Program Selection

Basic Eligibility Requirements

1)
Are you a U.S. citizen?
Choose one

Yes
No
2)
Date of Birth
Use the calendar

Note: Eligible students must have birthdates within the ranges listed below:

- *NSLI-Y (Summer): July 10, 2006 - June 10, 2010*
- *NSLI-Y (Academic Year): August 30, 2006 - June 30, 2010*
- *FLEX Abroad/YES Abroad: December 30, 2006 - June 30, 2010*

3)
Are you currently enrolled in grades 9, 10, 11, or 12 (high school or home school equivalent)?
Choose one

Yes
No
3a)
Your Current Grade
Choose one
- Choose -9th Grade10th Grade11th Grade12th Grade

You Are Not Eligible

Thank you for your interest. You are not eligible for any of these programs. Please visit https://exchanges.state.gov/ to learn about other programs that might be available to you.

If you are not a U.S. citizen, you may be eligible to apply for the **Future Leaders Exchange Program (FLEX)** or **Kennedy-Lugar Youth Exchange and Study (YES)** programs.

You May Be Eligible

Based on the basic eligibility information you submitted, you are eligible to apply for the following programs, as long as you also meet any additional eligibility requirements in Section 3 of this online application **"Program Introduction and Deadlines"**:

- NSLI-Y 2025 (Summer)
- NSLI-Y 2025-2026 (Academic Year)
- FLEX Abroad 2025-2026
- YES Abroad 2025-2026

You May Be Eligible

Based on the basic eligibility information you submitted, you are eligible to apply for the NSLI-Y 2025 (Summer), as long as you also meet any additional eligibility requirements in Section 3 of this online application **"Program Introduction and Deadlines"**.

You May Be Eligible

Based on the basic eligibility information you submitted, you are eligible to apply for the following programs, as long as you also meet any additional eligibility requirements in Section 3 of this online application **"Program Introduction and Deadlines"**:

- NSLI-Y 2025 (Summer)
- NSLI-Y 2025-2026 (Academic Year)

You May Be Eligible

Based on the basic eligibility information you submitted, you are eligible to apply for the following programs, as long as you also meet any additional eligibility requirements in Section 3 of this online application **"Program Introduction and Deadlines"**:

- NSLI-Y 2025-2026 (Academic Year)
- FLEX Abroad 2025-2026
- YES Abroad 2025-2026

Programs Covered Under this Single Application

4)
Choose the program(s) you are applying to
Check one or more
 NSLI-Y 2025
 FLEX Abroad 2025
 YES Abroad 2025

About the Application - Table of Contents

Application Deadline
NSLI-Y: ^Application_TimezoneDeadlineDate^
FLEX Abroad/YES Abroad: ^Application_TimezoneDeadlineDate1^

Sections of the Application

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B. About the Application

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8. International Experience
9. Activities and Hobbies
10. Internships, Paid Work, and Jobs
11. Awards, Honors, and Special Recognition

D. Documents

12. Transcripts
13. Terms and Conditions

E. Recommendation and Statement Requests

14. Recommendation
15. Parent/Legal Guardian Statement (not considered in the selection process)

F. Host Family Letter and Essays

16. Self-Introduction to Host Family and Language Instructors
17. Essays

G. Language Experience

18. Knowledge of Languages

H. Placement Information

19. Program or Country Preferences

I. NSLI-Y Language Experience

20. Self-Assessment of NSLI-Y Language Preferences

J. NSLI-Y Previous Experience

21. International and Cultural Exchange Experience

K. Placement Information

22. Physical, Health, or Learning Accommodations

L. Statistical Information

23. Statistical Information (optional and not considered in the selection process)

About the Application - Program Introduction and Deadlines

Application Deadline
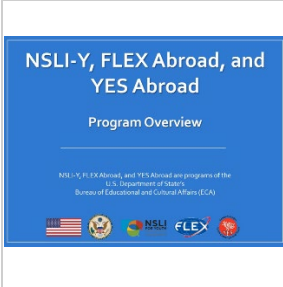NSLI-Y: ^Application_TimezoneDeadlineDate^
FLEX Abroad/YES Abroad: ^Application_TimezoneDeadlineDate1^

Program Introduction

The U.S. Department of State's NSLI-Y, FLEX Abroad, and YES Abroad programs for American youth are administered by American Councils for International Education. Through these programs, U.S. high school students study abroad, learn another language, engage with other cultures, and participate in citizen diplomacy each year.

The exchanges promote mutual understanding, youth leadership, global education, and international dialogue. Participants are immersed in the cultural life of the host community through host family stays, peer to peer interactions, cultural activities and excursions, and engagement with local schools or other organizations. By learning language and sharing culture and values, students build trust and long-lasting relationships between people of the United States and people of other countries. Previous language study is not required to participate.

Program Overview

	Program Overview Video
NSLI-Y, FLEX Abroad, and YES Abroad Program Overview NSLI-Y, FLEX Abroad, and YES Abroad are programs of the U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA)	Learn about the U.S. Department of State's National Security Language Initiative for Youth, Kennedy-Lugar Youth Exchange and Study (YES) Abroad, and Future Leaders Exchange (FLEX) Abroad, youth scholarship programs in this video. Watch Program Overview Video on YouTube

National Security Language Initiative for Youth (NSLI-Y)

Program Duration: **Summer** or **Academic Year**

The National Security Language Initiative for Youth (NSLI-Y) is an intensive summer and academic year overseas immersion program for high school students and recent high school graduates to learn less commonly taught languages through intensive overseas immersion programs. NSLI-Y prepares young Americans to succeed in the 21st century's global economy by developing their foreign language skills, increasing their cross-cultural understanding, strengthening their leadership capacity, and fostering new academic and professional insights and ambitions. Many alumni go on to pursue education and careers vital to U.S. national security. **Applicants may choose to apply for Summer (6 to 8-week) and/or Academic Year (10 month) programs.**

Future Leaders Exchange Abroad (FLEX Abroad)

Program Duration: **Academic Year Only**

The Future Leaders Exchange Abroad (FLEX Abroad) program is an extension of the FLEX program, an international student exchange program established in 1992 following the dissolution of the Soviet Union. FLEX is rooted in the goal of ensuring long-lasting peace and mutual understanding between the U.S. and 22 countries in Europe and Eurasia. By living with a host family and attending a host high school, participants develop relationships with citizens of their host country, learning the culture, history, and language of their host community and sharing their American experience in return. The FLEX Abroad program sends American high school and gap-year students abroad to three FLEX countries: **Georgia, Kazakhstan, Poland, and Romania**. FLEX Abroad is an **Academic Year (10 month) program**.

Kennedy-Lugar Youth Exchange and Study Abroad (YES Abroad)

Program Duration: **Academic Year Only**

[The Kennedy-Lugar Youth Exchange and Study Abroad (YES Abroad)](#) program is an extension of the YES program for international students. YES began in 2002 in a bi-partisan act of Congress in response to the tragic events of September 11, 2001. International participants from approximately-35 countries with significant Muslim populations in Europe, Africa, the Middle East, and Asia study in the United States for an academic year, live with a host family, attend a local high school, acquire leadership skills, and engage in activities to learn about U.S. society and values. The YES Abroad program sends American high school and gap year students to select YES countries. American students live with host families, share about American society and values, and promote mutual understanding between the United States and their host countries by forming lasting relationships. The program helps students develop the skills to become leaders in the global community. YES Abroad is an **Academic Year (10 month) program**.

[Download our side-by-side comparison one-pager of programs.](#)

Want to bring the world to you? Host an international exchange student in your home. Learn how at [hosting.state.gov](#)

Application Deadline and Required Documents

Deadline (Eastern Standard Time)		Tasks Due
NSLI-Y	**FLEX Abroad** **YES Abroad**	
^Application_TimezoneDeadlineDate^	^Application_TimezoneDeadlineDate1^	**Online application form (this form)** completed by the applicant.
		Terms and Conditions signed by applicant and parents/legal guardians in Section 13 of this online form.
		Transcript submission uploaded by the applicant (preferred option) or delivered

NSLI-Y	FLEX Abroad YES Abroad	Supplemental Documents Due
		electronically if required by school
Tuesday, November 12, 2024, 04:00 PM U.S. Eastern Time	**Thursday, December 12, 2024, 04:00 PM** U.S. Eastern Time	**Parent/legal guardian statement** submitted by your parent/legal guardian. (For further instructions on how to request a statement, please visit Section 15 of this form)
		Recommendation completed by a teacher, school counselor, school administrator, coach, youth organization leader or coordinator, employer, etc. (For further instructions on how to request a recommendation, please visit Section 14 of this form)

Questions?

Contact program staff during business hours, 9:00 AM–5:00 PM U.S. Eastern Time, Monday - Friday, at:

Email: highschoolstudyabroad@americancouncils.org
Telephone: 800–380–6552 (toll free, USA only)

American Councils may contact you by email to offer assistance with your application, alert you to important deadlines, and encourage you to submit an application.

About the Application - How to Apply

Application Deadline
NSLI-Y: ^Application_TimezoneDeadlineDate^
FLEX Abroad/YES Abroad: ^Application_TimezoneDeadlineDate1^

IMPORTANT! Do not use your web browser's back button to move between pages within this online form. This might erase information from your form that cannot be recovered. Use **only** the "Sections" menu on the left, including the → (next) and ← (previous) arrows to switch to the next and previous sections of the form.

