Program Selection

IMPORTANT! This application is for U.S. citizens. If you are NOT a citizen of the United States of America, you are not eligible to apply for these programs. Please visit [https://exchanges.state.gov/](https://exchanges.state.gov/) for more information on how to apply for programs to the United States.

Basic Eligibility Requirements

1) Are you a U.S. citizen? *

   Choose one
   - Yes
   - No

2) Date of Birth *

   Use the calendar, or enter in the format MMM dd, yyyy (e.g., Sep 01, 2006)

   Note: Eligible students must have birthdates within the ranges listed below:
   - **NSLI-Y (Summer):** July 10, 2005 - June 10, 2009
   - **NSLI-Y (Academic Year):** August 30, 2005 - June 30, 2009
   - **FLEX Abroad/YES Abroad:** December 30, 2005 - June 30, 2009

3) Are you currently enrolled in grades 9, 10, 11, or 12 (high school or home school equivalent)? *

   Choose one
   - Yes
You May Be Eligible

Based on the basic eligibility information you submitted, you are eligible to apply for the NSLI-Y 2024 (Summer), as long as you also meet any additional eligibility requirements in Section 3 of this online application "Program Introduction and Deadlines".

Programs Covered Under this Single Application

4) Choose the program(s) you are applying to *

Check one or more

- NSLI-Y 2024
- FLEX Abroad 2024
- YES Abroad 2024

About the Application - Table of Contents

Application Deadline

NSLI-Y: **Thursday, November 2, 2023, 4:00 PM** U.S. Eastern Time
FLEX Abroad/YES Abroad: **Wednesday, December 6, 2023, 4:00 PM** U.S. Eastern Time

Sections of the Application

1. Program Selection
   A. About the Application
   2. Table of Contents
   3. Program Introduction and Deadlines
   4. How to Apply
   B. Personal Information
   5. About You
6. Certify Your Eligibility
7. Family Information
8. International Experience
9. Activities and Hobbies
10. Internships, Paid Work, and Jobs
11. Awards, Honors, and Special Recognition

C. Documents
12. Transcripts
13. Terms and Conditions

D. Recommendation and Statement Requests
14. Recommendation
15. Parent/Legal Guardian Statement (not considered in the selection process)

E. Host Family Letter and Essays
16. Self-Introduction to Host Family and Language Instructors
17. Essays

F. Language Experience
18. Knowledge of Languages

G. Placement Information
19. Program or Country Preferences

H. NSLI-Y Language Experience
20. Self-Assessment of NSLI-Y Language Preferences

I. NSLI-Y Previous Experience
21. International and Cultural Exchange Experience

J. Placement Information
22. Physical, Health, or Learning Accommodations

K. Statistical Information
23. Statistical Information (optional and not considered in the selection process)

L. Submit Your Application
24. Review and Submit

---

About the Application - Program Introduction and Deadlines

**Application Deadline**
NSLI-Y: **Thursday, November 2, 2023, 4:00 PM** U.S. Eastern Time
FLEX Abroad/YES Abroad: **Wednesday, December 6, 2023, 4:00 PM** U.S. Eastern Time
Program Introduction

The U.S. Department of State's NSLI-Y, FLEX Abroad, and YES Abroad programs for American youth are administered by American Councils for International Education. Through these programs, nearly 1,000 U.S. high school students study abroad, learn another language, engage with other cultures, and participate in citizen diplomacy each year.

The exchanges promote mutual understanding, youth leadership, global education, and international dialogue. Participants are immersed in the cultural life of the host community through host family stays, peer to peer interactions, cultural activities and excursions, and engagement with local schools or other organizations. By learning language and sharing culture and values, students build trust and long-lasting relationships between people of the United States and people of other countries. Previous language study is not required to participate.

Program Overview

Program Overview Video

Learn about the U.S. Department of State's National Security Language Initiative for Youth, Kennedy-Lugar Youth Exchange and Study (YES) Abroad, and Future Leaders Exchange (FLEX) Abroad, youth scholarship programs in this video.

[Watch Program Overview Video on YouTube]

National Security Language Initiative for Youth (NSLI-Y)

Program Duration: **Summer** or **Academic Year**

The National Security Language Initiative for Youth (NSLI-Y) provides merit-based scholarships for eligible high school students and recent high school graduates to learn less commonly taught languages through intensive overseas immersion programs. NSLI-Y prepares young Americans to succeed in the 21st century's global economy by developing their foreign language skills, increasing their cross-cultural understanding, strengthening their leadership capacity, and fostering new academic and professional insights and ambitions. Many alumni go on to pursue education and careers vital to U.S. national security. Applicants may choose to apply for Summer (6 to 8-week) and/or Academic Year (10 month) programs.

Future Leaders Exchange Abroad (FLEX Abroad)

Program Duration: **Academic Year Only**

The Future Leaders Exchange Abroad (FLEX Abroad) program is an extension of the FLEX program, an international exchange program for students from more than 20 countries in Europe and Eurasia. By living with a host family and attending a host high school, participants develop relationships with citizens of their host country, learning the culture, history, and language of their host community and sharing their American experience in return. The FLEX Abroad program sends American high school and gap-year...
students abroad to three FLEX countries: Georgia, Kazakhstan, and Poland. FLEX Abroad is an Academic Year (10 month) program.

Kennedy-Lugar Youth Exchange and Study Abroad (YES Abroad)

Program Duration: Academic Year Only

The Kennedy-Lugar Youth Exchange and Study Abroad (YES Abroad) program is an extension of the YES program for international students. YES began in 2002 in a bi-partisan act of Congress in response to the tragic events of September 11, 2001. International participants from approximately-35 countries with significant Muslim populations in Europe, Africa, the Middle East, and Asia study in the United States for an academic year, live with a host family, attend a local high school, acquire leadership skills, and engage in activities to learn about U.S. society and values. Americans study travel in select YES countries on YES Abroad, live with host families, share about American society and values, and promote mutual understanding between the United States and their host countries by forming lasting relationships. With almost 14,000 YES and YES Abroad alumni, the program helps students develop the skills to become leaders in the global community. YES Abroad is an Academic Year (10 month) program.

