



North Carolina 4-H Opportunities



Many of the applications and forms referred below can be found online at:

<https://nc4h.ces.ncsu.edu>. From the main page, you will need to click on "Youth," then "Awards and Incentives Program."

4-H Ambassadors: Applicants must be at least 13 years old and a 4-H member for two years as of January 1. 4-H'ers may earn Bronze, Silver, Gold and Emerald Ambassador levels by completing workshops and a portfolio for each level. This program strengthens and expands upon 4-H Ambassadors' current leadership abilities so that they may serve as positive role models for younger youth.



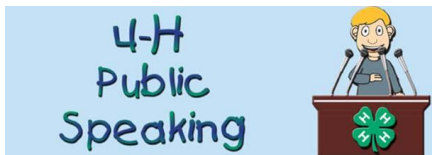
4-H Cumulative Records: This is an accumulation of up to three years of 4-H project work in a major project area. Records are submitted in age categories of 13-15 and 16-18. These books must be postmarked to the State 4-H Office by March 1. State winners receive cash awards.

4-H Entertains: 4-H Entertains is a talent showcase. This event occurs in conjunction with District Activity Day. Each county may register two acts to perform at District Activity Day. Acts will then be selected to perform at the state talent show at 4-H Congress in July.

4-H Group Awards: There are several group awards that clubs and other 4-H groups can apply for each year. The NC 4-H Community Service award is based on ONE community service project completed by a 4-H group. There is also a 4-H Electric Group Award. Applications must be received by the State 4-H Office by March 1.

4-H International Exchange: North Carolina hosts Japanese exchange students ages 12-18 for one month, beginning late-July. Host families must complete an application and in-home interview. 4-H members may elect to host a year-long exchange student from Japan or one of the Newly Independent States. Host families are typically secured in early spring.

4-H Presentations and Public Speaking: This competition allows you the opportunity to present information by demonstration or illustrated talk for competition. The time limit is generally between 5 and 12 minutes, with specific time regulations in specific categories. Each county determines how 4-H'ers are selected to compete at district competition.



4-H Project Records: Project records highlight what a 4-H'er has learned and done in a specific project area for a period of 12 months. The books are judged in age categories of: 9-10, 11-12, 13-15 and 16-18. They are submitted to the County 4-H office at the end of your 4-H year. The top county winners in each of the curriculum areas are then submitted to Raleigh for district competition. Most counties have their records due during the months of December or January.

Application, Interview, Resume and Essay (AIRE): Applicants must be at least 14 years old as of January 1. This program is used to select the delegates who will represent North Carolina at National 4-H Congress, National 4-H Conference and the International Leadership Conference. Participants must complete an application and submit a resume of no more than two pages. The resume should highlight the 4-H'ers achievements, project work and leadership throughout their 4-H career. Interviews are also held. Applications and resumes are due to the State 4-H Office by May 15.

Camps: The North Carolina 4-H Camping Program offers programming for 4-H'ers of all ages. Counties generally take a delegation of 4-H'ers (ages 8-12) to one of the 4-H camping centers for 4-H Junior Camp each summer. County camp locations and dates change each year. A few of the general 4-H camps utilize Leaders in Training. These are 4-H'ers not quite old enough to be a full time camp counselor - but at least 16 years old. LIT's work during the week to gain counselor experience. Other 4-H Specialty Camps available are: Fur, Fish and Game, Shooting Sports, Marine Science, Cloverbud and others.



Citizenship NC Focus: Hands-on workshops, panel discussions, distinguished speakers and open discussion will help youth discover how government impacts your everyday life, and how you can impact government in return. You will learn about state government, learn about working with public officials, hear from prominent North Carolina officials and visit legislators.



College Scholarships: High school seniors may apply for 4-H scholarships. The application must be postmarked by January 15. One application form is completed if applying for one or more than one scholarship. Several of these scholarships are restricted to youth that meet certain criteria. The County 4-H Agent receives information on these scholarships in early December. Scholarship awards range in amounts from \$500 to \$2000.

Dairy Events: Events focused on dairy education include: dairy judging, dairy quiz bowl, dairy skill-a-thon, dairy poster contest, numerous dairy shows and national 4-H dairy conference.



District Activity Day: Those 4-H'ers advancing from the county level presentation and public speaking contest are able to compete on the district level at District Activity Day. The top winners in each category can compete at the state level contest in Raleigh, NC during 4-H Congress. State winners in sponsored categories receive cash awards. In specific categories, the state-winning seniors may go on to compete at the national level.

District Officers: Candidates for district office must be at least 14 years old and have been an active 4-H member for at least two years. A person may only serve as a district officer once.



