

# Come and Join! 4<sup>✿</sup>

We would like more children, young people and adults to join our 4H-clubs. This leaflet provides more information about what 4H is, the kind of activities you can participate in and how you can become a member.



التعلم بالممارسة العملية  
**LEARNING BY DOING**  
**BARO ADOO SAMAYNAYA**  
'ዕምሰስራሕ ምምሃር'  
**LÆRE VED Å GJØRE**

## Welcome to 4H!

In Norway, 4H has a total of almost 13,000 members in approximately 600 4H-clubs and 50 4H-farms.

The organisation is managed by its members. This means that it is the members in the 10-18 age group that decide which activities the club will run. 4H is also supported by adult advisers. We offer high-quality activities in a safe, drug-free and sociable environment.

*On the back of this leaflet, you will find contact information for your local 4H-club.*

## What is a 4H-club?

A 4H-club is an important venue in the local environment. We arrange activities such as nature walks, theatre work, crafts, volleyball matches, social evenings, camping, farm visits and cooking.

The activities are chosen by the members themselves. An annual meeting is held each year, at which plans are adopted in a democratic manner and the board is elected. The club board consists of members between the ages of 10 and 18, and they are responsible for managing the club throughout the year.

At the annual meeting, the members also elect adult club advisers who provide advice, assistance and guidance. These are often parents or other adults who run the club together with the young leaders, without any payment.

Photo: 4H Sogn og Fjordane



Photo: 4H Sogn og Fjordane



## Why should I join?

To have fun together with others! 4H is open to everyone, regardless of language, culture, gender or disability. Together with friends, you will gain new experiences and learn lessons for life.

4H provides members with the opportunity for personal development within a social community. There are no special requirements for becoming a member. As a 4H-member, you will find it easy to meet new people and make new friends. Most members are aged between 10 and 18, but adults are also welcome to join in as volunteers



## Being involved is healthy and educational!

The feeling of being part of something, belonging together and belonging somewhere is incredibly important. Through 4H, members develop their own identity, self-respect and a sense of belonging. This is important for both physical and mental health. It is easier to be physically active together with others than it is to be active alone. You will learn a lot about nature, farming, organisational work and democracy through 4H.

The 4H motto is:

«*Learning  
by doing*»



## The 4H-project!

Each year, 4H-members complete a project, either alone or together with others in the 4H club. Projects are divided into the areas of nature, culture, society and health, and the members themselves choose the theme for their project.

The members learn a great deal of new things from working on these projects. Most 4H-members will have a project assistant who will provide advice and guidance along the way.

Photo: 4H Sogn og Fjordane



## Get involved, contribute and meet new people!

4H is run predominantly by volunteers. These are parents and others who work for the benefit of the 4H-clubs, and who volunteer their time without any payment. Volunteers contribute to ensuring that there is a good range of activities and that 4H is a great place to be.

There are many tasks that must be carried out in a 4H-club, including driving, cooking and being an adult helper. Volunteering to work for the benefit of the 4H-club will give you many great experiences, while also allowing you to contribute to the community. Your efforts will be greatly appreciated!





## Safe and positive!

All 4H-clubs are committed to providing children and young people with safe and positive opportunities. We have clear frameworks in place and actively work to ensure that nobody is excluded.

Every club adviser and club leader working with the 4H-members must hold a police-issued certificate of authorisation.

Parents and guardians may also hold office in 4H, or get involved and contribute as advisers or helpers.



Photo: 4H Sogn og Fjordane

## How much does it cost?

The clubs strive to keep the costs as low as possible.

### Membership fee

Everyone has to pay an annual membership fee in order to be a member and participate in 4H activities, but you are very welcome to try our activities first before becoming a member.

### Other expenses

Anyone participating in camps or training courses shares the cost of equipment, travel, instructors, etc. 4H-members have the opportunity to take part in various camps each year. These include the trainee camp, county camp, country camp and Nordic camp. Those who have discovered camping through 4H often continue to attend camps year after year.

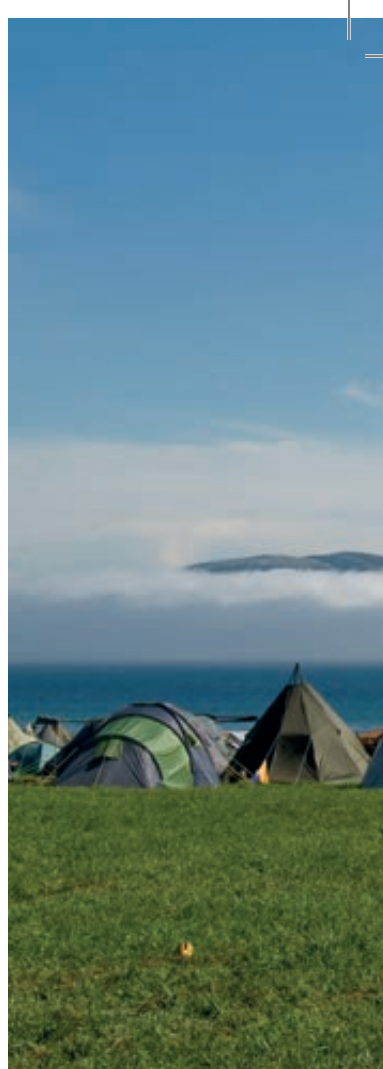


Photo: 4H Sogn og Fjordane



## Equipment and clothing

For most activities, no special equipment is required. It is, however, a good idea to ensure that you wear clothing that is appropriate for the activity. If baking, for example, you will need an apron, and it is sensible to have weatherproof clothing and sturdy footwear when going hiking. Regular clothing, with long trousers and caps, etc., is suitable for most activities.



Photo: Øystein Julien



Photo: Geir Aardalsbakke



Photo: 4H Sogn og Fjordane

**The purpose of 4H is to develop active, engaged young people with a sense of responsibility and respect for nature and humanity.**

The 4H goal is expressed through the 4H pledge:

*"I pledge my head to clearer thinking, my heart to greater loyalty, my hands to greater service, and my health to better living, for my club, my community, and my country."*



**Would you like to join 4H?**

**Contact us!**

Your local 4H-club is:

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Contact person:

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Telephone number/e-mail address:

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