



**YOUTH FOR UNDERSTANDING**  
**Intercultural Exchange Programs**



learn more about **YFU's**  
**education select**  
**F-1 program!**





## YOUTH FOR UNDERSTANDING Intercultural Exchange Programs

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**YOUTH FOR UNDERSTANDING USA**  
**Intercultural Exchange Programs**

**YFU USA**

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## LETTER FROM YFU USA PRESIDENT & CEO

Dear Parents and Students,

We are excited to have you explore the Youth For Understanding (YFU) Education Select F-1 Visa High School program. At YFU, we offer students the journey of a lifetime – our unique exchange experience gives you an opportunity to see the world up close.

As you review this guide, you will notice several factors that set the YFU program apart from other F-1 exchange programs. While many commercial providers can get your son or daughter into a school of their choice, YFU goes a step beyond, bringing the care, and well-being of your son or daughter to the forefront of the exchange experience.

At YFU, all students:

- Are placed with a carefully screened, and selected host family or in secured dormitories with staff in residence 24 hrs per day
- Are enrolled in an accredited school
- Are supported by a trained Area Representative, and YFU's specialized staff
- Have access to 24-hour emergency support
- Participate in 3 or more local orientations with fellow YFU students
- Have opportunities to join local YFU students on trips and activities

We are able to do this as a close-knit family of 70 plus YFU partners around the globe. Not only do we have assistance for your son or daughter in our country, we have trusted partners, and staff in your home country, as well.

If you are eager to explore the path less taken, and are open to discovery, and the realization that there is more than one way to live, then our program may be right for you. I welcome you to contact YFU in your country or email the Education Select team at [educationselect@yfu.org](mailto:educationselect@yfu.org) to learn more.

Best regards,

Michael E. Hill  
President and CEO YFU USA







# YFU HISTORY



**YFU began in 1951 as an effort to heal the wounds of World War II.** The hardships prevalent in Germany during this time had devastating effects on the country's youth. When Nobel Peace Prize nominee Dr. Rachel Andresen founded YFU, the hope was that by teaching young people tolerance, and acceptance of different cultures, they would be motivated to go back to Germany, and help re-build the country.

The legacy, and philosophy of our founder is as powerful, and timely today as it was more than 65 years ago, and in that time, we have established a track record of success. Today, YFU is one of the world's oldest, largest, and most respected international education programs. Since

its inception, YFU offices around the world have exchanged more than 260,000 students who have in turn made lasting impressions on millions around the globe.

YFU came into the world to meet the need to heal a broken world. Our mission is still as vital as it ever was. Our cultural exchange programs provide the ultimate reality check to a world-view based on stereotypes. In helping people of all ages to make the world their home, participants learn to appreciate differences, and embrace similarities. YFU is a positive first step in a lifelong journey of international connection.





# THE JOURNEY OF A LIFETIME

**The Youth For Understanding Education Select F-1 Visa High School program offers you the journey of a lifetime**, an adventure that allows you to discover the best in yourself, and your family, forge lifelong connections, and change the way you see the world. While it is true that all travel broadens perspective, and exposes the traveler to new experiences, YFU's programs transform who you are, and permanently change the way you see the world. YFU programs aren't for everyone. They are for those eager to explore the path less taken, who are open to discovery, and the realization that there is more than one way to live. If this sounds like you, then it's time to go global with YFU. On program you'll live as a member of a residence hall or with a carefully selected host family who will open their hearts, and home to you – providing room, board, and a safe and caring environment. You will attend a local high school, where you'll make friends, and learn what life is like for teens in the United States.



Visit [bit.ly/WeAreYFUvideo](https://bit.ly/WeAreYFUvideo) to learn more about YFU!





# WHY YFU?



YFU provides **all students and families** with the support, logistics, and tools for a safe exchange experience. From before they leave home to their final day, students receive support and guidance throughout their entire journey.