How to Apply

Online Application Form

All application forms, recommendations, transcripts, and parent/legal guardian statements must be submitted online, unless this requirement presents a significant impediment to applying for a scholarship. Applicants who need assistance may contact American Councils at 800–380–6552, or highschoolstudyabroad@americancouncils.org at least seven (7) days before the application deadline.

Applying for Multiple Programs

This application is used for the NSLI-Y, FLEX Abroad, and YES Abroad programs. You can apply to one, two, or all three of these programs. To apply for more than one program, you must press the submit button for each program on the final page of the application.

NOTE: You can tailor the written portions of the application form for each program before submitting. For example, if applying to NSLI-Y first, you may focus on language learning goals in your written responses. After submitting the application for NSLI-Y, you may return to your written responses to adapt your host family letter and essays to reflect your interest in cultural immersion for FLEX Abroad and YES Abroad. We recommend tailoring your host family letter and essays for each program before submitting your application to that program.

Terms and Conditions

Carefully read the Terms and Conditions. This form must be signed by the applicant and all parents or legal guardians. Upload the completed signature page of the Terms and Conditions Form to the application.

Grade Transcripts

Submitted transcripts must be in English (or include English translation) and include:

- Your full name
- The name(s) of your high school
- **All** completed courses (with grades if given by your school) in your high school career
- Current class schedule
- No grades or courses should be redacted.
- Cumulative GPA (NSLI-Y requires a minimum GPA of 2.5, while FLEX Abroad/YES Abroad have **no minimum GPA requirement**)

Note: Official transcripts are **not** required; unofficial transcripts are acceptable if they meet the above criteria.

Redact Sensitive Personal Information

It is your responsibility to redact some personal information that may appear on your transcript. You **must** redact the following information from your transcript before it is submitted:

- Social security number
- Immunization/medical history
- Race/ethnicity
- Photos

9th Grade and Homeschooled Applicants

- o **9th grade applicants:** Provide a transcript or grade report from grade 8. You as the applicant should upload your 9th grade course schedule in section 12 of the application.
- o **Homeschooled applicants:** Your homeschool supervisor must complete the homeschool transcript form provided in section 12 of the application.

How to Deliver Your Transcript to American Councils

- **Preferred Delivery Method:** Upload a complete, legible copy of your grade transcript to the transcript upload page in Section 12 of this application.
- *Alternate Delivery Method:* If you cannot access a transcript that meets the above criteria, request that your official grade transcript be sent via electronic delivery service, such as Parchment, to American Councils at: **highschoolstudyabroad@americancouncils.org**

Note: If you do not submit a transcript that meets the requirements above, or if program staff have concerns about the validity or accuracy of your transcript, you may be asked to submit an official transcript.

Recommendation

Have **one (1)** adult submit a recommendation using the online form by 4:00 PM Eastern Time on:

o **November 12, 2024,** if you are applying for NSLI-Y
o **December 12, 2024,** if you are **only** applying for FLEX Abroad and/or YES Abroad

Parent/Guardian Statement

Have **one (1)** parent/legal guardian submit a statement supporting the application online by 4:00 PM Eastern Time on:

o **November 12, 2024,** if you are applying for NSLI-Y
o **December 12, 2024,** if you are **only** applying for FLEX Abroad and/or YES Abroad

Note: Report any technical problems with the application form should be reported by email to highschoolstudyabroad@americancouncils.org using the following subject line convention:

Relevant Program Name (NSLI-Y/FLEX Abroad/YES Abroad), Last Name, First Name, Reference Code: Email Subject

Example: NSLI-Y, Doe, Jane, ABCE1234: Question about application

Note: Your reference code is the eight-digit, randomly assigned code at the top of this page with four letters and four numbers that identifies your unique application.

You are strongly encouraged to **ask any questions and submit your applications well in advance of the application deadline.** American Councils for International Education bears no responsibility for data transmission problems in submitting the application.

How to Use this Online Form

Moving from Section to Section

This form includes more than one section (pages). They are listed in the "Sections" menu that can be found in the navigation menu at the left side of each page. Select any section from the menu to jump to that section. Press the → (next) and ← (previous) arrows to switch to the next and previous sections of the form.

Saving Your Work

Save your work regularly by pressing the "Save" button found at the bottom of any page.

Completing Your Form in Multiple Sessions

It is not necessary to complete your online form in one sitting. To continue later, press the "Save" button found at the bottom of each page. You may log in to your application any time thereafter until the deadline to complete your application.

Required Fields

A * next to a question indicates a required field. You must provide this information in order to submit your form.

Word and Character Counts Used in this Online Form

Use the counter tool in this form to track the word character limits specified for some questions. Please note that this count may not be the same as counts indicated by Microsoft® Word, or other word-processing tools.

Submitting Your Application(s)

To submit your application, **you must press the "Submit" button on the last page** for each program for which you are applying. Once you submit your application for a given program, you will no longer be able to make changes to it. However, if you are applying for multiple programs, you will be able to go back and make changes before submitting for the additional programs. You will receive a confirmation email after successfully submitting your application for each program for which you are applying. If you did not receive a confirmation email, your application was not successfully submitted.

Downloading Documents from this Website

 The free [Adobe Reader](#) is required to open and view most documents on this website.

Uploading Documents to Your Application

If you are required to upload a document, you may upload only files of the following types: PDF, JPG/JPEG, PNG, GIF, or TIF/TIFF with a file size no greater than 5 MB. Encrypted or password-protected files will not be accepted unless "Read Only" capability is enabled. A number of free online tools are readily available to convert or resize your files.

Personal Information - About You

About You

1)
Legal Name:
As indicated on your birth certificate, passport, or other government-issued ID.

- *Use **English** characters only.*
- ***Do not use** accent or diacritical marks.*
- *Use proper capitalization. **Do not use** all UPPERCASE or all lowercase letters.*
- *If you do not have a "Middle Name," leave that box blank.*

Legal First Name

Legal Middle Name

Legal Last Name

2)
Your Preferred Nickname

3)
Gender
Choose one
ChooseFemaleMaleNon-binaryI do not wish to respond

School Information

4)
Are you home-schooled?

Yes
No
5)
🛈**If you are home-schooled**, for the "School Name" field, enter "Home School".
School Name and Address
Choose country BEFORE state/province/region.

School Name	
Country	- Choose -
School Address	
City	
State/Province/Region	- Choose -
ZIP/Postal Code	

6)
Are you enrolled in an international baccalaureate (IB) program?
Choose one

Yes
No
7)
Your Anticipated Graduation Date
Enter in format "Mmm yyyy". Example: "Jun 2026".

Place of Birth

8)
Place of Birth
Choose birth country BEFORE birth state/province/region

Birth Country	-
Birth City	
Birth State/Province/Region	- Choose -

Passport and Citizenship

9)
Do you have a valid U.S. passport?
Note: You are not required to have a passport at the time of application.

Yes
No
*Passport processing time may be lengthy. **Applicants should are strongly encouraged to apply for a passport as soon as possible if they do not have one that meets validity requirements.** Applicants should be prepared to provide valid passport information, upon request, by late-February 2025. If selected, be aware that passports may need to be physically available for 3 months prior to the program start for visa processing.*

*Finalists must have a United States passport that is valid for **at least six months** after their anticipated program end date. For NSLI-Y summer finalists, passports should be valid until March 2026. For all academic year programs, passports should be valid until mid-January 2027. Parent(s) or legal guardian(s) may be required to submit passport, residency documentation, and/or custody documentation for visa processing at the discretion of the host country/location. Visa issuance is at the discretion of the government of the host country/location, which may consider a variety of factors in visa issuance including, but not limited to, the participant's country of birth, dual citizenship, and custody arrangements. The programs, implementing organizations and the U.S. Department of State will not be able to influence these decisions.*

10)
Can you be considered a citizen of any country other than the United States?

Yes
No
10a)

If yes, of what country?
Choose one
- Choose -

Your Contact Information

Mailing Address:

11)
Mailing Address
Choose country BEFORE state/province/region.

Country	- Choose
Street Address	
City	
State/Province/Region	- Choose -
ZIP/Postal Code	

12)
Is the physical address of your home the same as your mailing address?

Yes
No
If no, provide your **physical address** below:

12a)
Physical Address
Choose country BEFORE state/province/region.

Country	- Choose
Street Address	
City	
State/Province/Region	- Choose -
ZIP/Postal Code	

Telephone Numbers:

Include area code, or country and city/mobile codes (for numbers outside North America).
13)

Primary Telephone

Type

Home
Mobile
14)
Alternate Telephone

Type

Home
Mobile
15)

Primary Email Address
This will be program administration's primary method of communicating with you and should be an email address that you check often. This should be the applicant's email address and not a parent/guardian's. If your primary e-mail is a "K12" address, provide an alternative email address to receive the recommendation request. "K12" addresses often block email messages from unknown sources, such as this application system.

16)
Alternate Email Address
Some email messages from program administration will be sent to both the primary and alternate email addresses.
The alternate email address can be a personal, family, or parent/guardian's email address.

Personal Information - Certify Your Eligibility

Certification of Eligibility

Answering "False" to any of the following questions indicates that you are not eligible for the 2025-26 program. Please contact highschoolstudyabroad@americancouncils.org if you have any questions about the eligibility requirements.

