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You have been selected to participate in the 4-H/Russia Youth Leadership Program. This is a unique and exciting program initiated and funded by the U.S. Department of State, and hosted by the Delaware 4-H program. Throughout your experience, you will learn more about many opportunities and challenges of civil society, as you enjoy your stay in the U.S. and explore its culture and politics. You will gain the insight and the knowledge that will aid you well for your future leadership and role as a youth volunteer.

For your convenience, a link has been created on the Delaware 4-H website with program details. Please visit the site below for additional program updates.

http://extension.udel.edu/4h/the-4-h-youth-leadership-program-for-russia/

The site features enclosed orientation materials, the program calendar and will eventually have pictures so that your family back home can keep up with what you are doing during the YLP. In addition, we have created a private and secure Facebook page so you can easily communicate with your host 4-H families.

**Program Location**

The program takes place in the state of Delaware which is located on the east coast of the United States. Delaware is the second smallest state, but don’t let that fool you. Delaware is 40 miles (64 km) from Philadelphia, 50 miles (80 km) from Baltimore, 90 miles (145 km) from the Atlantic Ocean, 100 miles from Washington D.C. and 130 miles (210 km) from the Big Apple (New York City). Even though the state is only 100 miles (160 km) long, you’ll be surprised at what you’ll find there. Shown below is a map of the state, listing all the major cities and towns.
Program Activities

Many different activities and workshops have been planned, but it certainly won’t be all work and no play. You will have considerable free time to explore on your own or just chill out. However, everyone is expected to participate in all of the planned activities. There will be structured workshops and dialogues around a certain topic as well as several small group intensive projects, but also exciting trips to Philadelphia, Washington D.C., the Delaware beach and even New York!

Goals of the 4-H/Russia Youth Leadership Program?
1. Interact with other students, teachers and staff in the program
2. Explore American culture and politics
3. Cooperate with your peers in order to solve problems
4. Build the skills of advocacy, negotiation, investigation and leadership

Especially for Adult Chaperones
In addition to participating in the topic sessions and working with the topic facilitators to develop some curriculum materials to take home, the adult participants will engage in workshops designed to help them as they work in the development of youth in their hometowns. Specifically, you will learn:

- Techniques for creating a climate conducive to discussion and opinion sharing
- Techniques for diffusing hostility and establishing common ground
- Techniques for helping students become better listeners
- Techniques for helping students increase their critical thinking skills and questioning skills
- Techniques for encouraging youth to become active citizens (i.e. empowering them to feel they can accomplish many things)

Adult participants will also participate in some informal “roundtable” discussions with local teachers and civic leaders to further elaborate on the ideas, principles, and concepts developed during the topic sessions. The sessions will address how to incorporate some of these ideas into lesson plans and activities at home, and how to encourage volunteerism among the youth at home. Depending on availability, adults will also have the opportunity to visit some local area civic groups to experience the day-to-day activity of these organizations and to share perspectives.
Follow-up program upon returning to Russia

The Youth Leadership Program is an intensive, three week experience designed to equip you with life skills that will be useful when you return home to Russia. Upon your return, you will be able to utilize skills and strategies that you developed throughout your experiences in America and transfer this into creating positive change in your country.

Throughout the program, there will be discussions and group meetings in which you will begin to develop and plan follow-up projects that can be implemented once you return to Russia. In groups, you will determine a common area of need within your city and begin to create an action plan that can be finalized and applied once you return.

As you know, this is not just a visit to the United States. Once you return home, we encourage you to make your mark on your own town or region. Included below is a step-by-step guide to assisting you with fulfilling your ideas once you come back home.

1. **Come up with a brilliant idea.**
   An activist project to address a need or opportunity. This may be your own idea or it may be another idea inspired by 4-H or related experiences. For samples of projects, look in the 4-H Service Learning project guide you receive when you are in the U.S.

2. **Do a preliminary investigation.**
   Try to develop and answer as many questions as possible about your proposal. Likely questions are:
   
   - Who will I be working with? (e.g., teachers & mentors, reliable colleagues)
   - What challenges and barriers would I face? How would I overcome them?
   - What would be the steps in getting the project done?
   - How much, if anything, would it cost? Where would I get the money?

