

Participant Stories

Template For ECA and Exchanges Websites

Purpose

Participant Stories are posted on the eca.state.gov and exchanges.state.gov website to share positive experiences of being an exchange student and to show the impact that exchange programs have on the community. We want to hear from you!

Required Info

Please provide at least one photo (required for website)

- High resolution, 300 dpi, minimum size 412 x 242
- Feel free to send several we can choose from

First name:

Last name:

Participant's home country:

ECA program name:

Country where participant's story took place:

Year program started:

Year program ended:

Choose Participant Type:

- Academics, Scholars, and Researchers
- Athletes and Coaches
- Civic and Government Leaders
- English Teachers
- Graduate University Student
- Other Working Professionals
- Secondary/High School Students
- Teachers
- Visual/Performing Artist
- Writers, Journalists, Filmmakers
- Young Professionals

Option 1: [Write a Story](#)

Option 2: [Create a Q&A](#)

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Question Prompts

Write (or have participants write) 2-3 sentence answers to the questions below.

Participant Story Questions

REQUIRED QUESTIONS:

- How did your exchange impact you personally, professionally, academically?
- Why are exchange programs important?
- What is a lesson you have learned on your exchange that you are excited to share when you return? (in your neighborhood, town, city, state, country)?
- What was your favorite moment from your exchange?
- Describe any obstacles you had to overcome during your experience and anyone who helped you overcome it?
- What would you say to anyone considering going on an exchange?

OPTIONAL QUESTIONS

- How did you participate in the community (volunteer, attend school, give lectures/talks) during your exchange?
- Describe any obstacles you had to overcome during your experience and anyone who helped you overcome it.
- Tell us about when you felt welcomed by your host family or school.
- What did you expect your exchange experience would be like before you started the program? How does that compare to the actual experience?
- Describe your first interaction or impression of the people in the country where you traveled for your exchange.
- Describe a person you will never forget from your exchange experience.
- What is(was) the first thing you plan to do when you return home?
- What impact has your exchange experience had on your view of the world and other cultures/people?

After having participants answer the questions, you may choose to [Write a Story](#) or submit as a [Q&A](#) for the website.

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You are also encouraged to write stories about parents of participants or host families.

For Parent Stories

REQUIRED QUESTIONS:

- How do you think your child has benefited from his/her exchange program experience? What changes have you noticed from when their exchange began until now?
- Did you have concerns when you learned your child was interested an exchange program? How were these concerns addressed?
- What advice would you give to other parents whose children may be embarking on such a program?
- Why are exchange programs like these important?

For Host Family Stories

Choose host participant type: Host family, volunteer, host organization, employer

REQUIRED QUESTIONS:

- Why did you decide to host an ECA exchange program participant?
- Describe your role as a host. What was a typical day like?
- Why do you think it's important for U.S. citizens to meet people from different countries and cultures? How do U.S. citizens benefit from these exchanges?
- What was the most surprising thing you learned through this experience?
- How has hosting an exchange participant impacted your family and your community?
- Why are exchange programs like these important?

After having participants answer the questions, you may choose to [Write a Story](#) or submit as a [Q&A](#) for the website.