By participating in FLEX Abroad, you will develop leadership skills, make friends in other countries, learn about a new culture by living with a host family, and gain an understanding of global interests and values that are shared across cultures. Your experience will promote the development of respectful and enduring relationships between Americans and citizens of other countries, while giving you new insights into your own culture and the world.

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The U.S. Department of State reserves the right to amend the FLEX Abroad country list at any time.