Download our side-by-side comparison one-pager of programs.

Want to bring the world to you? Host an international exchange student in your home. Learn how at hosting.state.gov

Application Deadline and Required Documents

<table>
<thead>
<tr>
<th>Deadline (Eastern Standard Time)</th>
<th>Tasks Due</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NSLI-Y</strong></td>
<td><strong>FLEX Abroad</strong></td>
</tr>
<tr>
<td><strong>YES Abroad</strong></td>
<td><strong>YES Abroad</strong></td>
</tr>
<tr>
<td><strong>Thursday, November 2, 2023,</strong></td>
<td><strong>Online application form</strong> (this form) completed by the applicant.</td>
</tr>
<tr>
<td>4:00 PM U.S. Eastern Time</td>
<td><strong>Terms and Conditions</strong> signed by applicant and parents/legal guardians in Section 13 of this online form.</td>
</tr>
<tr>
<td><strong>Wednesday, December 6, 2023,</strong></td>
<td><strong>Transcript submission</strong> uploaded by the applicant (preferred option) or delivered electronically if required by school.</td>
</tr>
<tr>
<td>4:00 PM U.S. Eastern Time</td>
<td><strong>NSLI-Y</strong></td>
</tr>
<tr>
<td><strong>FLEX Abroad</strong></td>
<td><strong>YES Abroad</strong></td>
</tr>
<tr>
<td><strong>YES Abroad</strong></td>
<td><strong>NSLI-Y</strong></td>
</tr>
<tr>
<td><strong>FLEX Abroad</strong></td>
<td><strong>YES Abroad</strong></td>
</tr>
<tr>
<td><strong>YES Abroad</strong></td>
<td><strong>Supplemental Documents Due</strong></td>
</tr>
<tr>
<td><strong>Thursday, November 9, 2023,</strong></td>
<td><strong>Parent/legal guardian statement</strong> submitted by your parent/legal guardian. (For further instructions on how to request a statement, please visit Section 15 of this form)</td>
</tr>
<tr>
<td>04:00 PM U.S. Eastern Time</td>
<td><strong>Recommendation</strong> completed by a teacher, school counselor, school administrator, coach, youth organization leader or coordinator, employer, etc. (For further instructions on how to request a recommendation, please visit Section 14 of this form)</td>
</tr>
<tr>
<td><strong>Wednesday, December 13, 2023,</strong></td>
<td><strong>NSLI-Y</strong></td>
</tr>
<tr>
<td>04:00 PM U.S. Eastern Time</td>
<td><strong>FLEX Abroad</strong></td>
</tr>
<tr>
<td><strong>YES Abroad</strong></td>
<td><strong>YES Abroad</strong></td>
</tr>
</tbody>
</table>

Questions?

Contact program staff during business hours, 9:00 AM–5:00 PM U.S. Eastern Time, Monday - Friday, at:
About the Application - How to Apply

Application Deadline

NSLI-Y: **Thursday, November 2, 2023, 4:00 PM** U.S. Eastern Time  
FLEX Abroad/YES Abroad: **Wednesday, December 6, 2023, 4:00 PM** U.S. Eastern Time

**IMPORTANT! Do not use your web browser's back button** to move between pages within this online form. This might erase information from your form that cannot be recovered. Use only the "Sections" menu on the left, including the → (next) and ← (previous) arrows to switch to the next and previous sections of the form.

How to Apply

Online Application Form

All application forms, recommendations, transcripts, and parent/legal guardian statements must be submitted online, unless this requirement presents a significant impediment to applying for a scholarship. Applicants who need assistance may contact American Councils at 800–380–6552, or highschoolstudyabroad@americancouncils.org at least seven (7) days before the application deadline.

Applying for Multiple Programs

This application is used for three (NSLI-Y, FLEX Abroad, and YES Abroad) programs. You can apply to one, two, or all three of these programs. To apply for more than one program, you must hit the submit button for each program on the final page of the application.

**NOTE:** You can tailor the written portions of the application form for each program before submitting. For example, if applying to NSLI-Y first, you may focus on language learning goals in your written responses. After submitting the application for NSLI-Y, you may then return to your written responses to adapt your host family letter and essays to reflect your interest in cultural immersion for FLEX Abroad and YES Abroad. We recommend tailoring your host family letter and essays for each program before submitting your application to that program.

Terms and Conditions

**Carefully read the Terms and Conditions.** This form must be signed by the applicant and all parents or legal guardians. Upload the completed signature page of the Terms and Conditions Form to the application.
Grade Transcripts
Submitted transcripts must be in English (or include English translation) and include:

- Your full name
- The name(s) of your high school
- All completed courses (with grades if given by your school) in your high school career
- Current class schedule
- No grades or courses should be redacted.
- Cumulative GPA (NSLI-Y requires a minimum GPA of 2.5, while FLEX Abroad/YES Abroad have no minimum GPA requirement)

Note: Official transcripts are not required; unofficial transcripts are acceptable if they meet the above criteria.

Redact Sensitive Personal Information
It is your responsibility to redact some personal information that may appear on your transcript. You must redact the following information from your transcript before it is submitted:

- Social security number
- Immunization/medical history
- Race/ethnicity
- Photos

9th Grade and Homeschooled Applicants

- 9th grade applicants: Provide a transcript or grade report from grade 8. You as the applicant should upload your 9th grade course schedule in section 12 of the application.
- Homeschooled applicants: Your homeschool supervisor must complete the homeschool transcript form provided in section 12 of the application.

