

Future Leaders Exchange (FLEX) and FLEX Abroad



PARTICIPATING COUNTRIES:

» **FLEX:** Armenia, Azerbaijan, Czech Republic, Estonia, Georgia, Greece, Hungary, Kazakhstan, Kyrgyzstan, Latvia, Lithuania, Moldova, Mongolia, Montenegro, Poland, Romania, Serbia, Slovakia, Tajikistan, Turkmenistan, Ukraine, United States, and Uzbekistan

» **FLEX Abroad:** Students from the United States may be placed in one of three FLEX participating countries.

PROGRAM DESCRIPTION

Launched in 1993 after the dissolution of the Soviet Union, the U.S. Department of State's **Future Leaders Exchange (FLEX)** program strengthens ties between the peoples of the United States and Europe and Eurasia. The FLEX program has brought tens of thousands of high school students from 24 countries in Europe and Eurasia to study for an academic year in the United States. Building on three decades of success with the FLEX program, the recently launched **Future Leaders Exchange Abroad (FLEX Abroad)** program provides a similar opportunity for U.S. high school and gap year students to spend an academic year in select FLEX countries. FLEX and FLEX Abroad emphasize civil society, leadership development, and community service and promote mutual understanding between Americans and the people of participating countries.

Presently, around 900 FLEX students from 22 countries study in the United States each year, and 15 U.S. students will participate in the inaugural FLEX Abroad program in 2022-2023 in three FLEX countries, with five students going to each country. Both programs embrace diversity in all its forms, from applicant and host family recruitment to community placement to program activities. The FLEX and FLEX Abroad programs offer host families, schools, and host communities a unique opportunity to gain knowledge about other cultures and expand their worldview through interaction with these students.

Students are selected to participate in the FLEX and FLEX Abroad programs through an open, competitive, merit-based selection process. Interest in the FLEX program is consistently high, with 35,000 to 50,000 applicants per year. While on program, students live with volunteer host families, attend high school, and engage in enhancement activities that address current policy priorities.

Upon their return home, FLEX and FLEX Abroad alumni make a difference in their home communities by sharing and practicing what they learned about volunteerism, community service, and citizen responsibility during their exchange year.

LEARN MORE:

- » <https://exchanges.state.gov/non-us/program/future-leaders-exchange>
- » <https://www.discoverflex.org/>
- » <https://exchanges.state.gov/us/program/future-leaders-exchange-flex-abroad>
- » <https://www.discoverflex.org/flex-abroad>



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