Please review the [2025-26 Eligibility Policy for Outbound Youth Programs](#) and program specific requirements at:

- NSLI-Y: https://www.nsliforyouth.org/how-to-apply/eligibility/
- FLEX Abroad: https://www.discoverflex.org/flex-abroad
- YES Abroad: https://www.yes-abroad.org/how-to-apply

1)
I am a U.S. citizen.
Choose one:

True
False
1a)
If I am applying to a NSLI-Y summer program, I am a resident of the United States.
Choose one:

True
False
2)
I am currently enrolled in high school or home school equivalent grades 9-12 at the time of this application.
Choose one:

True
False
3)
I have **not** participated in a long-term in-person U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) youth exchange program.

Short-term ECA programs	Long-term ECA programs
o American Youth Leadership Program (AYLP) o Youth Leadership Program (participants who travelled overseas only) o Youth Ambassadors Program o National Security Language Initiative for Youth (NSLI-Y) summer program	o Congress-Bundestag Youth Exchange (CBYX) o Kennedy-Lugar Youth Exchange and Study Abroad (YES Abroad) o National Security Language Initiative for Youth (NSLI-Y) academic year program o Future Leaders Exchange Abroad (FLEX Abroad)

Choose one:

True
False

4)

I understand that alumni of a short-term in-person (not virtual) ECA youth exchange programs may only apply for academic year programs that take place in a different calendar year. Alumni of virtual programs may apply for summer or academic year programs. I confirm that my application meets this requirement.

Choose one:

True
False

5)

I do not have any immediate family members who work at the U.S. Department of State, U.S. Agency for International Development, or public or private organizations that are under contract or financial agreement awards with the U.S. Department of State on U.S. Department of State exchange programs.

Choose one:

True
False

6)

I have a grade point average (GPA) or equivalent of 2.5 or higher on a 4.0 scale. *This requirement is only for NSLI-Y. If you mark "False", you are still eligible for FLEX Abroad and YES Abroad.*

Choose one:

True
False

Personal Information - Family Information

For placement and administrative purposes, please list the members of your family below. This information is required for all parents and legal guardians. For anyone else living in the home, this information is optional, but is helpful for host family matching and on-program support.

About Your Parents / Legal Guardians

1)

🛈**Push "Add 1 More" button** at the bottom of the page, to add parent(s)/legal guardian(s).

Please list each and every one of your parents, step-parents, legal guardians, or any other adult responsible for you as applicable:

*Anyone listed as a parent or legal guardian in your application must be identified by the **same name** in other forms that require these signatures.*

1a)
Parents/Legal Guardians
Legal First Name
Legal Last Name
Gender - Choose -FemaleMaleNon-binaryI do not wish to respond
Relationship - Choose -GrandparentLegal GuardianParentStepparent
Does this person have legal custody of you? - Choose -YesNo
Telephone Number
Type (Home/Mobile/Work)
Email Address (Personal/Work/Family)
Do you ever live with this parent/legal guardian at the physical address you input in the Section 5 (About You)? - Choose -YesNo

1b)
Does this person have a current and valid passport from any country?
Providing information on parent passport status and country of birth is optional. We provide a space to collect this information as it may impact the visa application process and timeline for certain host countries.
The information is not used in the selection process.

Yes
No
(i)
If yes, please choose the country:
- Choose -

1c)
Country of Birth
- Choose

2)
Do you want to provide information about additional people living in your household?
Select one:

Yes
No
2a)

Please provide the following information about other members of your household

#	First Name	Last Name	Age	Relationship to you
1				

Alternate Emergency Contact

In the event your parent(s) or legal guardian(s) cannot be contacted, please provide at least **one (1) adult who does not live with you** as your alternate emergency contact person. To ensure that program staff can contact this individual promptly in case of an emergency, a phone number and email address **must** be provided.

3)
Emergency Contact
First Name
Last Name
Gender - Choose -FemaleMaleNon-binaryI do not wish to respond
Relationship With Applicant - Choose -
AdvisorAunt/UncleCousinFriendGrandparentLegal
GuardianNeighborOtherParentSiblingStepparentSupervisorTeacher
Phone Number
Phone Type (Home/Mobile/Work)
Email Address (Personal/Work/Family)

Personal Information - International and Exchange Experience

1)
Have you previously participated in any other overseas exchange program(s)?

Yes
No
1a)
If yes, have you previously participated in any program(s) sponsored by the U.S. Department of State's Bureau of Educational and Cultural Affairs?
(See exchanges.state.gov/us)

Yes
No

(i)

If yes, provide details on programs sponsored by the U.S. Department of State's Bureau of Educational and Cultural Affairs

#	Program Name	If other, which?	Start Date	End Date	Host City and Country
1	- Choose -American Youth Leadership Program (AYLP)Congress-Bundestag Youth Exchange (CBYX)Kennedy-Lugar Youth Exchange and Study Abroad (YES Abroad)Future Leaders Exchange Abroad (FLEX Abroad)National Security Language Initiative for Youth (NSLI-Y)Youth Ambassadors ProgramYouth Leadership ProgramOther				

1b)

If yes, have you previously participated in any program(s) sponsored by an organization OTHER THAN the U.S. Department of State's Bureau of Educational and Cultural Affairs?

Yes
No
(i)

If yes, provide details on all other programs

#	Program Name	Start Date	End Date	Host City and Country	Brief Program Description
1					- Choose -Academic exchangeCultural exchangeLanguage programPerforming arts programSports programVolunteer serviceOther

2)

Have you previously participated in any virtual exchange program(s)?

Yes
No
2a)

If yes, have you previously participated in any virtual program(s) sponsored by the U.S. Department of State's Bureau of Educational and Cultural Affairs?
Choose one:

Yes
No
(i)

If yes, provide details on programs sponsored by the U.S. Department of State's Bureau of Educational and Cultural Affairs

#	Program Name	Start Date	End Date	Host Country/Region
1				

2b)

If yes, have you previously participated in any virtual program(s) sponsored by an organization OTHER THAN the U.S. Department of State's Bureau of Educational and Cultural Affairs?

Yes
No
(i)

If yes, provide details on all other programs.

#	Program Name	Start Date (mm/yyyy)	End Date (mm/yyyy)	Virtual Host Country/Region	Brief Program Description
1					

3)

If selected for NSLI-Y, FLEX Abroad or YES Abroad, would this be your first time traveling outside of the United States?

Yes
No
3a)

Provide information on your international travel or residency experience. Indicate the country(ies), the nature of the visit(s), residency(ies), or stay(s), and the approximate date(s) and duration(s). Be sure to indicate if you have traveled or lived in a NSLI-Y, FLEX Abroad or YES Abroad host location.

Note: do not include travel to Puerto Rico and other U.S. territories which is not considered international experience.

#	Country	Date of Visit	Duration of Visit	Purpose of Visit
1				

Sample response:

Country	Date of Visit (mm/yyyy)	Duration of Visit	Purpose of Visit
France	09/2021	Two weeks	Tourism with family

Taiwan	10/2018	One week	Visit extended family
Costa Rica	06/2023	Two weeks	Service and language program with (provider name)

Please answer as accurately as possible, as your past or future travel may impact the visa application process should you be selected for a scholarship. NSLI-Y, FLEX Abroad, and YES Abroad host countries may include Bosnia and Herzegovina, Bulgaria, China, Estonia, Georgia, Ghana, India, Indonesia, Jordan, Kazakhstan, Kyrgyzstan, Latvia, Malaysia, Morocco, North Macedonia, Poland, Romania, Senegal, South Korea, Taiwan, Tajikistan, Thailand, and Türkiye.

4)
Do you plan to travel abroad after submitting this application?

Yes
No
4a)
If yes, detail any plans for international travel that will take place between the time of your application and the program start date if selected as a finalist. Be aware that your U.S. passport may need to be available for up to 3 months prior to the program start for visa processing.
0 words counted. Maximum of 100 words allowed.

5)
Do you have any relatives or close friends that live in NSLI-Y, FLEX Abroad or YES Abroad host locations?
NSLI-Y, FLEX Abroad and YES Abroad host countries may include Bosnia and Herzegovina, Bulgaria, China, Estonia, Georgia, Ghana, India, Indonesia, Jordan, Kazakhstan, Kyrgyzstan, Latvia, Malaysia, Morocco, North Macedonia, Poland, Romania, Senegal, South Korea, Taiwan, Tajikistan, Thailand, and Türkiye.

Yes
No
5a)
If yes, indicate where and briefly explain:
0 words counted. Maximum of 100 words allowed.

Personal Information - Activities, Interests and Hobbies

Instructions:

- Provide descriptions for activities/hobbies that you have participated in, if applicable.
- You may list up to seven (7) activities/hobbies.
- List your activities/hobbies in reverse chronological order, i.e., starting with the most recent first.
- Share with us those activities/hobbies that are most important to you or that are most relevant to the program(s) you are applying to.
- Use your best estimate for hours for month. If you are including a seasonal activity, list the average hours for the months that you engage in the activity.

If you receive an error, verify that you are using the correct date format. An example of a correct date format is 08/2022.

Activities, Athletics, and Organizations

1)
List only those activities and organizations in which you have been a frequent participant within the past three years. List the activities that you value most and that are relevant to the program(s). Include activities such as Scouts, volunteer work, religious youth groups, peer tutoring, sports teams, etc. Be sure to briefly specify any leadership roles you held with those groups, such as club president, team captain, or other position.