Additionally, F-1 students may have access to academic benefits that our traditional J-1 visa students do not, depending on the school, and on the student's performance and behavior, F-1 students are allowed:

- **Full Advanced Placement (AP)** and **International Baccalaureate (IB)** course access (courses vary depending on your selected high school).
- Options for **specialized coursework** (such as STEM) as well as the option to **enroll in college level classes**.
- Depending on their current high school status, FI students **may earn an American High School diploma**.
- Flexible application dates are available at some schools, however, we recommend applying early to ensure you are enrolled in the school of your choice.





# YFU SCHOOL & COMMUNITY INFORMATION

Like the new experiences of living with a host family, going to school in the US is exciting, and challenging all at the same time. Engaging at school is a core component of the Education Select F-1 High School program. At school, you will not only learn academic subjects such as English, history, science, and math; but you will learn about social life, friendship, and extracurricular activities such as sports and clubs. While on program, students often get involved in after school activities such as school trips, sports teams, clubs, and events. This gives them the chance to meet fellow students and make new friends.



## EDUCATION SELECT SCHOOL CHOICE

YFU is pleased to partner with a wide variety of accredited schools for the Education Select F-1 Visa High School program. These schools have been selected for their academic rigor, preferential location, and supportive school structures. They recognize the importance of working with established, experienced intercultural exchange specialists.





A photograph of a classroom with several rows of wooden desks and blue chairs. The desks are arranged in a traditional classroom layout, and the chairs are a solid blue color.

## PUBLIC DAY SCHOOLS

YFU works with public school districts in various locations around the United States. Some of these schools are available in small towns for lower tuition and homestay fees, or you can choose a larger metropolitan area for your program. Costs range from \$10,000 for small towns to \$30,000 for large cities (not including YFU support fees). Public school deadlines are early in the year, so students who want to attend public school must apply early to receive the best options.

Students who choose a public day school on an F-1 visa are limited to one year of study. Students who are interested in receiving an American high school diploma may be eligible for transfer to a private day school or boarding school upon the completion of their first year on program. Students who do not wish to transfer to another school must return to their home countries when their academic year is complete.

A photograph of a beach scene with a sandy shore, some rocks, and a body of water in the background. The sky is clear and blue.

## PRIVATE DAY SCHOOLS

YFU has partnered with several distinguished private day schools across the United States. These schools offer high-quality, college preparatory coursework such as Advanced Placement (AP) and International Baccalaureate (IB) programs. Many of these schools have specialized programs for English language learners, college advising programs, and cutting-edge technological resources.

Students who attend private schools on an F-1 visa are eligible to stay from one to four years, and complete their high school diploma in the same institution. For private schools offering homestay programs, the standard tuition and fees range from \$20,000 - \$50,000 per year (not including YFU support fees).

A photograph of three young women standing in front of a large window. The woman on the left is wearing a white knit top, the woman in the middle is wearing a black top, and the woman on the right is wearing a grey top. They are all smiling and looking towards the camera. The background shows a cityscape with a bridge.

## LIFE WITH YOUR HOST FAMILY

YFU will match you with a carefully screened and selected host family who will open their home and hearts to you. All YFU host families are rigorously vetted, and committed to providing a safe and educational exchange. Unlike other US F-1 programs who do not have limitations on the number of students that a family may welcome during the year, YFU students may only live with one other exchange student in the host family's home.

As an exchange student to the United States, you will learn about family, community, and school life in the US. You will learn how family members relate to one another, and about their daily schedules.





# BOARDING SCHOOLS

YFU also offers the opportunity to study at a boarding school and live in an on-campus dormitory. Boarding schools are equipped with extremely well-appointed facilities on beautiful, sprawling campuses. These schools, in addition to providing rigorous academic courses, prepare extensive extracurricular offerings and specialized programs that are rarely available at public or private day schools, including weekend excursions to visit the surrounding areas.

As with private day schools, F-1 visa students are eligible to study from one to four years in a boarding school and complete their high school diploma. Typical tuition and housing fees range from \$30,000 - \$60,000 per year (not including YFU support fees).