Electric Congress: North Carolina 4-H Electric Congress is an educational event designed to recognize excellence in the Electric Program throughout the state. 4-H Electric Congress travels from region to region of the state, thus allowing for a variety of programming opportunities for everyone. 4-H members participate in workshops, meet their Power Company Representatives, and interact with other electric winners. 4-H'ers must be at least 11 years old to attend. Counties may send two project winners, two cumulative record participants, and one program recruiter. 4-H Electric Congress is usually held during the second week of July.



Horse Events: Events focused on horse education include: Equine Expressive Arts Contests, Horse Bowl, Hippology, Retreats, Horse Judging and Horse Camp.

Horticulture Contest: The Horticulture Contest takes place at State Congress in July. It consists of three parts, a knowledge exam, testing what you know about horticulture, an identification test of flowering annuals, vegetables, woody shrubs and trees and indoor foliage plants, and a judging section that works your skills in determining plant quality.

Livestock Events: Events focused on livestock education include: livestock judging, livestock skill-a-thon, livestock shows and showmanship circuits and the Perry & Doris Teeter 4-H Beef Leadership Institute.



Make It With Wool Competition: This competition is open to all ages and all levels of sewing. Entries may be sewn, knitted, crocheted, woven or felted and must contain wool or wool blend (minimum 60% wool, mohair, cashmere, alpaca, camel, llama and/or vicuna). Contestants must select, construct and model the garment themselves

NC 4-H Congress: Held the third week of July, NC 4-H Congress is the culminating 4-H event for the year. The event is geared for teen 4-H'ers ages 13-18; however, junior 4-H'ers may attend part-time if they were named district presentation winners. Congress is held on the campus of NC State University. Activities of the week include: State Fashion Show, State Talent Show, State Presentation Finals, Honor Club Tapping, State-level Hands-to-Service Project, State 4-H Council Officer Elections, Banquets, Dances and more.

NC 4-H Honor Club: A 4-H'er must be 16 years of age or older as of January 1 to apply. Membership is based on a point system involving community service, 4-H activities, leadership and citizenship. Applications are due in the State 4-H Office by January 15.

Poultry Events: Events focused on poultry education include: poultry judging, NC State Fair Turkey Show, poster competition and a Poultry Science Summer Institute.

State 4-H Project Award: This award changes each year with the state 4-H project theme. These awards are generally due in May to the State 4-H office and are presented during NC 4-H Congress.

4-H: Come. See. EXPRESS



State Council Conference: This event, held in November each year, is the kick-off event which introduces the new state theme to 4-H members. Workshops and activities, taught by district and state officers, focus on the state theme.

State Fashion Revue: The State Fashion Revue is held annually during NC 4-H Congress where youth who have sewed a garment. You must be a county Fashion Revue winner to advance to state competition. A participant must model the garment.



State Officers: A 4-H member is eligible to run for State 4-H Office if he or she is at least 16 years of age as of January 1 of the year of nomination, and if he or she has been an active 4-H member for at least three years prior to seeking office.

State Photo Contest: The purpose of the state photo contest is to provide a showcase of 4-H members' photographic accomplishments. The exhibit is unveiled at 4-H Congress in Raleigh, NC each summer. The winning photos are then displayed at selected meetings and events throughout the year until the next Congress.

Teen Retreat: The North Carolina State 4-H Program is divided into six districts: West, West Central, North Central, South Central, Northeast and Southeast. District officers from each district help to plan this district-wide 4-H event. Teen Retreat is generally held in the spring. This leadership building retreat generally offers training and workshops centering around the state 4-H project. 4-H'ers ages 13 to 18 are able to attend. District teen council officers are elected either at Teen Retreat or District Activity Day, depending on the district.

TRY-IT (Teens Reaching Youth through Innovative Teams): TRY-IT provides an opportunity for 4-H teens to become teachers/facilitators by completing required training at a basic TRY-IT retreat. Teams of three to four 4-H teens and one adult volunteer receive specific training to become certified TRY-IT members. TRY-IT teams utilize their skills to teach specific curricula to younger youth in their counties. Basic TRY-IT retreats are typically held in the spring and fall of each year.



Wildlife Habitat Evaluation Program: WHEP is a 4-H youth natural resource program dedicated to teaching wildlife and fisheries habitat management to junior and senior level youth.



Winterfest: The North Carolina State 4-H Program is divided into six districts: West, West Central, North Central, South Central, Northeast and Southeast. District officers from each district help to plan this district-wide 4-H event. Winterfest is typically held in January. 4-H'ers ages 13 to 18 are able to attend.

Youth Volunteer Awards: District and State 4-H Youth Volunteer Awards are presented at State 4-H Council Conference to individuals who have demonstrated outstanding leadership and volunteer service.