#	Activity or Organization	Description	Hours per Month	Start Date (mm/yyyy)	Still Participating?	If no, End Date (mm/yyyy)
1		*0 words counted. Maximum of 40 words allowed.*	- Choose -0-5 hours5-10 hours10-20 hours20+ hours		Yes No	

Creative Work, Hobbies, and Special Training

2)

Include recent activities such as music, dance, drama, performing arts, and foreign languages that you have pursued to the point of some mastery:

#	Name	Description	Hours per Month	Start Date (mm/yyyy)	Still Participating?	If no, End Date (mm/yyyy)
1		*0 words counted. Maximum of 25 words allowed.*	- Choose -0-5 hours5-10 hours10-20 hours20+ hours		Yes No	

Personal Information - Internships, Work and Jobs

Instructions:

- Provide descriptions of any internships, work or jobs you have had, if applicable.
- You may list up to seven (7) internships, work or jobs.
- List them in reverse chronological order, i.e., starting with the most recent first.
- Share with us those internships, work or jobs that are most important to you or that are most relevant to the program(s) you are applying to.

If you receive an error, verify that you are using the correct date format. An example of a correct date format is 08/2022.

1)

Specify the type of work and describe your responsibilities:

#	Employment Title/Position	Description	Hours per Month	Start Date (mm/yyyy)	Still Employed?	If no, End Date (mm/yyyy)
1		*0 words counted. Maximum of 25 words allowed.*	- Choose -0-5 hours5-10 hours10-20 hours20+ hours		- Choose - YesNo	

Personal Information - Special Recognition or Achievements

Instructions:

- Provide descriptions of special recognition you have received or any achievements that have made you feel proud.
- You may list up to seven (7).
- List in reverse chronological order, i.e., starting with the most recent first.
- Share with us those that are most important to you or that are most relevant to the program(s) you are applying to.

If you receive an error, verify that you are using the correct date format. An example of a correct date format is 08/2022.

1)
Briefly describe the special recognition or achievement you you are proud of:

#	Description	Award Date (mm/yyyy)
1		

Documents - Transcripts

Important: To successfully upload your transcript, remember to provide your grade information in Section 1 (Program Selection) and indicate your home-schooling status in Section 5 (Personal Information - About You) of the Application form. Your attention to these details will ensure a correct transcript submission process.

Transcript Upload Instructions

If you are currently enrolled in 9th grade, you must provide a list of current classes in which you are enrolled and your eighth-grade transcript.

How to Deliver Your Transcript to American Councils

- **Preferred Delivery Method:** Upload a complete, legible copy of your grade transcript in the upload question below.
- *Alternate Delivery Method:* If you cannot access a transcript that meets the required criteria, request that your official grade transcript be sent via electronic delivery service, such as [Parchment](#), to American Councils at: **highschoolstudyabroad@americancouncils.org**

Grade Transcripts Requirements

Submitted transcripts must be in English (or include English translation) and include:

- Your full name
- The name(s) of your high school
- **All** completed courses (with grades if given by your school) in your high school career
- **Current** class schedule
- No grades or courses should be redacted
- Cumulative GPA (NSLI-Y requires a minimum GPA of 2.5, while FLEX/YES Abroad have **no minimum GPA requirement**)

Note: Unofficial transcripts supporting the application are acceptable if they meet the above criteria.

Redact Sensitive Personal Information

It is your responsibility to redact some personal information that may appear on your transcript. You **must** redact the following information from your transcript before it is submitted:

- Social security number
- Immunization/medical history
- Race/ethnicity
- Photos

Note: If you do not submit a transcript that meets the requirements above, or if program staff have concerns about the validity or accuracy of your transcript, you may be asked to submit an official transcript.

How to Deliver Your Transcript to American Councils

Home-schooled applicants must submit the Home School Transcript form by the application deadline. Please download the form below:

Home School Transcript Form

Choose Preferred Transcript Delivery Method

1)
How will you deliver your transcript?

PREFERRED METHOD I will upload my transcript below
My school will deliver my transcript via an electronic delivery service, such as Parchment, to highschoolstudyabroad@americancouncils.org

For Applicants who cannot upload a transcript, ONLY

Please download the Grade Transcript Request file below and follow the instructions in the file.

Grade Transcript Request

Please upload your school transcripts below.
Instructions

A. *Click on the "Select File" button.*
B. *Search for the transcript document on your computer, and then select it.*
C. *You will be taken briefly to another screen while your file is validated by this system.*

IMPORTANT! *Do not upload a digitally signed or password protected e-transcript PDF. Most e-transcripts produced by schools are digitally signed and cannot be submitted with this tool. As a workaround, you may print your transcript and then upload a scan of the printed transcript.*

#	Upload Grades/Transcripts
1	Upload

File types allowed: PDF, JPG/JPEG, PNG, TIF/TIFF, TXT, RTF, DOC/DOCX
File size allowed: maximum 5 MB
Please upload your Home School Transcript Form below.
Instructions

    A. Click on the "Select File" button.
    B. Search for the transcript document on your computer, and then select it.
    C. You will be taken briefly to another screen while your file is validated by this system.

#	Upload Home School transcript Form
1	Upload

File types allowed: PDF, JPG/JPEG, PNG, TIF/TIFF, DOC/DOCX
File size allowed: maximum 5 MB

Questions?

Contact program staff during business hours, 9:00 AM - 5:00 PM U.S. Eastern Time, Monday - Friday, at:

Email: *highschoolstudyabroad@americancouncils.org*
Telephone: *800–380–6552 (toll free, USA only)*

If you are NOT able to request your transcript from school, please email us at: highschoolstudyabroad@americancouncils.org for instructions.

Document - Terms and Conditions

Instructions

Each applicant must submit a signed copy of the Terms and Conditions signature page. The applicant and all parents/legal guardians must carefully read the document and sign the form. **Failure to comply with the Terms and Conditions could result in the following: cancellation of application, probation, or dismissal from the program. Applicants and their parents/legal guardians should save a copy of the Terms and Conditions for future reference.**

Applicants must upload the scanned copy of the fully signed final page of the Terms and Conditions before submitting the application.

Download a Copy of Terms and Conditions

1)

Download a copy of the **Terms and Conditions** document using the link below.

2)

Read and sign the Terms and Conditions agreement where indicated on the last page. **The applicant and all parents/legal guardians** MUST sign this agreement.

Document	Instructions
Terms and Conditions	This agreement must be signed by the applicant and all parents/legal guardians.

Upload Terms and Conditions Signature Page

3)

Scan the signature page of the Terms and Conditions document and upload it below. Remember, the page must be signed by the applicant and all parents/legal guardians.

Instructions for Uploading Documents

    A. *Use the Select File button.*
    B. *Search for the document or photo file on your computer, and then select it for upload.*

You will be taken briefly to another screen, while your file is validated by this system.

File types allowed: **PDF, JPG/JPEG, PNG, GIF, TIF/TIFF**
Maximum file size: **5 MB**
IMPORTANT!If your uploaded Terms and Conditions document file does not immediately appear above, please allow a few minutes for this system to finish processing your file. You might need to log out of the application and log back in for the document to appear.

The applicant and all legal guardians must sign the Terms and Conditions agreement and use legal names (not nicknames). If there is a missing signature or if a name does not match the name listed on the application, we will ask that you complete and submit a new Terms and Conditions signature page.

Recommendation Request - Recommendation

Deadline to Submit Recommendation
NSLI-Y: **Tuesday, November 12, 2024, 4:00 PM** U.S. Eastern Time
FLEX Abroad/YES Abroad: **Thursday, December 12, 2024, 4:00 PM** U.S. Eastern Time

A recommendation is an important part of your application and must be submitted online through the AIS Forms site. You may provide only one recommendation. When deciding whom to ask to write the recommendation, we suggest you consider the following:

- The recommendation should be completed by an adult not related to you and with whom you have engaged in the past 2 years and who knows you well. The individual can be a teacher, school counselor, school administrator, coach, youth organization leader or coordinator, employer, etc. For NSLI-Y, it is not required to have a language teacher complete the recommendation.
- Ask an adult who can best address your personal attributes, maturity, communication abilities, skills, and relationships with peers and teachers/supervisors/organizational leaders.
- Unless you are currently in the 9th grade, we strongly suggest that you avoid asking middle school teachers to complete this recommendation form.
- The letter of recommendation must be in English.
- It is not appropriate for a local or federal elected official to complete the recommendation unless this individual served as an employer or knows you in a personal capacity.
- The position or status of the recommender is not considered.
- If you or your recommender have trouble submitting the online recommendation, please contact highschoolstudyabroad@americancouncils.org.

It is your responsibility as an applicant to ensure that the recommendation is submitted.

Before You Request a Recommendation

- **Talk with your recommender** to determine if they are willing and able to provide this recommendation for you.

Document	Instructions
[Instructions for Your Recommender](#)	Download this instructions document and give it to your recommender.

- **Tell your recommender to expect an email from *highschoolstudyabroad@americancouncils.org***. Suggest that your recommender add this address to their "safe" or "contacts" list so that the message does not go into a spam or junk mailbox. If they do not receive this email message, suggest that they check the spam or junk mailbox before contacting the program.
- If your recommender gives you a "K12" address, ask them to provide an alternative email address to receive the recommendation request. "K12" addresses often block email messages from unknown sources, such as this application system.

