

# Sports and Outdoor Programs Abroad

2009-2010 School Year Programs

## Experience Life as a YFU Exchange Student!

Youth For Understanding offers high school students the opportunity to combine a traditional academic exchange experience with a sports or nature program in these three exciting programs. **Apply early! Programs fill up fast!**



### Lithuania

#### Basketball Program

The most popular sport in the country, basketball has put Lithuania on the map. With this unique YFU program, you will be enrolled in a specialized basketball high school and will train and play competitive team basketball three to five times a week.



### Belgium

#### Sports Program

Combine general subjects with coursework in sports! Study physiology, anatomy, sports theory, and fitness while you practice swimming, basketball, gymnastics, soccer, handball, tennis, dance, badminton or volleyball.



### All programs include:

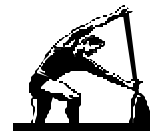
- Round-trip domestic and international travel
- Placement with a carefully selected host family
- Enrollment in high school
- Preparatory materials
- 24-hour student support
- Regional orientation for participants and parents



### Estonia

#### Nature Program

Learn about the environment in this beautiful Baltic country. Along with traditional academics, you will take numerous field trips throughout the region and get the chance to appreciate its natural beauty and



learn about the environmental issues it faces.

This program is perfect for

adventurous nature lovers and may include trips to national parks, camping, skiing, ice-fishing, canoeing, and bird watching.

For additional details and requirements, please visit us at [www.yfu-usa.org](http://www.yfu-usa.org) or call 1.800.TEENAGE.

*Hone your skills and explore your interests while immersing yourself in another country's culture, language, family and school life.*

## Change Your Life, Change Your World!

### The Learning Adventure of a Lifetime



Youth For Understanding USA

| [www.yfu-usa.org](http://www.yfu-usa.org) | 1.800.TEENAGE

6400 Goldsboro Road, Suite 100, Bethesda MD, 20817

Youth For Understanding USA, consistent with its commitment to international understanding, does not discriminate in making its admissions and placement decisions on the basis of race, color, national origin, sexual orientation, religion or gender. Students with disabilities are strongly encouraged to apply, and will be accommodated to the best of our ability. YFU USA is an IRS 501 (c) (3) nonprofit organization. All programs, scholarships and prices are subject to change or cancellation without prior notice. © 2007, Youth For Understanding USA. All rights reserved.