3. **Make a short project description.**
   In a couple of pages, provide a brief description of your idea. Be sure to answer the questions you identified above, as well as answer the common questions who, what, when, where, why, and how.

4. **Do your project, and change the world.**
   Follow your plan. Help will be available through your group members, embassy, local volunteer groups, and 4-H program staff.
Description of Sites and Events

For the first three days in the U.S., you will be exploring the heart of Washington, D.C. Some of the events below we will enjoy as a group; others you may explore in a smaller group. Just remember, never go off anywhere alone.

**Washington, D.C.**

The Smithsonian Institution.

The Smithsonian has 14 different museums and galleries in D.C. Most are located on edges of The Mall and can easily be visited on foot. These include the National Air and Space Museum, the Museum of Natural History, the Museum of African Art, the Arthur M. Sackler Gallery, the American History Museum, the Castle, and the Hirshhorn Museum and Sculpture Garden. A detailed packet of information describing each museum awaits you at (www.si.edu).

The Washington Monument.

This monument, a 555-foot marble obelisk that is surrounded by 50 American Flags, has an elevator that takes visitors to the Observation Room 500 feet above ground level.
Lincoln Memorial and Reflecting Pool.
In line with the Capitol and Washington Monument, this stately marble structure is built with 36 columns, each symbolizing a state in existence at the time of President Lincoln’s death. Two of Lincoln’s most famous speeches, the Gettysburg Address and his Second Inaugural Address, are carved on the north and south walls of the structure.

Vietnam Veterans Memorial and Women’s Memorial.
Located near the Lincoln Memorial, this monument honors the men and women who served in the Armed Forces in Vietnam. The polished black granite walls are inscribed with the names of the dead and missing. The over 265,000 women who served during the Vietnam War are honored by a statue depicting three servicewomen coming to the aid of a wounded soldier.

Thomas Jefferson Memorial and Tidal Basin.
The central memorial room contains a 19-foot bronze statue of Jefferson and is surrounded by panels inscribed with his most significant writings. Fifty-four Ionic columns support the circular dome.

National Gallery of Art.
Consists of two buildings, one classical, and the other contemporary in design. The gallery contains one of the finest collections of western European paintings and sculpture spanning the 13th century to the present. American art from Colonial to contemporary times are also on display. Highlights include works by Leonardo da Vinci, Rembrandt, Anthony van Dyck, Alexander Calder, Henri Matisse, Joan Miro, Pablo Picasso, Jackson Pollock, Claude Monet, Clyfford Still, and Andy Warhol.

Daughters of the American Revolution Museum.
Consists of 33 period rooms displaying furniture, glass, paintings, ceramics and silver made or used in early American life.
NEW YORK CITY

The Statue of Liberty.
A gift from France in 1886, has become an international symbol of freedom and democracy.

Empire State Building.
The building projects a quarter mile into the sky above Manhattan, giving visitors a panoramic view of New York City from the observation deck on the 86th floor.

Central Park.
Perhaps the most famous urban park in the world, Central Park offers 843 acres of meadows, lakes, ponds, and forest. Over 20 million people visit the park each year.

Times Square.
This is the heart of New York’s performing arts, including the world famous Broadway section of the city.

United Nations (UN).
Representatives of the world’s 7 billion people gather here to discuss issues of peace, justice, human rights, and economics. It is a “symbol of peace and a beacon of hope” to people around the globe. There are 193 member states of the United Nations, and The Union of Soviet Socialist Republics was an original Member of the United Nations from 24 October 1945. The UN Secretary-General is Ban Ki-moon.

World Trade Center Site.
9-11 is a day which every American remembers. The site where the World Trade Center Twin Towers once stood is now one of the most visited tourist sites in New York City.
What is 4-H?

4-H is a non-formal educational, youth development program offered to individuals age 5 and in Kindergarten to 19.

Youth are involved in hands-on, experiential learning that allows learning by doing. All 4-H programs focus on active involvement and quality experiences which stimulate lifelong learning of values and skills.