When You Are Ready to Request a Recommendation

- **Provide the contact information** for your recommender below. **You must use English characters or you will be unable to request a recommendation.**
- Once you have entered complete and correct contact information for your recommender, a new button titled "**Request Recommendation**" will appear below your recommender's contact information.
- **Press the "Request Recommendation" button.** The program will send your recommender an email message containing a link to a secure, online recommendation form. A record of the dates you sent these messages will then appear below the contact information.

Provide Your Recommender's Contact Information

Provide all the information requested below:

First Name

Last Name

Recommender Email Address

Recommender Telephone

Press the "Save" button at the bottom of the page, and then press the "Request Recommendation" button that appears to send a recommendation request email to your recommender.
The box below will display the current status of the recommendation. You can monitor the status history box even after submitting your application. The stages are: Notification, Opened, Saved, Submitted.

Confidential Recommendation
Status History

Date	Activity Type	Recipient Email
No status found.		

Link text for recommender:

After You Request a Recommendation

- **Confirm with your recommender** that they received the email message and can access the form.
- **If your recommender did not receive the email message**, first suggest they check the spam or junk mailbox. If they still cannot find it, only then come back to this page and press the "Request Recommendation" button again, to send another email.

Questions?

Contact program staff during business hours, 9:00 AM - 5:00 PM U.S. Eastern Time, Monday - Friday, at:

Email: *highschoolstudyabroad@americancouncils.org*
Telephone: *800–380–6552 (toll free, USA only)*

Important: In order to request the recommendation, please make sure to provide your first name and last name in Section 5 (Personal Information - About You) of the Application form.

Statement Request - Parent/Legal Guardian Statement

Deadline to Submit Statement
NSLI-Y: **Tuesday, November 12, 2024, 4:00 PM** U.S. Eastern Time
FLEX Abroad/YES Abroad: **Thursday, December 12, 2024, 4:00 PM** U.S. Eastern Time

If you or your parent/guardian have trouble with the online statement, please contact highschoolstudyabroad@americancouncils.org

The Parent/Legal Guardian statement is not considered in the selection process but will be reviewed at the semi-finalist evaluation stage for placement purposes. Submit the statement using the AIS Forms website. If a parent/legal guardian is unable to complete the statement, please contact highschoolstudyabroad@americancouncils.org.

It is your responsibility to ensure that the parent/legal guardian statement is received by the program.

Before You Request a Parent/Legal Guardian Statement

- **Talk with your parent/legal guardian** to determine whether they are willing and able to provide this statement for you. If your parent/legal guardian is not able to complete the statement in English, they can work with

a family member (other than you as the applicant) or close family friend to translate the statement. While responses must be submitted in English, PDF translations of the parent statement form are available in Chinese, Spanish and Vietnamese once your parent/legal guardian accesses the link in their e-mail. If your parent/legal guardian receives help completing the statement, they should indicate who helped them in the written portion of the form.

Document	Instructions
Instructions for Your Parent/Legal Guardian	Download and provide these instructions on how to submit the statement online to your parent/legal guardian.

- **Tell your parent/legal guardian to expect an email** from **highschoolstudyabroad@americancouncils.org**. Suggest that your parent/legal guardian add this address to their "safe" or "contacts" list so that the message does not go into a spam or junk mailbox. If they do not receive this email message, suggest that they check the spam or junk mailbox before contacting the program.

When You Are Ready to Request a Parent/Legal Guardian Statement

- **Provide the contact information** for your parent/legal guardian below. **You must use English characters or you will be unable to request a statement.** First letter of first and last names must be capitalized.
- Once you have entered complete and correct contact information, a new button titled "**Request Statement**" will appear below your parent's/legal guardian's contact information.
- **Press the "Request Statement" button.** The program will send your parent/legal guardian an email message that contains a link to a secure, online statement form.
- A record of the dates you sent these messages will then appear below the contact information.

Warning! If you **change** your parent's/legal guardian's email address **after** a request is sent, it will **cancel** that request and **disable** the secure link to your parent's/legal guardian's online form. It will also **erase** any online statement form that was in progress **or** had been submitted. Be sure to consider this before

changing the parent's/legal guardian's contact information. **An erased statement cannot be retrieved**.

Provide Parent's/Legal Guardian's Contact Information:

First Name

Last Name

Relationship to You

Parent
Stepparent
Legal Guardian
Other

Parent/Legal Guardian Email Address

Parent/Legal Guardian Telephone

Press the "Save" button at the bottom of the page, and then press the "Request Statement" button that appears to send an email request to your parent/legal guardian.

The box below will display the current status of the parent statement. You can monitor this status history box even after submitting your application. The stages are: Notification, Opened, Saved, Submitted.

Parent/Legal Guardian Statement

Status History

Date	Activity Type	Recipient Email
No status found.		

Link text for recommender:

After You Request a Parent/Legal Guardian Statement

- **Confirm with your parent/legal guardian** that they received the email message and can access the form.
- **If your parent/legal guardian does not receive the email message**, first suggest they check the spam or junk mailbox. If they still cannot find it, only then come back to this page and press the "Request Statement" button again, to send another message.
- **Be careful! Changing your parent's/legal guardian's email address** after a statement request is sent will cancel that request and disable the link to the

online submission form. It will also erase any online form in progress or that had already been submitted. An erased statement form cannot be retrieved.

- To see if your parent/guardian has started or submitted their statement form, periodically return to this page and check the "Status History" table above.

Questions?

Contact program staff during business hours, 9:00 AM–5:00 PM U.S. Eastern Time, Monday–Friday, at:

Email: highschoolstudyabroad@americancouncils.org
Telephone: 800–380–6552 (toll free, USA only)

Important: In order to request the Parent/Legal Guardian Statement, please make sure to provide your first name and last name in Section 5 (Personal Information - About You) of the Application form.

Self-Introduction to Host Family and Instructors

You may be hosted by a family, and just as you are curious about your host family, school and instructors, they will be curious about you. Here is a chance to tell them about yourself in a letter. Below are questions you should address in your letter to communicate who you are and your motivation for applying to the program. Your letter must be written in English and not exceed 500 words.

TIPS:

- *Prepare and save the host family letter and short essays in a **word processing program, such as Microsoft® Word**. You may copy and paste your essays into the spaces below.*
- *If you choose to type your essay directly into the form below, **be sure to press the "Save" button at the bottom of this page often** to ensure that your work is not lost if you encounter a technical problem.*
- *Use the counter tool in this form to track the word character limits specified for some questions. Please note that this count may not be the same as counts indicated by Microsoft® Word or other word-processing tools.*

Questions that You Should Answer in Your Letter:

- **How would your family and friends describe your personality?**
- **How would you describe your relationship with your family and friends?** For example, what is your role in the family? In what types of situations do you seek advice from your family and friends?
- **What are your different roles in your community?** For example, what are your roles in school, sports, community activities, etc.?
- If selected for the program you will be part of a community and family, not a guest. Explain how you would adapt and **what would make you a unique addition to a family and community that will likely be different from your own.**
- **In what ways have you prepared for the challenges of the program experience?**
- **What is important to you? What motivates you?**
- **What are your education and career goals?**

Your letter will be part of your application and may be shared with your host family or instructors if you are selected. Consider formatting your response like an actual letter with a salutation and closing.

Your Letter:
0 words counted. Maximum of 500 words allowed.

Essays

IMPORTANT! Please answer Question 4 ("Choose the Program(s) you are applying to") in Section 1 (Program Selection) before proceeding to Essays.

Note the following:

- You **must** choose and answer a question for both essay 1 and essay 2.
- Essays must be written in English.

TIPS:

- *Stay within the maximum word count under each text box.*

- ***Prepare and save*** *the host family letter and short essays in a **word processing program, such as Microsoft® Word**. You may copy and paste your essays into the spaces below once you have completed them in a word processing program.*
- *If you choose to type your essay directly into the form below, **be sure to press the "Save" button at the bottom of this page often** to ensure that your work is not lost if you encounter a technical problem.*
- *Use the counter tool in this form to track the word character limits specified for some questions. Please note that this count may not be the same as counts indicated by Microsoft® Word or other word-processing tools.*

Essay 1

1)
Choose one of these two topics for your first essay:

(A) Describe a time in the past 2 years when something unexpected happened at home or at school, and you had to change your plans. What did you do? What did you learn from this experience?
(B) Describe a time in the past 2 years when you had to work with someone you did not get along with. What did you do? What did you learn from the experience? Give examples.
Enter your first essay below: ^Application_EssayLearningFromExperienceChoice^
0 words counted. Maximum of 300 words allowed.

Essay 2

This essay is only required for **academic year applicants**.

If you are applying **only for a NSLI-Y summer program**, please choose option C ("I am only applying for the NSLI-Y summer program").

If you are applying for **NSLI-Y academic year, FLEX Abroad or YES Abroad** this essay is required.

2)
Choose one of these topics for your second essay:

(A) Your host family and peers overseas may be very different from your family and friends at home. Describe an experience in the past 3 years when you had to adjust to a new group of people. What did you do? What did you learn?
(B) Describe a time in the past 2 years when a situation turned out differently from what you wanted it to. How did you handle it? What did you learn? Is there anything you would do differently now?

