

# ALBERTA 4-H

More than you ever imagined



**4-H is young people and adults learning project and life-skills, cooperating and having fun together, sharing leadership and learning to do by doing.**

For over 90 years, we've understood that youth want to be involved, accepted, valued and heard. That's why 4-H clubs are great places for youth to learn and grow.

In 4-H, youth run the show. 4-H clubs typically meet once a month as a large group, where youth of all ages take on different leadership roles to make decisions and plan events. Clubs organize fun outings, achievement days, fundraisers and participate in various activities within their communities.

When everyone is busy it just makes sense to belong to an organization that brings the whole family together. 4-H clubs rely on family support and volunteer leadership from each adult and 4-H member – that's how we make things happen. Youth and adults are all part of the 4-H family.

4-H aims to help youth members and adult leaders realize their potential. Programs, projects and opportunities challenge members to be assertive, to make decisions and to facilitate change. The goal is to encourage members to see themselves for who they are – active, audible and accountable leaders of tomorrow.



Alberta  
**4-H**

[www.4h.ab.ca](http://www.4h.ab.ca)

Project & life skills

## Whatever your interests or hobbies are, 4-H has projects to match them.

Not only can you enjoy working on your favourite things but you can also earn rewards for doing them in a fun and friendly atmosphere.

With over 30 projects available, choosing just one or two can be a real challenge. Thinking about the following questions will help to make your choices a little easier:

- What interests you most – hobbies or activities?
- Is there an activity or discipline that you want to become more skilled in?
- What do you like to do in your spare time?
- Do any of the project areas complement an activity you're currently involved in?

Hanging out with friends and participating in fun activities is the perfect combination. By following the 4-H motto, "Learn to do by Doing", you will not only make long-lasting friendships, but also take part in activities that meet your interests, increase your knowledge and develop your life-skills.

Whether you enjoy displaying your projects, judging or taking part in the more traditional summer camp experience of canoeing and campfires, one of Alberta 4-H's many programs are sure to interest you. Build life-long friendships with people from all over the province and develop valuable life-skills. Programs are designed for every age and personality type, so they are sure to excite you.

So what makes these camps and programs so exciting? The answer is simple – they are an awesome opportunity to meet new friends, take part in fun activities and develop new skills and abilities. They really define what 4-H is all about!

Learn to do by Doing



## fun & friends



**"4-H has been beneficial in so many ways. It truly teaches you amazing life-skills not to mention all the friends you meet and fun you have."**

Kennan Hedley, 4-H Ambassador