## LIFE IN A BOARDING SCHOOL RESIDENCE

**When you choose the boarding school option, you will live on the school's campus, joining a diverse community of students and gain exposure to people of different backgrounds, lifestyles and interests.** Student residence halls are highly secured and staffed by school personnel 24 hours a day. The residential house "parents" work tirelessly to provide a supportive, nurturing home for their residents, and are always available to help in any situation.

Most boarding schools offer extensive activity calendars, giving students the opportunity to immerse themselves in campus life and interact with their peers. As an exchange student who has chosen the boarding school option, you will develop close, life-long friendships with your fellow students living in the same residence, yet have the same strong YFU network of safety and support offered to all YFU participants.

Many students who reside in the residence halls enjoy decorating and personalizing their room. Hanging up personal items and memorabilia that remind them of friends and family at home helps students to adjust to their new life in student housing while showing others what makes them unique.







**We stay with you every step of the way,** from application to return, making us stand apart from other F-1 programs. When you choose YFU, you are joining an international community with more than 65 years of global exchange experience, and we're here to help you every step of the way. Families around the world trust YFU because of our reputation for quality, high safety standards, and exceptional support network. All precautionary measures are taken to ensure our student's safety, and family's peace of mind. YFU programs have exchanged more than 260,000 students since 1951, and our top priority continues to be student safety.

## YFU Education Select F-1 Visa High School Program Qualifications

YFU looks for students who are flexible, have a spirit of adventure, and who will enjoy the challenge of adapting to a new way of life in a different culture. Students must be between the ages of 14 and 18, meet minimum grade requirements, and be in good health.

Applicants to the YFU Education Select High School Program must demonstrate the following to be accepted:

- English language ability (some schools will have ESL programs available)
- Motivation to excel in academic or career courses
- Self-responsibility, self-direction, and maturity
- Readiness for a cross-cultural exchange experience

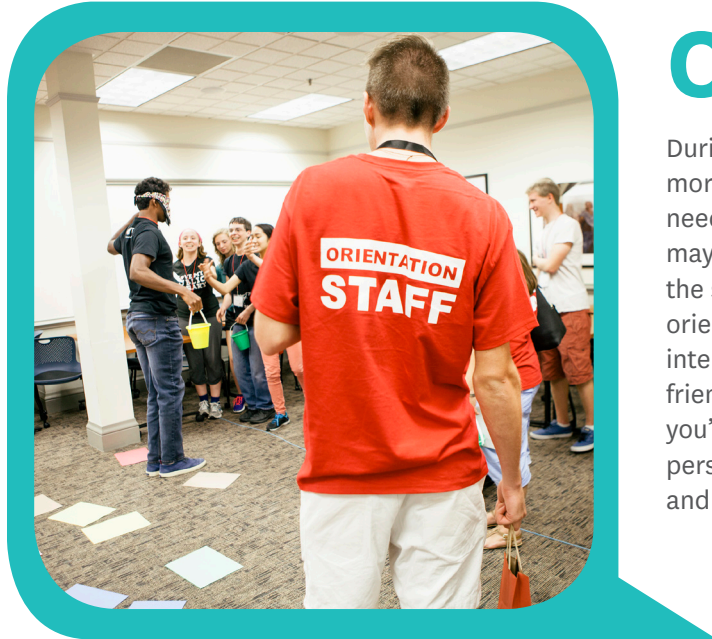
Candidates applying to the program must demonstrate pride in their culture and respect for cultural diversity. Applicants take a comprehensive language test to demonstrate English Language skills, submit personal essays, and take part in face-to-face interviews to determine motivation, and readiness for both home-stay exchange and high school level work. This is an opportunity to mature as you learn how to face the many challenges presented while on exchange.

Candidates must be prepared to live by the rules of the host family or residence hall, share their home culture, and actively engage in family, school, and community activities. It is also recommended that students consider a non-traditional placement as the US is known for its diversity. If you truly want to experience a different culture and gain mutual respect for another's way of life, then consider a placement with a single person, a same-sex couple or sharing the experience with another exchange student in a "dual" placement.