4-H History.
4-H didn't really start in one time or place. It began around the start of the 20th century in the work of several people in different parts of the United States who were concerned about young people. The seed of the 4-H idea of practical and “hands-on” learning came from the desire to make public school education more connected to country life. Early programs tied both public and private resources together for the purpose of helping rural youth. Later, the basic 4-H focus became the personal growth of the member. Life skills development was built into 4-H projects, activities and events to help youth become contributing, productive, self-directed members of society. The organization changed in the 1960's, combining 4-H groups divided by gender or race into a single integrated program.

The 4-H Pledge
"I Pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service, and my Health to better living, for my club, my community, my country, and my world."

4-H Lore
The pledge tells what 4-H is all about. 4-H has as its goal the four-fold development of youth: Head, Heart, Hands and Health. The pledge was adopted by the delegates to the 1927 National 4-H Club Camp in Washington, DC. State club leaders voted for and adopted the pledge for universal use. The phrase "and my world" was added in 1973. The saying of the pledge has prominent place in 4-H activities at regular 4-H meetings, achievement days, and other club events.
4-H Mission:
4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

4-H Vision:
A world in which youth and adults learn, grow and work together as catalysts for positive change.

The 4-H Emblem and the Four H's
The four H’s stand for Head, Heart, Hands, and Health. These four H’s represent the four-fold training and development in which members participate. This meaning of each “H” is defined in the 4-H pledge. The emblem is a green four-leaf clover with a white “H” on each leaf.

4-H Colors
Green and White. Green symbolized springtime, life, and youth. White symbolized purity and high ideals.

4-H Motto.
"To Make The Best Better"
The motto was adopted at about the same time as the 4-H Club Pledge. Its intent is to inspire young people to continue to learn and grow, to make their best efforts better through participating in educational experiences.

4-H Slogan.
Learn By Doing”
This phrase sums up the educational philosophy of the educational philosophy of the 4-H program. Young people learn best when they are involved in their learning. the intent is to do, reflect, and apply.

Delaware 4-H—Your Hosts
You will be hosted by teens and their families from 4-H programs in Delaware. In Delaware, 4-H is operated by the University of Delaware Cooperative Extension. All of the 4-H teens and their families belong to a 4-H club. 4-H is an out-of-school or extra curricular activity. These clubs meet during the evenings and on weekends. 4-H members learn many important life skills which are not taught in school. They also participate in many fun learning activities at the local, state and national levels such as camps, contests, fairs, trip and more state and national level. Participating in 4-H programs has been shown to enhance the citizenship and leadership skills of youth. Over 45 million Americans are “alumni” of 4-H!

The University of Delaware
Delaware 4-H is administered and housed at the University of Delaware in Newark, Delaware. It is part of the College of Agriculture and Natural Resources. The University and the town of Newark are centrally located on the east coast of the U.S.
The University of Delaware dates to 1743, which is very old for an American college. The university has about 15,000 undergraduate students and 3,000 graduate students. It is a major research and teaching college. Some of your workshops and events will be taught by staff and faculty members. You will be spending much of your time on various parts of the University of Delaware campus.

College of Agriculture and Natural Resources.
The College of Agriculture and Natural Resources is headquartered on south campus, just north of the UD athletic complex, and has additional facilities in Dover and Georgetown. The college's central building on the Newark campus is Townsend Hall, which recently underwent a $13 million renovation. It houses the offices of the college and its four departments: Animal and Food Sciences, Applied Economics and Statistics, Entomology and Wildlife Ecology, and Plant and Soil Sciences. The neighboring Worrilow Hall serves as a classroom and laboratory building, and the Fischer Greenhouse Laboratory provides environmentally controlled plant growth facilities for teaching, research and production. The state-of-the-art Allen Laboratory is the premier poultry disease research facility in the world. Additional entomologic study facilities are provided at the USDA Beneficial Insect Laboratory. This area of campus also includes a 350-acre teaching and research complex containing crop production fields, the UD Botanic Gardens, livestock production facilities and wildlife and insect habitats.