(C) I am only applying for the NSLI-Y summer program and no academic year programs. I understand that if I decide at a later date to apply for an academic year program (NSLI-Y Academic year or FLEX/YES Abroad) I must come back and answer this question.
Enter your second essay below:
^Application_EssayFlexibilityAndAdaptabilityChooseTopic^
0 words counted. Maximum of 300 words allowed.

Essay 3 (FLEX Abroad/YES Abroad)

3)
Choose one of these two topics for your third essay:

(A) List and explain three (3) reasons why you want to participate in FLEX Abroad or YES Abroad.
(B) Why is living in a FLEX Abroad or YES Abroad country important to you? What do you hope to learn from this experience? How will you share your experience and support the goals of the program both at home and abroad? Be specific and give examples.
Enter your third essay below: ^Application_EssayWhyApplyToProgramChoice^
0 words counted. Maximum of 300 words allowed.

Essay 3 (NSLI-Y)

3)
Explain your choice of language(s). List and explain three (3) reasons why you want to participate in NSLI-Y.
0 words counted. Maximum of 300 words allowed.

Language Experience - Knowledge of Languages

1)
What is your native or first language?

English
Other
1a)
If other, what is your native or first language?

2)
What language(s) are spoken between you and your family at home?

3)

Have you studied or do you know any languages, other than English?

Yes
No
3a)
Tell us about your experience with all languages, other than English, for which you have completed formal study, self-study, or acquired through your home environment.

(i)
Language name:
- Choose -American Sign LanguageAmharicArabicChinese (Cantonese)Chinese (Mandarin)FrenchGermanHebrewHindiHmongBahasa IndonesiaItalianJapaneseKoreanLatinPersian (Tajiki)PortugueseRussianSpanishTurkishUrduVietnameseOther

(a)
If Other, please list:

(ii)
Length of study/exposure at time of application:
- Choose -Less than 1 year1 year2 years3 years4 years5 yearsMore than 5 years

(iii)
Are you currently studying this language in a formal classroom setting?

Yes
No
(iv)
Setting(s) where language was studied:
Choose all that apply:

College course
Exchange program
High school class
Junior high/middle school
On your own
Primary school class
Weekend school class
Summer camp
Tutor
Online class
Language app
Family member(s)

Other
(a)
If other, please explain:
0 characters counted. Maximum of 255 characters allowed.

(v)
Which of these was the **primary setting** where you studied this language?
- Choose -College courseExchange programHigh school classJunior high/middle schoolOn your ownPrimary school classWeekend school classSummer campTutorWeb Based ClassLanguage AppFamily Member(s)Other

(vi)
Which of these was the **secondary setting** where you studied this language?
- Choose -College courseExchange programHigh school classJunior high/middle schoolOn your ownPrimary school classWeekend school classSummer campTutorWeb Based ClassLanguage AppFamily Member(s)Other

4)
Describe other language experience you have that is not covered above.
0 words counted. Maximum of 100 words allowed.

5)
Have you participated in a STARTALK language program?

Yes
No
5a)
If yes, list below the STARTALK programs you have attended:

#	Language	Program Location	Program Year
1	- Choose - ArabicChineseDariHindiKoreanPersianPortugueseRussianSwahiliTurkishUrdu		

Placement Information - Program or Country Preferences

You are applying for **^Application_SelectedProgramYears^**
If you would like to apply for other program(s), go to Section 1, Question 4 (Choose the Program(s)).

FLEX Abroad and YES Abroad Placement Information - Countries

Your application to FLEX Abroad and/or YES Abroad is to each program in general, and **not** to a specific host country. Applicants should be open to placement in **any** host country. Below we invite you to rank the available countries according to your level of interest. This is not a factor in the selection process, but it will be one of the factors considered when assigning finalists to a host country. Finalists will receive their country assignments when they are notified of acceptance to the program.

Host countries have varying country-specific program eligibility criteria. Finalists are placed in a host country for which they are eligible based on the information they provide in this application, including but not limited to age and grade level. High school graduates and those applicants who will be over 18 at the start of the program are advised that FLEX Abroad and YES Abroad participants in these demographics will generally be placed in classrooms with students one to two years younger.

Please note that while placements in Morocco and Senegal require French language skills, no language experience is required to be eligible for the FLEX Abroad and/or YES Abroad programs.

To learn more about FLEX Abroad and YES Abroad in each host country, please visit:

- FLEX: https://www.discoverflex.org/flex-abroad
- YES: www.yes-abroad.org/countries

Please note that FLEX Abroad and YES Abroad 2025-26 programs will commence between late June and mid-September, 2025.

YES Abroad

1)
Country Preference:

Choose one

I have no country preference and am open to placement in any country.
I do have a preference of countries and would like to rank them.
1a)
Country Preference Ranking

ⓘYour selected preferences will appear in a chart below. You can change the ranking of your preferences by using the "up" or "down" buttons.
The number of ranking will appear in the first column with "1" indicating your first preference.
You can remove a preference by clicking the "delete" button.

- *It is recommended that you rank all available countries. However, you **must** rank at least 3 countries by selecting a country in the "Rank Your Preference" drop-down menu.*
  After a country is selected, click the "Add" button to add the next country preference. Repeat the action until you rank at least 3 countries.

Indicate Your Country Preference: - Choose -Bosnia and HerzegovinaBulgariaGhanaIndiaIndonesiaJordanMalaysiaMoroccoNorth MacedoniaSenegalThailandTurkey / Türkiye

Rank Your Preference	Country	Actions

YES Abroad host locations for 2025-26 are listed below, and are subject to change at the program's discretion. Keep in mind, the experience of every exchange student is different. The following is general information about typical in-country language exposure, and an indication of prior language experience requirements for placement (if any). Participants may experience significant exposure to languages not listed, based on their host family, host community, and host school. Language acquisition is not a primary focus of this program.

Country	Typical Language of Instruction	Typical Host Family Languages	Language Requirement
Bosnia and Herzegovina	Bosnian, Croatian, Serbian (BCS) and/or English	Bosnian, Croatian, Serbian (BCS) and English	None

Bulgaria	Bulgarian	Bulgarian and English	None
Ghana	English	Twi, Fante, Ga, Ewe, Hausa, and English	None
India	English and regional languages	English and regional languages	None
Indonesia	Bahasa Indonesia	Bahasa Indonesia and regional languages	None
Jordan	English	Arabic	None
Malaysia	English and Malay	Malay, Chinese (generally Mandarin), various languages of India, and English	None
Morocco	French and Darija (Moroccan Arabic)	French and Darija (Moroccan Arabic)	Knowledge of French required
North Macedonia	Macedonian or English	Macedonian, Albanian, and English	None
Senegal	French or English	French, Wolof, Pular, or English	Knowledge of French required
Thailand	Thai	Thai	None
Turkey	Turkish	Turkish	None

2)
Explain your choice of country/countries:
0 words counted. Maximum of 175 words allowed.

FLEX Abroad

1)
Country Preference
Choose one:

I have no country preference and am open to placement in any country.
I do have a preference of countries and would like to rank them.
1a)
Country Preference Ranking

ⓘYour selected preferences will appear in a chart below. You can change the ranking of your preferences by using the "up" or "down" buttons.
The number of ranking will appear in the first column with "1" indicating your first preference.
You can remove a preference by clicking the "delete" button.

- *Rank your country preferences 1-3 by selecting each country in the "Rank Your Preference" drop-down menu.*
  After a country is selected, click the "Add" button to add the next country preference. Repeat the action until you rank all three countries.
- *You are **required** to rank all three countries.*

Indicate Your Country Preference: - Choose -GeorgiaKazakhstanPolandRomania

Rank Your Preference	Country	Actions

Country	Typical Language of Instruction	Typical Host Family Languages	Language Requirement
Georgia	Georgian and/or English	Georgian	None
Kazakhstan	Russian, Kazak, and/or English	Kazakh, Russian	None
Poland	Polish and/or English	Polish	None
Romania	Romanian and/or English	Romanian	None

2)
Explain your choice of country/countries.
0 words counted. Maximum of 175 words allowed.

NSLI-Y Placement Information - Program Preferences

Indicate your preferences for a NSLI-Y language and duration. Language offerings are subject to change in consultation with the U.S. Department of State. Applicants may apply for up to two languages or program durations. Applicants may select the language(s) but may not indicate a host country preference.

Available Programs

Summer 2025	Academic Year 2025-26
To apply for one of these programs, your date of birth must be between **July 10, 2006, and June 10, 2010** o Arabic - Summer o Chinese (Mandarin) - Summer o Indonesian - Summer o Korean - Summer o Persian (Tajiki) - Summer o Russian - Summer o Turkish - Summer	To apply for one of these programs, your date of birth must be between **August 30, 2006, and June 30, 2010** o Arabic - Academic Year o Chinese (Mandarin) - Academic Year o Korean - Academic Year o Russian - Academic Year

1)
Program Preferences

ⓘ Your selected preferences will appear in a chart below. You can change the ranking of your preferences by using the "up" or "down" buttons.
Your ranking number will appear in the first column with "1" indicating your first preference.
You can remove a preference by clicking the "delete" button.