How to Deliver Your Transcript to American Councils

- Preferred Delivery Method: Upload a complete, legible copy of your grade transcript to the transcript upload page in Section 12 of this application.
- Alternate Delivery Method: If you cannot access a transcript that meets the above criteria, request that your official grade transcript be sent via electronic delivery service, such as Parchment, to American Councils at: highschoolstudyabroad@americancouncils.org

Note: If you do not submit a transcript that meets the requirements above, or if program staff have concerns about the validity or accuracy of your transcript, you may be asked to submit an official transcript.

Recommendation
Have one (1) adult submit a recommendation using the online form by 4:00 PM Eastern Time on:

- November 9, 2023, if you are applying for NSLI-Y
- December 13, 2023, if you are only applying for FLEX Abroad and/or YES Abroad
Parent/Guardian Statement

Have one (1) parent/legal guardian submit a statement supporting the application online by 4:00 PM Eastern Time on:

- **November 9, 2023**, if you are applying for NSLI-Y
- **December 13, 2023**, if you are only applying for FLEX Abroad and/or YES Abroad

**Note:** Any technical problems with the application form should be reported by email to highschoolstudyabroad@americancouncils.org using the following subject line convention:

**Relevant Program Name (NSLI-Y/FLEX Abroad/YES Abroad), Last Name, First Name, Reference Code:** Email Subject

*Example:* NSLI-Y, Doe, Jane, ABCE1234: Question about application

*Note:* Your reference code is the eight-digit, randomly assigned code at the top of this page with four letters and four numbers that identifies your unique application.

Applicants are strongly encouraged to **ask any questions and submit their applications well in advance of the application deadline.** American Councils for International Education bears no responsibility for data transmission problems in submitting the application.

### How to Use this Online Form

#### Moving from Section to Section

This form includes more than one section (pages). They are listed in the "Sections" menu that can be found in the navigation menu at the left side of each page. Select any section from the menu to jump to that section. Press the → (next) and ← (previous) arrows to switch to the next and previous sections of the form.

#### Saving Your Work

Save your work regularly by pressing the "Save Changes" button found at the bottom of any page.

#### Completing Your Form in Multiple Sessions

It is not necessary to complete your online form in one sitting. To continue later, press the "Save Changes" button found at the bottom of each page. You may log in to your application any time thereafter until the deadline to complete your application.

#### Required Fields

A * next to a question indicates a required field. You must provide this information in order to submit your form.
Word and Character Counts Used in this Online Form

Use the counter tool in this form to track the word character limits specified for some questions. Please note that this count may not be the same as counts indicated by Microsoft® Word, or other word-processing tools.

Submitting Your Application(s)

To submit your application, **you must press the "Submit" button on the last page** for each program for which you are applying. Once you submit your application for a given program, you will no longer be able to make changes to it. However, if you are applying for multiple programs, you will be able to go back and make changes before submitting for the additional programs. You will receive a confirmation email after successfully submitting your application for each program for which you are applying. If you did not receive a confirmation email, your application was not successfully submitted.

Downloading Documents from this Website

The free [Adobe Reader](https://get.adobe.com/reader) is required to open and view most documents on this website.

Uploading Documents to Your Application

If you are required to upload a document, you may upload only files of the following types: PDF, JPG/JPEG, PNG, GIF, or TIF/TIFF with a file size no greater than 5 MB. Encrypted or password-protected files will not be accepted unless "Read Only" capability is enabled. A number of free online tools are readily available to convert or resize your files.

---

**Personal Information - About You**

**About You**

1) **Legal Name:**

   *As indicated on your birth certificate, passport, or other government-issued ID.*
   - Use **English** characters only.
   - **Do not use** accent or diacritical marks.
   - Use proper capitalization. **Do not use** all UPPERCASE or all lowercase letters.
   - If you do not have a "Middle Name," leave that box blank.

   **Legal First Name** *
   
   **Legal Middle Name**

   **Legal Last Name** *

   

   

   

2) Your Preferred Nickname

3) Gender *
   Choose one
   [ ] Choose

School Information

4) Are you home-schooled? *
   [ ] Yes
   [ ] No

5) School Name and Address *
   Choose country BEFORE state/province/region.

<table>
<thead>
<tr>
<th>Field</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Name</td>
<td></td>
</tr>
<tr>
<td>Country</td>
<td>- Choose -</td>
</tr>
<tr>
<td>School Address</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td></td>
</tr>
<tr>
<td>State/Province/Region</td>
<td>pick country</td>
</tr>
<tr>
<td>ZIP/Postal Code</td>
<td></td>
</tr>
</tbody>
</table>

6) Are you enrolled in an international baccalaureate (IB) program? *
   Choose one
   [ ] Yes
   [ ] No

7) Your Anticipated Graduation Date *
   Enter in format "Mmm yyyy". Example: "Jun 2025".

Place of Birth

8) Place of Birth *
   Choose birth country BEFORE birth state/province/region

<table>
<thead>
<tr>
<th>Field</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth Country</td>
<td>- Choose -</td>
</tr>
<tr>
<td>Birth City</td>
<td></td>
</tr>
<tr>
<td>Birth State/Province/Region</td>
<td>pick country</td>
</tr>
</tbody>
</table>

Passport and Citizenship

9) Do you have a valid U.S. passport? *
   Note: It is not required to have a passport at the time of application.
Passport processing time may be lengthy. Currently, passport processing may take up to 18 weeks. Applicants are strongly encouraged to apply for a passport as soon as possible if they do not have one that meets validity requirements. Applicants should be prepared to provide valid passport information, upon request, by late-February 2024. If selected, be aware that passports may need to be physically available for 3 months prior to the program start for visa processing.

Finalists must have a United States passport that is valid for at least six months after their anticipated program end date. For NSLI-Y summer finalists, passports should be valid until March 2025. For all academic year programs, passports should be valid until mid-January 2026. Parent(s) or legal guardian(s) may be required to submit passport, residency documentation, and/or custody documentation for visa processing at the discretion of the host country/location. Visa issuance is at the discretion of the government of the host country/location, which may consider a variety of factors in visa issuance including, but not limited to, the participant's country of birth, dual citizenship, and custody arrangements. The programs, implementing organizations and the U.S. Department of State will not be able to influence these decisions.

