**4-H Youth Development National Youth Summit on Healthy Living Application Process**

# Virtual Healthy Living Summit - February 11-14, 2021

The National Youth Summit Series is in its sixth year and brings together some of the best and brightest students to focus on healthy living issues surrounding nutrition, physical fitness, wellness, and emotional well-being. Designed for high school students in grades 9 – 12, working alongside professionals in family consumer science and healthy living, students will create action plans they can implement in their communities to teach other youth about what they have learned. **For more information** about the Healthy Living Youth Summit, go to <https://4-h.org/parents/national-youth-summits/#!overview>

**Applicants must submit an application by December 7, 2020.** Submissions must be returned by email to: kima@umext.umass.edu

# Expectations:

* + - Participate in conference calls prior to and after the summit
    - Virtually attend the National Healthy Living Summit (Weekend Fri. night – Sunday afternoon)
    - Commit to helping at two Massachusetts 4-H events in the coming year. **Note:** events may be virtual.
      * Lead or co-teach a workshop for Walk Across America participants
      * Lead or-co-teach an activity at Explore UMass Program
      * Plan an activity or series for the MA 4-H Facebook Page
      * Conduct an activity at a Massachusetts 4-H fair
      * Conduct an activity at an outreach event such as Tractor Supply or Joan Fabrics.

# Application must include your name, age, and 4-H affiliation. In addition you must

Provide written answers to the following questions

* Describe your experience in Communications and Leadership.
* Describe your outreach efforts in promoting agriculture within the Commonwealth.
* After visiting the Summit website what opportunities do you envision incorporating into the Massachusetts 4-H program?

In addition, you **may include** up to three pages of supplemental materials such as:

* Resume
* 4-H Story
* Photos
* Letter of Recommendation

All materials must be presented in a professional manner; clean, neat and typed.

**For more information contact: Kim Pond**

kima@umass.edu

