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**2022 NAS JUNIOR SAILING EXCHANGE PROGRAM**

The North American Station of the Royal Scandinavian Yacht Clubs and Nyländska Jaktklubben will once again arrange a summer exchange program that allows young sailors from Scandinavia to experience sailing in America and vice versa.

Since the 1950’s, this informal exchange program has allowed hundreds of junior sailors to travel from their home countries in Scandinavia or America, live with a local family, and participate in the sailing life of the community. The stay normally lasts for 2 weeks.

After we receive your application, we will do our best to match you with a family. Our host families are often active members of their sailing community and will do their best to make the young sailors welcome. Traditionally Scandinavian sailors are hosted by an American family living in the northeastern United States and American sailors may be hosted by families living in any of the Nordic countries.

* **WHO CAN APPLY?** We invite junior sailors from KNS, GKSS, KSSS, KDY and NJK, age 16 and 17, to apply. American sailors from any recognized US sailing program are invited to participate.
* **WHAT DO WE NEED?** Please fill in the attached form and a motivation letter that you submit to the junior contact of your yacht club who will send it to us. It is important that the motivation letter tells us why you would like to participate and why you are a good candidate for this exchange program. If you want to, you can add a picture of yourself.
* **DEADLINE?** Please submit your application and motivation letter before April 15 to the contact person at your club.
* **COST**? You will need to cover your own airline ticket and bring pocket money. It is important that you have travel insurance that also covers medical. The host family will cover the other expenses like food and regular activities with the family.
* **PROCESS**. When we receive the applications from the club, we will be contacting you. As soon as we find a matching family, we will introduce you and all the details you work out with the family.
* **QUESTIONS?** Please contact NAS, Angelica Almlid Barrows at [angelicabarrows@gmail.com](mailto:angelicabarrows@gmail.com) (cell +47 46843833)