10) Can you be considered a citizen of any country other than the United States? *
   ○ Yes
   ○ No

Your Contact Information

Mailing Address:

11) Mailing Address *
   Choose country BEFORE state/province/region.
   
<table>
<thead>
<tr>
<th>Country</th>
<th>- Choose -</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street Address</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td></td>
</tr>
<tr>
<td>State/Province/Region</td>
<td>pick country</td>
</tr>
<tr>
<td>ZIP/Postal Code</td>
<td></td>
</tr>
</tbody>
</table>

12) Is the physical address of your home the same as your mailing address? *
   ○ Yes
   ○ No

Telephone Numbers:

Include area code, or country and city/mobile codes (for numbers outside North America).

13) Primary Telephone *
   Type *
   ○ Home
   ○ Mobile

14) Alternate Telephone
   Type
   ○ Home
   ○ Mobile
15) Primary Email Address *

This will be program administration’s primary method of communicating with you and should be an email address that you check often. This should be your email address and not a parent/guardian's. If your primary e-mail is a "K12" address, provide an alternative email address to receive the recommendation request. "K12" addresses often block email messages from unknown sources, such as this application system.

Ensure that your email address is typed correctly and is active. Important and time-sensitive notifications will be sent to this email address.

16) Alternate Email Address

Some email messages from program administration will be sent to both the primary and alternate email addresses. The alternate email address can be a personal, family, or parent/guardian's email address.

Personal Information - Certify Your Eligibility

Certification of Eligibility

Answering "False" to any of the following questions indicates that you are not eligible for the 2024-25 program. Please contact highschoolstudyabroad@americancouncils.org if you have any questions about the eligibility requirements.

Please review the 2024-25 Eligibility Policy for Outbound Youth Programs and program specific requirements at:

- NSLI-Y: https://www.nsliforyouth.org/how-to-apply/eligibility/
- FLEX Abroad: https://www.discoverflex.org/flex-abroad
- YES Abroad: https://www.yes-abroad.org/how-to-apply

1) I am a U.S. citizen. *

Choose one:
- True
- False

2) I am currently enrolled in high school or home school equivalent grades 9-12 at the time of this application. *

Choose one:
- True
- False

3) I have not participated in a long-term in-person U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) youth exchange program.

Short-term ECA programs

Long-term ECA programs
Choose one:

- True
- False

4) I understand that alumni of a short-term in-person (not virtual) ECA youth exchange programs may only apply for academic year programs that take place in a different calendar year. Alumni of virtual programs may apply for summer or academic year programs. I confirm that my application meets this requirement.*

Choose one:

- True
- False

5) I do not have any immediate family members who work at the U.S. Department of State, U.S. Agency for International Development, or public or private organizations that are under contract or financial agreement awards with the U.S. Department of State on U.S. Department of State exchange programs.*

Choose one:

- True
- False

6) I have a grade point average (GPA) or equivalent of 2.5 or higher on a 4.0 scale. This requirement is only for NSLI-Y. If you mark "False", you are still eligible for FLEX Abroad and YES Abroad.*

Choose one:

- True
- False

---

Save

Personal Information - Family Information

For placement and administrative purposes, please list the members of your family below. This information is required for all parents and legal guardians. For anyone else living in the home, this information is optional, but is helpful for host family matching and on-program support.

About Your Parents / Legal Guardians

1) Please list each and every one of your parents, step-parents, legal guardians, or any other adult responsible for you as applicable:
Anyone listed as a parent or legal guardian in your application must be identified by the same name in other forms that require these signatures.

1a) Parents/Legal Guardians *

<table>
<thead>
<tr>
<th>Field</th>
<th>Input Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legal First Name *</td>
<td></td>
</tr>
<tr>
<td>Legal Last Name *</td>
<td></td>
</tr>
<tr>
<td>Gender *</td>
<td>- Choose -</td>
</tr>
<tr>
<td>Relationship *</td>
<td>- Choose -</td>
</tr>
<tr>
<td>Does this person have legal custody of you? *</td>
<td>- Choose -</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Input Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone Number *</td>
<td></td>
</tr>
<tr>
<td>Type (Home/Mobile/Work)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Button</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add Phone</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Input Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email Address (Personal/Work/Family) *</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Field</th>
<th>Input Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you ever live with this parent/legal guardian at the physical address you input in the Section 5 (About You)? *</td>
<td>- Choose -</td>
</tr>
</tbody>
</table>

1b) Does this person have a current and valid passport from any country?  
*Providing information on parent passport status and country of birth is optional. We provide a space to collect this information as it may impact the visa application for certain host countries. The information is not considered when evaluating and selecting participants but may be useful for program staff in facilitating the visa application process.*  
- Yes  
- No

1c) Country of Birth  
- Choose -

<table>
<thead>
<tr>
<th>Button</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add 1 More</td>
</tr>
<tr>
<td>Add 2 More</td>
</tr>
</tbody>
</table>

2) Do you want to provide information about additional people living in your household? *

*Select one:*
Alternate Emergency Contact

In the event your parent(s) or legal guardian(s) cannot be contacted, please provide at least one (1) adult who does not live with you as your alternate emergency contact person. To ensure that program staff can contact this individual promptly in case of an emergency, a phone number and email address must be provided.

