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.

-- Hannah, alum of FLEX Abroad’s sister program, YES Abroad

The program opened my eyes and heart to the global community. By being a daughter, sister and friend I was able to learn about and share culture. I now have two homes, two families and countless friends from around the world.

-- Christina, alum of FLEX Abroad’s sister program, the National Security Language Initiative for Youth (NSLI-Y)

The most rewarding part of my experience was meeting my host family. They became my real family, and I miss them so much right now. They really accepted me and helped me become fully immersed in their culture.

-- Ryan, NSLI-Y alum

The chance to make person to person connections with locals allows for a unique level of cultural understanding that cannot be taught through any kind of guidebook.

-- Ryan, NSLI-Y alum

For more information: www.discoverflex.org/flex-abroad
(800) 380-6552

Interested in hosting a FLEX student? Visit www.discoverflex.org/apply-to-host

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