What is the timeline for the applications?

- Applications open July 7, 2025
- Applications close August 18, 2025
- Decisions communicated September 12, 2025

Who can we contact with questions?

Please contact clubtoclub@4-H-canada.ca with any questions.