3) Emergency Contact *

First Name *

Last Name *

Gender *

- Choose -

Relationship With Applicant *

- Choose -

Phone Number *

Phone Type (Home/Mobile/Work)

Add Phone

Email Address (Personal/Work/Family) *

Add Contact

Save

Personal Information - International and Exchange Experience

1) Have you previously participated in any other overseas exchange program(s)? *
   - Yes
   - No

2) Have you previously participated in any virtual exchange program(s)? *
   - Yes
   - No
3) If selected for NSLI-Y, FLEX Abroad or YES Abroad, would this be your first time traveling outside of the United States? *
   - Yes
   - No

4) Do you plan to travel abroad after submitting this application? *
   - Yes
   - No

5) Do you have any relatives or close friends that live in NSLI-Y, FLEX Abroad or YES Abroad host locations? *
   - Yes
   - No

---

**Personal Information - Activities and Hobbies**

**Instructions:**

- Provide descriptions for activities/hobbies that you have participated in, if applicable.
- You may list up to seven (7) activities/hobbies.
- List your activities/hobbies in reverse chronological order, i.e., starting with the most recent first.
- Share with us those activities/hobbies that are most important to you or that are most relevant to the program(s) you are applying to.
- Use your best estimate for hours for month. If you are including a seasonal activity, list the average hours for the months that you engage in the activity.

*If you receive an error, verify that you are using the correct date format. An example of a correct date format is 08/2022.*

---

**Activities, Athletics, and Organizations**

1) List only those activities and organizations in which you have been a frequent participant within the past three years. List the activities that you value most and that are relevant to the program(s). Include activities such as Scouts, volunteer work, religious youth groups, peer tutoring, sports teams, etc. Be sure to briefly specify any leadership roles you held with those groups, such as club president, team captain, or other position.

<table>
<thead>
<tr>
<th>#</th>
<th>Activity or Organization</th>
<th>Description</th>
<th>Hours per Month</th>
<th>Start Date (mm/yyyy)</th>
<th>Still Participating?</th>
<th>If no, End Date (mm/yyyy)</th>
</tr>
</thead>
</table>
Creative Work, Hobbies, and Special Training

2) Include recent activities such as music, dance, drama, performing arts, and foreign languages that you have pursued to the point of some mastery:

<table>
<thead>
<tr>
<th>#</th>
<th>Name</th>
<th>Description</th>
<th>Hours per Month</th>
<th>Start Date (mm/yyyy)</th>
<th>Still Participating?</th>
<th>If no, End Date (mm/yyyy)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
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</tr>
</tbody>
</table>

Instructions:

- Provide descriptions of any internships/paid work or jobs you have had, if applicable.
- You may list up to seven (7) internships/paid work/jobs.
- List them in reverse chronological order, i.e., starting with the most recent first.
- Share with us those internships/paid work/jobs that are most important to you or that are most relevant to the program(s) you are applying to.
1) Specify the type of work and describe your responsibilities:

<table>
<thead>
<tr>
<th>#</th>
<th>Title/Position</th>
<th>Description</th>
<th>Hours per Month</th>
<th>Start Date (mm/yyyy)</th>
<th>Still Employed?</th>
<th>If no, End Date (mm/yyyy)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Choose</td>
<td>Choose</td>
<td></td>
<td></td>
<td>Choose</td>
<td>Choose</td>
</tr>
</tbody>
</table>

0 words counted. Maximum of 25 words allowed.

Add 1 More  Add 2 More  Add 3 More

---

Personal Information - Awards, Honors, and Special Recognition

Instructions:

- Provide descriptions of awards, honors or accolades you have received, if applicable.
- You may list up to seven (7).
- List in reverse chronological order, i.e., starting with the most recent first.
- Share with us those that are most important to you or that are most relevant to the program(s) you are applying to.

If you receive an error, verify that you are using the correct date format. An example of a correct date format is 08/2022.

1) Briefly describe the award, honor, or special recognition you received:

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Award Date (mm/yyyy)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Choose</td>
<td></td>
</tr>
</tbody>
</table>

Add 1 More  Add 2 More  Add 3 More
Important: To successfully upload your transcript, remember to provide your grade information in Section 1 (Program Selection) and indicate your home-schooling status in Section 5 (Personal Information - About You) of the Application form. Your attention to these details will ensure a correct transcript submission process.

Transcript Upload Instructions

How to Deliver Your Transcript to American Councils

- **Preferred Delivery Method:** Upload a complete, legible copy of your grade transcript in the upload question below.
- **Alternate Delivery Method:** If you cannot access a transcript that meets the required criteria, request that your official grade transcript be sent via electronic delivery service, such as Parchment, to American Councils at: highschoolstudyabroad@americancouncils.org

Grade Transcripts Requirements

Submitted transcripts must be in English (or include English translation) and include:

- Your full name
- The name(s) of your high school
- All completed courses (with grades if given by your school) in your high school career
- Current class schedule
- No grades or courses should be redacted
- Cumulative GPA (NSLI-Y requires a minimum GPA of 2.5, while FLEX/YES Abroad have no minimum GPA requirement)

Note: Unofficial transcripts supporting the application are acceptable if they meet the above criteria.

Redact Sensitive Personal Information

It is your responsibility to redact some personal information that may appear on your transcript. You **must** redact the following information from your transcript before it is submitted:

- Social security number
- Immunization/medical history
- Race/ethnicity
- Photos

Note: If you do not submit a transcript that meets the requirements above, or if program staff have concerns about the validity or accuracy of your transcript, you may be asked to submit an official transcript.
Each applicant must submit a signed copy of the Terms and Conditions signature page. The applicant and all parents/legal guardians must carefully read the document and sign the form. **Failure to comply with the Terms and Conditions could result in the following: cancellation of application, probation, or dismissal from the program.** Applicants and their parents/legal guardians should save a copy of the Terms and Conditions for future reference.

Applicants must upload the scanned copy of the fully signed final page of the Terms and Conditions before submitting the application.

### Download a Copy of Terms and Conditions

1) Download a copy of the **Terms and Conditions** document using the link below.

2) Read and sign the Terms and Conditions agreement where indicated on the last page. **The applicant and all parents/legal guardians** MUST sign this agreement.