# YFU IS HERE FOR YOU

Every YFU student is assigned a volunteer Area Representative who is available to support you and your host family throughout the year. You should be in contact with your Area Representative at least once a month, and meet in person at least once each semester – this is a caring, local adult who has your best interest in mind. YFU values the individuality of each and every participant, and we treat everyone with kindness, respect, and dignity. Our organizational structure includes numerous safety nets and layers of protection to ensure student welfare. At YFU, our volunteers and staff are focused on creating positive exchange experiences for all our students, families, and communities.



## ORIENTATIONS

During your exchange year with YFU, you will take part in three or more orientations. We want all of our students to have the tools needed to seize opportunities, and face the challenges that one may encounter as they grow and mature. In addition to having the support of your Area Representative, these YFU educational orientations allow you to socialize and share experiences with your international exchange peers, which often times leads to good friendships amongst YFU students. During these orientations, you'll learn how to deal with culture shock and adjustment, gain perspective on family dynamics, learn about YFU program rules and procedures, and make new friends!

## TUITION

The YFU Education Select F-1 Visa High School program tuition includes school tuition (varies by school and location), host family placement arrangements, program orientation, and on-going support while on program. Please ask your YFU representative for more details on current tuition rates.







# FAQs

## What will I do during my exchange?

You will experience life just like a US student! You'll join extracurricular activities, explore the town and local attractions, and spend time with your host family or campus community.

## What if I have a problem with my housing?

All students are assigned an Area Representative who is available for support. There is also a 24 hour emergency hotline if there is a situation that needs immediate attention.

## How are residence hall secured?

These student halls are highly secured and staffed by school personnel 24 hours a day. The residential house "parents" work tirelessly to provide a supportive, nurturing home for their residents, and are always available to help.

## How are host families selected?

YFU USA carefully screens potential host families through a complete application and interview process. Most host families attend orientations before students arrive, and receive training on YFU policies and procedures as well as advice on how to best support you during your exchange. In the US, a criminal background check (CBC) is conducted on adult members of the family (18+). Community references are contacted to evaluate whether the family would be appropriate for an exchange student. YFU accepts all different types of families, and students may live with a young couple, a family with children, retirees, or single parents. YFU cannot guarantee that there will be a teenager in the family.

## What additional costs should I budget for that are not included in the school's tuition or YFU program fee?

Passport and visa fees such as application costs, travel costs to consulates or embassies for in-person visits, postage, medical exams; additional school expenses such as books, notebooks, and uniforms; optional trips planned by the host family or school; personal spending money.

# SNAPSHOT BENEFITS OF F-1 WITH YFU

## All YFU Education Select F-1 Visa High School program students:

- Are placed with a **carefully screened and selected host family** or in a secure dormitory with staff available 24 hours a day
- Enrolled in an accredited school
- Have access to worldwide assistance, and 24-hour emergency support through their dedicated **Area Representative** and **YFU's specialized staff**
- Participate in 3 or more **local orientations** with fellow YFU students





# APPLYING

To apply for the YFU Education Select F-1 Visa High School program, please contact YFU's Education Select team.

**Contact Information:** Email us at [educationselect@yfu.org](mailto:educationselect@yfu.org) for more information.



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Washington, DC 20001  
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[yfuusa.org](https://yfuusa.org)





## Help people of all ages learn to appreciate differences and embrace similarities. Invest your time, and gain the world.

With YFU, you'll discover a global community that believes in intercultural understanding, mutual respect, and social responsibility. YFU's distinctive brand of intercultural exchange opens minds, and hearts, enables learning that transforms lives, and ultimately helps make us citizens of one world.

Join YFU as a **host family** or **volunteer**, and take the first step in a lifelong journey of international connection!

Learn more about hosting, and volunteer opportunities at [yfu.org](https://yfu.org).



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