- *Select your language and duration preference in the "Rank Your Preference" drop-down menu.*
  Then, click the "Add" button.
  Repeat the action if you have a second preference.
- *You **must** choose at least one preference. The second preference is optional.*
- *You **cannot** choose "Any Language - Academic Year" or "Any Language - Summer" as your first preference. **These options can be a second preference only.***

Indicate Your Preference: - Choose -Any language - Academic yearAny language - SummerArabic - Academic yearArabic - SummerChinese (Mandarin) - Academic

yearChinese (Mandarin) - SummerIndonesian - SummerKorean - Academic yearKorean - SummerPersian (Tajiki) - SummerRussian - Academic yearRussian - SummerTurkish - Summer

Rank Your Preference	Language and Duration Preference	Actions

1a)

If **Academic Year** is one of your duration preferences, explain why you are interested in a rigorous language immersion program for an academic year (8-10 months).

0 words counted. Maximum of 175 words allowed.

NSLI-Y Language Experience - Self-Assessment of Language Preferences

NOTE: this section is only for NSLI-Y applicants. If you are only applying for FLEX Abroad and/or YES Abroad, go to Section 22 (Physical, Health, or Learning Accommodations).

You have indicated the following NSLI-Y language preferences:[†]

1st Language Preference and

Duration: **^Application_ProgramModulePreferences[1].programLanguage^** - *^Application_ProgramModulePreferences[1].durationLength^*

2nd Language Preference and

Duration: **^Application_ProgramModulePreferences[2].programLanguage^** - *^Application_ProgramModulePreferences[2].durationLength^*

[†] See Section 19: Placement Information - Program or Country Preferences

Prior language study is **not** required for application to the NSLI-Y program. NSLI-Y provides beginner, intermediate, and advanced language instruction. This information will assist us with assigning finalists to an appropriate level of language class.

Experience with 1st Language Choice: **^Application_ProgramModulePreferences[1].programLanguage^**

Finalists who answered yes to 1a), 1b), 1c) and/or 1d) will be asked to complete a pre-program Oral Proficiency Interview (OPI) approximately one month before the start of the program.

1)
What is your experience with your 1st language choice?

1a)
Have you studied **^Application_ProgramModulePreferences[1].programLanguage^** language in a formal classroom setting?

Yes
No
1b)
Have you studied **^Application_ProgramModulePreferences[1].programLanguage^** independently?

Yes
No
1c)
Is **^Application_ProgramModulePreferences[1].programLanguage^** spoken in your home?

Yes
No
1d)
Do you anticipate that you will participate in formal or significant self-study of **^Application_ProgramModulePreferences[1].programLanguage^** between now and the anticipated program start?

Yes
No

Self-Assessment of 1st Language Preference: **^Application_ProgramModulePreferences[1].programLanguage^**

1e)
Respond to the following statements about your **^Application_ProgramModulePreferences[1].programLanguage^** language study experience, as well as your ability to use and understand **^Application_ProgramModulePreferences[1].programLanguage^**.

Your responses will assist us with assigning you to an appropriate level of language class in your host school so please be honest and accurate about your proficiency.

(i)
Have you studied ^Application_ProgramModulePreferences[1].programLanguage^ in a formal classroom setting?

Yes
No

(a)
If yes, which textbooks have you used in your studies?
0 characters counted. Maximum of 200 characters allowed.

(b)
If yes, what is your expected length of formal classroom study as of June 2025?
- Choose -Less than 1 year1 year2 years3 years4 years5 years5-7 years7-9 yearsMore than 10 years

(c)
If yes, which level of class are you currently taking, or what will be the highest level of study as of June 2025? (e.g. Russian 2 or AP Chinese)
0 words counted. Maximum of 50 words allowed.

(ii)
Have you studied ^Application_ProgramModulePreferences[1].programLanguage^ independently?
- Choose -YesNo

(a)
If yes, which resources, online applications, and/or software have you used in your studies?
0 characters counted. Maximum of 200 characters allowed.

(b)
If yes, what is your expected length of independent study as of June 2025?
- Choose -Less than 1 year1 year2 years3 years4 years5 years5-7 years7-9 yearsMore than 10 years

(iii)
🛈If you have participated in NSLI-Y or NSLI-Y Virtual Summer Intensive, you must provide your post-program OPI result.
Have you received an ACTFL-certified Oral Proficiency Interview (OPI) rating in ^Application_ProgramModulePreferences[1].programLanguage^?
- Choose -YesNo

(a)
If yes, list your rating.

(b)
If yes, list the date of the rating.

(iv)
Have you received a rating from another certified language test in ^Application_ProgramModulePreferences[1].programLanguage^ (i.e. HSK, STAMP, TORFL, TOPIK, or another language-specific test)?
- Choose -YesNo

(a)
If yes, list the name of the test.

(b)
If yes, list your rating.

(c)
If yes, list the date of the rating.

(v)
I can ask and answer simple questions about my name and place of birth, make social introductions and use greeting and leave-taking expressions. I can describe myself in basic terms.
- Choose -YesNo

(vi)
I can read and understand the purpose and meaning of very short, familiar, simple written texts such as printed notes, ads, or signs.
- Choose -YesNo

(vii)
In everyday conversation with people speaking standard dialect, I can understand speech if it is slow and clear.
- Choose -YesNo

(viii)
I can give detailed information about my family, my house, and my community.
- Choose -YesNo

(ix)
I can speak in an organized fashion on topics beyond my basic routine.
- Choose -YesNo

(x)

I can listen to and understand simple communications on familiar topics, including descriptions of events, feelings, wishes, and future plans.
- Choose -YesNo

(xi)
I can read and understand uncomplicated stories about current, past, and future events.
- Choose -YesNo

(xii)
I can accurately listen to and follow all conversations among native speakers who are speaking at a normal rate of speech.
- Choose -YesNo

(xiii)
I rarely find myself unable to finish a sentence because of language limitations and there are few grammatical features of the language that I try to avoid.
- Choose -YesNo

(xiv)
I can usually read and understand all the material in a major daily newspaper.
- Choose -YesNo

(xv)
I am completely fluent and can express myself as well in the target language as in my native language.
- Choose -YesNo

Experience with 2nd Language
Choice: **^Application_ProgramModulePreferences[2].programLanguage^**

2)
What is your experience with your 2nd language choice?

2a)
Have you studied **^Application_ProgramModulePreferences[2].programLanguage^** language in a formal classroom setting?

Yes
No
2b)

Have you studied **^Application_ProgramModulePreferences[2].programLanguage^** independently?

Yes
No
2c)
Is **^Application_ProgramModulePreferences[2].programLanguage^** spoken in your home?

Yes
No
2d)
Do you anticipate that you will participate in formal or significant self-study of **^Application_ProgramModulePreferences[2].programLanguage^** between now and the anticipated program start?

Yes
No

Self-Assessment of 2nd Language Preference: **^Application_ProgramModulePreferences[2].programLanguage^**

2e)
Please respond to the following statements about your **^Application_ProgramModulePreferences[2].programLanguage^** language study experience, as well as your ability to use and understand **^Application_ProgramModulePreferences[2].programLanguage^**.

Your responses will assist us with assigning you to an appropriate level of language class in your host school so please be honest and accurate about your proficiency.
(i)
Have you studied ^Application_ProgramModulePreferences[2].programLanguage^ in a formal classroom setting?

Yes
No
(a)
If yes, which textbooks have you used in your studies?
0 characters counted. Maximum of 200 characters allowed.

(b)
If yes, what is your expected length of formal classroom study as of June 2025?

- Choose -Less than 1 year1 year2 years3 years4 years5 years5-7 years7-9 yearsMore than 10 years

(c)
If yes, which level of class are you currently taking, or what will be the highest level of study as of June 2025? (e.g. Russian 2 or AP Chinese)
0 words counted. Maximum of 50 words allowed.

(ii)
Have you studied ^Application_ProgramModulePreferences[2].programLanguage^ independently?
- Choose -YesNo

(a)
If yes, which resources, online applications, and/or software have you used in your studies?
0 characters counted. Maximum of 200 characters allowed.

(b)
If yes, what is your expected length of independent study as of June 2025?
- Choose -Less than 1 year1 year2 years3 years4 years5 years5-7 years7-9 yearsMore than 10 years

(iii)
ⓘIf you have participated in NSLI-Y or NSLI-Y Virtual Summer Intensive, you must provide your post-program OPI result.
Have you received an ACTFL-certified Oral Proficiency Interview (OPI) rating in ^Application_ProgramModulePreferences[2].programLanguage^?
- Choose -YesNo

(a)
If yes, list the name of the test.

(b)
If yes, list your rating.

(c)
If yes, list the date of the rating.

(iv)
Have you received a rating from another certified language test in ^Application_ProgramModulePreferences[2].programLanguage^ (i.e. HSK, STAMP, TORFL, TOPIK, or another language-specific test)?
- Choose -YesNo

(a)

If yes, list the name of the test.

(b)
If yes, list your rating.

(c)
If yes, list the date of the rating.