<table>
<thead>
<tr>
<th>Document</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terms and Conditions</td>
<td>This agreement must be signed by the applicant and all parents/legal guardians.</td>
</tr>
</tbody>
</table>

### Upload Terms and Conditions Signature Page

3) Scan the signature page of the Terms and Conditions document and upload it below. Remember, the page must be signed by the applicant and all parents/legal guardians. *

**Instructions for Uploading Documents**

A. Use the “Select File” button.

B. Search for the document or photo file on your computer, and then select it for upload.

*You will be taken briefly to another screen, while your file is validated by this system.*
IMPORTANT! If your uploaded Terms and Conditions document file does not immediately appear above, please allow a few minutes for this system to finish processing your file. You might need to log out of the application and log back in for the document to appear.

The applicant and all legal guardians must sign the Terms and Conditions agreement and use legal names (not nicknames). If there is a missing signature or if a name does not match the name listed on the application, we will ask that you complete and submit a new Terms and Conditions signature page.

---

**Recommendation Request - Recommendation**

**Deadline to Submit Recommendation**

**NSLI-Y**: Thursday, November 9, 2023, 4:00 PM U.S. Eastern Time  
**FLEX Abroad/YES Abroad**: Wednesday, December 13, 2023, 4:00 PM U.S. Eastern Time

A recommendation is an important part of your application and must be submitted online through the AIS Forms site. You may provide only one recommendation. When deciding whom to ask to write the recommendation, we suggest you consider the following:

- The recommendation should be completed by an adult not related to you and with whom you have engaged in the past 2 years and who knows you well. The individual can be a teacher, school counselor, school administrator, coach, youth organization leader or coordinator, employer, etc. For NSLI-Y, it is not required to have a language teacher complete the recommendation.
- Ask an adult who can best address your personal attributes, maturity, communication abilities, skills, and relationships with peers and teachers/supervisors/organizational leaders.
- Unless you are currently in the 9th grade, we strongly suggest that you avoid asking middle school teachers to complete this recommendation form.
- The letter of recommendation must be in English.
- It is not appropriate for a local or federal elected official to complete the recommendation unless this individual served as an employer or knows you in a personal capacity.
- The position or status of the recommender is not considered.
- If you or your recommender have trouble submitting the online recommendation, please contact highschoolstudyabroad@americancouncils.org.

It is your responsibility as an applicant to ensure that the recommendation is submitted.

---

**Important:** In order to request the recommendation, please make sure to provide your first name and last
Statement Request - Parent/Legal Guardian Statement

Deadline to Submit Statement
NSLI-Y: Thursday, November 9, 2023, 4:00 PM U.S. Eastern Time
FLEX Abroad/YES Abroad: Wednesday, December 13, 2023, 4:00 PM U.S. Eastern Time

If you or your parent/guardian have trouble with the online statement, please contact highschoolstudyabroad@americancouncils.org

The Parent/Legal Guardian statement is not considered in the selection process but will be reviewed at the semi-finalist evaluation stage for placement purposes. Submit the statement using the AIS Forms website. If a parent/legal guardian is unable to complete the statement, please contact highschoolstudyabroad@americancouncils.org.

It is your responsibility to ensure that the parent/legal guardian statement is received by the program.

Important: In order to request the Parent/Legal Guardian Statement, please make sure to provide your first name and last name in Section 5 (Personal Information - About You) of the Application form.

Self-Introduction to Host Family and Instructors

You may be hosted by a family, and just as you are curious about your host family, school and instructors, they will be curious about you. Here is a chance to tell them about yourself in a letter. Below are questions you should address in your letter to communicate who you are and your motivation for applying to the program. Your letter must be written in English and not exceed 500 words.

TIPS:
- Prepare and save the host family letter and short essays in a word processing program, such as Microsoft® Word. You may copy and paste your essays into the spaces below.
- If you choose to type your essay directly into the form below, be sure to press the "Save Changes" button at the bottom of this page often to ensure that your work is not lost if you encounter a technical problem.
Questions that You Should Answer in Your Letter:

- **How would your family and friends describe your personality?**
- **How would you describe your relationship with your family and friends?** For example, what is your role in the family? In what types of situations do you seek advice from your family and friends?
- **What are your different roles in your community?** For example, what are your roles in school, sports, community activities, etc.?
- If selected for the program you will be part of a community and family, not a guest. Explain how you would adapt and **what would make you a unique addition to a family and community that will likely be different from your own.**
- **In what ways have you prepared for the challenges of the program experience?**
- **What is important to you? What motivates you?**
- **What are your education and career goals?**

Your letter will be part of your application and may be shared with your host family or instructors if you are selected. Consider formatting your response like an actual letter with a salutation and closing.

Your Letter: *
IMPORTANT! Please answer Question 4 ("Choose the Program(s) you are applying to") in Section 1 (Program Selection) before proceeding to Essays.
You must choose and answer a question for both essay 1 and essay 2.
Essays must be written in English.

**TIPS:**
- Stay within the maximum word count under each text box.
- Prepare and save the host family letter and short essays in a word processing program, such as Microsoft® Word. You may copy and paste your essays into the spaces below once you have completed them in a word processing program.
- If you choose to type your essay directly into the form below, be sure to press the "Save Changes" button at the bottom of this page often to ensure that your work is not lost if you encounter a technical problem.
- Use the counter tool in this form to track the word character limits specified for some questions. Please note that this count may not be the same as counts indicated by Microsoft® Word or other word-processing tools.

**Essay 1**

1) Choose one of these two topics for your first essay: *
   - (A) Describe a time in the past three years when you thought a task or project was going to be easy but it was actually very difficult. What did you do? Explain.
   - (B) Describe a time in the past 2-3 years when you did not get something that you wanted very much. How did you react? What did you do?

**Essay 2**

This essay is only required for academic year applicants.

If you are applying only for a NSLI-Y summer program, please choose option C ("I am only applying for the NSLI-Y summer program").

If you are applying for NSLI-Y academic year, FLEX Abroad or YES Abroad this essay is required.

