



2024-25 Application Tips

- Familiarize yourself with the program before working on your application. Consider the [goals of NSLI-Y](#) and review the [website](#) and Terms and Conditions document to better understand what NSLI-Y entails and what it does not.
- **Research** your host languages and locations of interest.
- Think about your **future goals**.
- **Proofread!** It's a good idea to ask an adult to also proofread your work and provide feedback.
- Work on your essays in a word processing program and save your work often.
- **Submit your application before November 2!** If you have trouble submitting your application or if you encounter a technical problem, you'll have time to resolve the issue with NSLI-Y staff.
- Even after your application has been submitted, you can check to see if your recommender, parent/legal guardian, and school official have submitted their components. Log in to the application and look at the status history boxes in the relevant sections of your application.



The Essays

- Host Family Letter: Answer the questions in the prompt and show your personality. The letter may be shared with your potential future host family.
- Essay 1: Focus on your first language preference. Explain three distinct reasons why you want to participate in NSLI-Y. Consider how NSLI-Y relates to your future interests and remember to consider the NSLI-Y goals.
- Essays 2 and 3: Ensure you are the central figure in your response and that your example is appropriate. Consider what you learned and/or how you grew.

In all of your essays, be honest and authentic! Don't be afraid to let your personality shine through!

Resources

Information on host languages and locations: [ACTFL's Lead with Languages Campaign](#), [Department of State Travel Resources](#), [NSLI-Y Interactive](#)

Information on all U.S. Department of State exchange programs: www.exchanges.state.gov

Click on the below images to follow NSLI-Y on social media for application tips and updates!