(v)
Please respond to the following statements regarding your language proficiency:
I can ask and answer simple questions about my name and place of birth, make social introductions and use greeting and leave-taking expressions. I can describe myself in basic terms.
- Choose -YesNo

(vi)
I can read and understand the purpose and meaning of very short, familiar, simple written texts such as printed notes, ads, or signs.
- Choose -YesNo

(vii)
In everyday conversation with people speaking standard dialect, I can understand speech if it is slow and clear.
- Choose -YesNo

(viii)
I can give detailed information about my family, my house, and my community.
- Choose -YesNo

(ix)
I can speak in an organized fashion on topics beyond my basic routine.
- Choose -YesNo

(x)
I can listen to and understand simple communications on familiar topics, including descriptions of events, feelings, wishes, and future plans.
- Choose -YesNo

(xi)
I can read and understand uncomplicated stories about current, past, and future events.
- Choose -YesNo

(xii)

I can accurately listen to and follow all conversations among native speakers who are speaking at a normal rate of speech.
- Choose -YesNo

(xiii)
I rarely find myself unable to finish a sentence because of language limitations and there are few grammatical features of the language that I try to avoid.
- Choose -YesNo

(xiv)
I can usually read and understand all the material in a major daily newspaper.
- Choose -YesNo

(xv)
I am completely fluent and can express myself as well in the target language as in my native language.
- Choose -YesNo

NSLI-Y Previous Experience - International and Cultural Exchange Experience

NOTE: this section is only for NSLI-Y applicants. If you are only applying for FLEX Abroad and/or YES Abroad, go to Section 22 (Physical, Health, or Learning Accommodations).

1)
Have you previously participated in an overseas NSLI-Y Program?

Yes
No
If yes, complete questions **a) through e)**:
1a)
When did you participate?

2021 Summer
2022 Summer
2023 Summer
2024 Summer
1b)
Which language did you study?
- Choose -ArabicChinese (Mandarin)HindiIndonesianKoreanPersian (Tajiki)RussianTurkish

1c)

Which organization implemented your program?

- Choose -AFS Intercultural Programs, Inc. (AFS USA)AmideastAmerican Councils for International EducationAmerican Cultural Exchange Services (ACES)International Education and Resource Network (iEARN)Russian American Foundation/ASE Global BridgesStony Brook UniversityUniversity of DelawareUniversity of Wisconsin - Madison

1d)

What was your post-program Oral Proficiency Interview (OPI) rating?

1e)

Please explain why you feel another NSLI-Y experience is important or beneficial for you, how you have used what you learned post-program. Please also describe any efforts you have made to continue studying the language of your last NSLI-Y experience. In addition, describe any involvement you have had with the NSLI-Y Alumni Association or International Exchange Alumni.
0 words counted. Maximum of 250 words allowed.

2)

Have you participated in Virtual NSLI-Y, the NSLI-Y Virtual Summer Intensive (VSI), the Alumni Travel Program (ATP), or a Virtual NSLI-Y Academic Year program?

Yes
No
2a)

If yes, select the appropriate program.

2020 Virtual NSLI-Y
2021 Winter Virtual NSLI-Y
2021 Virtual Summer Intensive (VSI)
2021 Fall Virtual NSLI-Y
2022 Virtual Summer Intensive (VSI)
2022 Fall Virtual NSLI-Y
2023 Fall Virtual NSLI-Y
2023 Winter Virtual NSLI-Y
2023 Virtual Summer Intensive (VSI)
2023 Alumni Travel Program
2b)

Select the language of the program

- Choose -ArabicChinese (Mandarin)HindiIndonesianKoreanPersian (Tajiki)RussianTurkish

Placement Information - Physical, Health, or Learning Accommodations

While NSLI-Y, FLEX Abroad, and YES Abroad are invaluable experiences and a time of tremendous growth for participants, it is important for applicants and their families to understand that these programs are emotionally and physically demanding. One result of being immersed in a different culture and placed in an unfamiliar environment is increased emotional and physical stress.

Your responses to these questions will be helpful in the placement process should you be selected as a finalist. Program staff aim to place finalists in locations that may be better able to support accommodations. Therefore, it is important to be as thorough and honest with your responses. **NSLI-Y, FLEX Abroad, and YES Abroad cannot guarantee fulfillment of all accommodation requests.**

1)
Please provide details about any accommodations or ongoing care you may require for program staff to consider when identifying a placement in a host location, family, or school.
0 words counted. Maximum of 150 words allowed.

Host Family Placement Restrictions

2)
Do you have any allergies? Do not include seasonal allergies.
Choose one

Yes
No
2a)
If yes, explain the reaction and how you manage your allergies:
0 words counted. Maximum of 100 words allowed.

3)
What pets or other animals can you NOT live with?
Check all that apply

Cats-Indoors
Cats-Outdoors
Dogs-Indoors

Dogs-Outdoors

Other Pets/Animals

I have NO pet or animal restrictions.

3a)

If you checked "Other Pets/Animals," please list:

0 words counted. Maximum of 50 words allowed.

4)

Cigarette smoke is prevalent in some host countries. It may be difficult to find a non-smoking host family in some cultures. Is there a medical reason why you cannot be placed in a host family with one or more family members who smoke?

Choose one

Yes

No

5)

Is there anything you do not eat or drink for medical, religious, or self-imposed reasons?

Choose one

Yes

No

5a)

If yes, explain and specify if for medical or religious reasons:

0 words counted. Maximum of 100 words allowed.

Statistical Information

The responses in this section are optional and not considered in the selection process. The NSLI-Y, YES Abroad, and FLEX Abroad programs strive to reach applicants representing the diversity of the United States. Your responses will help us evaluate the effectiveness of these efforts and are greatly appreciated. Information from this section is not used in any way in the evaluation of your application.

1)

What is your race or ethnicity?

Check all that apply

American Indian or Alaska Native

Asian

Black or African American

Hispanic or Latinx

Native Hawaiian or Pacific Islander

Middle Eastern or North African

White

Some other race

I do not wish to respond

1a)

If you checked "Other", please explain:

0 characters counted. Maximum of 255 characters allowed.

2)

Do you have a disability?

Yes
No
I decline to state

2a)

If yes, please explain:

0 characters counted. Maximum of 255 characters allowed.

3)

What is your household's annual income?

- Choose -$45,000 or Less$45,000 to $90,000$90,000 to $150,000$150,000 to $250,000$250,000 or More

4)

Do you qualify for the [National School Lunch Program](#)?

Yes
No

5)

What type of school do you attend?

- Choose -PublicPrivateCharterHomeMagnetOther

5a)

If other, please explain:

6)

How would you classify the area where you live?

- Choose -UrbanSuburbanRuralOther

6a)

If other, please describe:

7)

How did you learn about the NSLI-Y, FLEX Abroad or YES Abroad program?

Check all that apply

Brochure

Club/Youth Organization (4-H, Boys and Girls Clubs, Church Groups, Scouts, etc.)

Counselor (at school or elsewhere)

Email

Exchange Organizations

Participant on a U.S. Department of State exchange program to the U.S. (e.g. CBYX, FLEX or YES)

Alum of a U.S. Department of State overseas exchange program (e.g. CBYX, NSLI-Y, FLEX Abroad, or YES Abroad)

Family Member

Festival

Honors Society

Host Family

Internet Search or Advertisement

Media: Magazine, Newspaper, Radio, TV

Poster

Social media advertisement or post; Post from a friend

State Department presentation

STARTALK

Teacher

Other

7a)

If other, please explain:

0 characters counted. Maximum of 50 characters allowed.

8)

Make intercultural learning a family experience by hosting a U.S. Department of State-sponsored international exchange student. Would your family like to receive information about this exciting opportunity?

Yes

No

Review and Submit

Application Deadline

NSLI-Y: ^Application_TimezoneDeadlineDate^

FLEX Abroad/YES Abroad: ^Application_TimezoneDeadlineDate1^

Certification

1)
I certify that:

- I completed this application and the written portions are my own work and were not written by a friend, parent or artificial intelligence;
- Everything in this application is complete and true to the best of my knowledge;
- I understand that acceptance to the NSLI-Y, FLEX Abroad, or YES Abroad program is not a guarantee that personal, religious, or health placement requests included in my application or parent/legal guardian statement can or will be honored;
- I understand that I must comply with the program Terms and Conditions
- I understand that by submitting my application, I am agreeing to apply for a competitive scholarship;
- I understand that American Councils and the U.S. Department of State will not discuss individual determinations about the application review; and
- I understand that my application does not guarantee the offer of a scholarship.

Select one:

Yes
No
2)
Certified and agreed by:
Type your name

Final Review of Application

Before you submit your application, please be sure to review all sections. Make sure you have answered all questions and required fields, and are satisfied with your responses.

Once you submit your application for a given program, you will no longer be able to make changes to any section of the application for that program. You will be able to return to the application to edit your answers for other programs you wish to apply to.

If you are not ready to submit your application, press any "Save" button in the application forms and log out of the system. You will be able to log in at any time thereafter, until the application deadline, and continue to complete or edit your application.

Submit Your Application

If you are ready to submit your application for a given program, press the "Submit Your Application" button below for the program that you wish to submit the application for. After submitting for one program, you may go back and edit your written responses before submitting for another. If you do not click the "Submit Your Application" button, your application materials will not be reviewed by the selection committee. If your submission is successful, you will receive a confirmation email. Make sure to submit the application for each program that you wish to apply for.

If you have left any required questions unanswered, you will receive an error message at the top of this page after you press the "Submit Your Application" button and your application will not be submitted. Return to your application, enter any missing information, and then attempt to re-submit your application.

Questions?

Contact program staff during business hours, 9:00 AM–5:00 PM U.S. Eastern Time, Monday–Friday, at:

Email: highschoolstudyabroad@americancouncils.org
Telephone: 800–380–6552 (toll free, USA only)

You are applying for **^Application_SelectedProgramYears^**
If you would like to apply for other program(s), go to Section 1, Question 4 (Choose the Program(s)).