2) Choose one of these topics for your second essay: *
   - (A) Sometimes we are leaders; other times we are followers. Describe a time when you had to be a good follower and accept someone else's leadership. What did you do and why? What did you learn from this situation?
   - (B) Describe a time in the past 2 years when you had to work with someone you did not get along with. What did you do? What did you learn from the experience? Give examples.
   - (C) I am only applying for the NSLI-Y summer program and no academic year programs. I understand that if I decide at a later date to apply for an academic year program (NSLI-Y Academic year or FLEX/YES Abroad) I must come back and answer this question.

**Essay 3 (FLEX Abroad/YES Abroad)**

3) Choose one of these two topics for your third essay: *
   - (A) List and explain three (3) reasons why you want to participate in FLEX Abroad or YES Abroad.
   - (B) Why is living in a FLEX Abroad or YES Abroad country important to you? What do you hope to learn from this experience? How will you share your experience and support the goals of the program both at home and abroad? Be specific and give examples.
Essay 3 (NSLI-Y)

3) Explain your choice of language(s). List and explain three (3) reasons why you want to participate in NSLI-Y.*

0 words counted. Maximum of 300 words allowed.

Language Experience - Knowledge of Languages

1) What is your native or first language? *
   - English
   - Other

2) What language(s) are spoken between you and your family at home? *

3) Have you studied or do you know any languages, other than English? *
   - Yes
   - No

4) Describe other language experience you have that is not covered above.
5) Have you participated in a STARTALK language program? *
   - Yes
   - No

Placement Information - Program or Country Preferences

You are applying for FLEX Abroad 2024, NSLI-Y 2024, YES Abroad 2024
If you would like to apply for other program(s), go to Section 1, Question 4 (Choose the Program(s)).

FLEX Abroad and YES Abroad Placement Information - Countries

Your application to FLEX Abroad and/or YES Abroad is to each program in general, and not to a specific host country. Applicants should be open to placement in any host country. Below we invite you to rank the available countries according to your level of interest. This is not a factor in the selection process, but it will be one of the factors considered when assigning finalists to a host country. Finalists will receive their country assignments when they are notified of acceptance to the program.

Host countries have varying country-specific program eligibility criteria. Finalists are placed in a host country for which they are eligible based on the information they provide in this application, including but not limited to age and grade level. High school graduates and those applicants who will be over 18 at the start of the program are advised that FLEX Abroad and YES Abroad participants in these demographics will generally be placed in classrooms with students one to two years younger.

Please note that while placements in Morocco and Senegal require French language skills, no language experience is required to be eligible for the FLEX Abroad and/or YES Abroad programs.

To learn more about FLEX Abroad and YES Abroad in each host country, please visit:
- FLEX: https://www.discoverflex.org/flex-abroad
Please note that FLEX Abroad and YES Abroad 2024-25 programs will commence between late June and mid-September, 2024.

### YES Abroad

1) Country Preference: *

*Choose one*
- I have no country preference and am open to placement in any country.
- I do have a preference of countries and would like to rank them.

### FLEX Abroad

1) Country Preference *

*Choose one:*
- I have no country preference and am open to placement in any country.
- I do have a preference of countries and would like to rank them.

### NSLI-Y Placement Information - Program Preferences

Indicate your preferences for a NSLI-Y language and duration. Language offerings are subject to change in consultation with the U.S. Department of State. Applicants may apply for up to two languages or program durations. Applicants may select the language(s) but may not indicate a host country preference.

### Available Programs

<table>
<thead>
<tr>
<th>Summer 2024</th>
<th>Academic Year 2024-25</th>
</tr>
</thead>
<tbody>
<tr>
<td>To apply for one of these programs, your date of birth must be between <strong>July 10, 2005, and June 10, 2009</strong></td>
<td>To apply for one of these programs, your date of birth must be between <strong>August 30, 2005, and June 30, 2009</strong></td>
</tr>
<tr>
<td>- Arabic - Summer</td>
<td>- Arabic - Academic Year</td>
</tr>
<tr>
<td>- Chinese (Mandarin) - Summer</td>
<td>- Chinese (Mandarin) - Academic Year</td>
</tr>
<tr>
<td>- Hindi - Summer</td>
<td>- Korean - Academic Year</td>
</tr>
<tr>
<td>- Indonesian - Summer</td>
<td>- Russian - Academic Year</td>
</tr>
<tr>
<td>- Korean - Summer</td>
<td>- Turkish - Academic Year</td>
</tr>
<tr>
<td>- Persian (Tajiki) - Summer</td>
<td></td>
</tr>
<tr>
<td>- Russian - Summer</td>
<td></td>
</tr>
<tr>
<td>- Turkish - Summer</td>
<td></td>
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</table>

1) Program Preferences *

- Select your language and duration preference in the "Rank Your Preference" drop-down menu. Then, click the "Add" button. Repeat the action if you have a second preference.
- You must choose at least one preference. The second preference is optional.
Indicate Your Preference: - Choose -

You have indicated the following NSLI-Y language preferences:†

1st Language Preference and Duration: null - null
2nd Language Preference and Duration: null - null

† See Section 19: Placement Information - Program or Country Preferences

Prior language study is not required for application to the NSLI-Y program. NSLI-Y provides beginner, intermediate, and advanced language instruction. This information will assist us with assigning finalists to an appropriate level of language class.

Experience with 1st Language Choice: null

Finalists who answered yes to 1a), 1b), 1c) and/or 1d) will be asked to complete a pre-program Oral Proficiency Interview (OPI) approximately one month before the start of the program.

1) What is your experience with your 1st language choice?

1a) Have you studied null language in a formal classroom setting? *
   ○ Yes
   ○ No

1b) Have you studied null independently? *
   ○ Yes
   ○ No

1c) Is null spoken in your home? *
   ○ Yes
1d) Do you anticipate that you will participate in formal or significant self-study of null between now and the anticipated program start? *
- Yes
- No

---

**NSLI-Y Previous Experience - International and Cultural Exchange Experience**

**NOTE:** This section is only for NSLI-Y applicants. If you are only applying for FLEX Abroad and/or YES Abroad, go to Section 22 (Physical, Health, or Learning Accommodations).

1) Have you previously participated in an overseas NSLI-Y Program? *
- Yes
- No

2) Have you participated in Virtual NSLI-Y, the NSLI-Y Virtual Summer Intensive (VSI), the Alumni Travel Program (ATP), or a Virtual NSLI-Y Academic Year program? *
- Yes
- No

---

**Placement Information - Physical, Health, or Learning Accommodations**

While NSLI-Y, FLEX Abroad, and YES Abroad are invaluable experiences and a time of tremendous growth for participants, it is important for applicants and their families to understand that these programs are emotionally and physically demanding. One result of being immersed in a different culture and placed in an unfamiliar environment is increased emotional and physical stress.

Your responses to these questions will be helpful in the placement process should you be selected as a finalist. Program staff aim to place finalists in locations that may be better able to support accommodations. Therefore, it is important to be as thorough and honest with your responses. **NSLI-Y, FLEX Abroad, and YES Abroad cannot guarantee fulfillment of all accommodation requests.**

1) Please provide details about any accommodations or ongoing care you may require for program staff to consider when identifying a placement in a host location, family, or school.
Host Family Placement Restrictions

2) Do you have any allergies? Do not include seasonal allergies. *
   Choose one
   ○ Yes
   ○ No

3) What pets or other animals can you NOT live with? *
   Check all that apply
   □ Cats-Indoors
   □ Cats-Outdoors
   □ Dogs-Indoors
   □ Dogs-Outdoors
   □ Other Pets/Animals
   □ I have NO pet or animal restrictions.

4) Cigarette smoke is prevalent in some host countries. It may be difficult to find a non-smoking host family in some cultures. Is there a medical reason why you cannot be placed in a host family with one or more family members who smoke? *
   Choose one
   ○ Yes
   ○ No

5) Is there anything you do not eat or drink for medical, religious, or self-imposed reasons? *
   Choose one
   ○ Yes
   ○ No

Save

Statistical Information
The responses in this section are optional and not considered in the selection process. The NSLI-Y, YES Abroad, and FLEX Abroad programs strive to reach applicants representing the diversity of the United States. Your responses will help us evaluate the effectiveness of these efforts and are greatly appreciated. Information from this section is not used in any way in the evaluation of your application.

1) What is your race or ethnicity?
   Check all that apply
   - American Indian or Alaska Native
   - Asian
   - Black or African American
   - Hispanic or Latinx
   - Native Hawaiian or Pacific Islander
   - Middle Eastern or North African
   - White
   - Some other race
   - I do not wish to respond

2) Do you have a disability?
   - Yes
   - No
   - I decline to state

3) What is your household's annual income?
   Choose

4) Do you qualify for the National School Lunch Program?
   - Yes
   - No

5) What type of school do you attend?
   Choose

6) How would you classify the area where you live?
   Choose

7) How did you learn about the NSLI-Y, FLEX Abroad or YES Abroad program?
   Check all that apply
   - Brochure
   - Club/Youth Organization (4-H, Boys and Girls Clubs, Church Groups, Scouts, etc.)
   - Counselor (at school or elsewhere)
   - Email
   - Exchange Organizations
   - Participant on a U.S. Department of State exchange program to the U.S. (e.g. CBYX, FLEX or YES)
8) Make intercultural learning a family experience by hosting a U.S. Department of State-sponsored international exchange student. Would your family like to receive information about this exciting opportunity?
  ○ Yes
  ○ No

Application Deadline
NSLI-Y: Thursday, November 2, 2023, 4:00 PM U.S. Eastern Time
FLEX Abroad/YES Abroad: Wednesday, December 6, 2023, 4:00 PM U.S. Eastern Time

Certification
1) I certify that:

- I completed this application and the written portions are my own work and were not written by a friend, parent or artificial intelligence;
- Everything in this application is complete and true to the best of my knowledge;
Final Review of Application

Before you submit your application, please be sure to review all sections. Make sure you have answered all questions and required fields, and are satisfied with your responses.

Once you submit your application for a given program, you will no longer be able to make changes to any section of the application for that program. You will be able to return to the application to edit your answers for other programs you wish to apply to.

If you are not ready to submit your application, press any "Save Changes" button in the application forms and log out of the system. You will be able to log in at any time thereafter, until the application deadline, and continue to complete or edit your application.

Submit Your Application

If you are ready to submit your application for a given program, press the "Submit Your Application" button below for the program that you wish to submit the application for. After submitting for one program, you may go back and edit your written responses before submitting for another. If you do not click the "Submit Your Application" button, your application materials will not be reviewed by the selection committee. If your submission is successful, you will receive a confirmation email. Make sure to submit the application for each program that you wish to apply for.

If you have left any required questions unanswered, you will receive an error message at the top of this page after you press the "Submit Your Application" button and your application will not be submitted. Return to your application, enter any missing information, and then attempt to re-submit your application.

Questions?

Contact program staff during business hours, 9:00 AM–5:00 PM U.S. Eastern Time, Monday–Friday, at:
You are applying for **FLEX Abroad 2024, NSLI-Y 2024, YES Abroad 2024**

If you would like to apply for other program(s), go to Section 1, Question 4 (Choose the Program(s)).

<table>
<thead>
<tr>
<th>Description</th>
<th>Reference code</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>NSLI-Y 2024 Application for High School Students in the USA</td>
<td>RNUU9986</td>
<td>Submit Your Application</td>
</tr>
<tr>
<td>FLEX Abroad 2024 Application for High School Students in the USA</td>
<td>QNSX1177</td>
<td>Submit Your Application</td>
</tr>
<tr>
<td>YES Abroad 2024 Application for High School Students in the USA</td>
<td>TZXW1348</td>
<td>Submit Your Application</td>
</tr>
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