



THE NORTH AMERICAN STATION

Youth Exchange Program 2026

Steve Ovren

sjovren@yahoo.com | (239) 405-0750

NAS Youth Exchange Program Overview



THE NORTH AMERICAN STATION
OF THE ROYAL SCANDINAVIAN YACHT CLUBS
AND NYLÄNDSKA JAKTKLUBBEN
est. 1945

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<https://northamericanstation.org>



NAS Youth Exchange Program Overview

Background

The North American Station of the Royal Scandinavian Yacht Clubs and Nylandska Jaktklubben holds an annual summer exchange program for young sailors from Scandinavia and the US.

Since the 1950's, this informal exchange program has allowed hundreds of junior sailors to visit foreign countries, live with local families, and participate in the sailing life of distant communities. The stay normally lasts for 2 weeks.

The program is open to all interested between the ages of 15-19, although exceptions can be made for returning sailors.

Host families are organized in conjunction with the NAS in North America and Scandinavia families. Introductions will be made and questions will continue to be answered as necessary.





NAS Youth Exchange Program Overview

Host family basic expectations

The goal of the youth exchange program is to provide Scandinavian teenagers with an enjoyable and rewarding cultural experience.

- Being immersed in an American family and lifestyle with a story to take home and share.
- Exposure to yacht clubs, sailing programs, racing, and the sailing communities is generally preferred but varies by situation.
- Program works best when there are friends or family already in place of roughly the same age. Can be from the host's family or the guest's or friends.

In some instances, there may be more than 1 individual that wants to travel with a friend and will require the same accommodations. This will be discussed in advance if this is the case.





NAS Youth Exchange Program Overview

Expected Accommodations

Family Accommodation Expectations

- Assistance with travel logistics to and from airports, train stations etc.. Not financial
- Daily or weekly travel to and from clubs or work if walking is not an option.
- Basic housing to include a room (could be shared)
- All meals provided by host family
- Sightseeing planned by host family.





NAS Youth Exchange Program Overview

Host Family Expectations

Possible Daily Activities

- Volunteer or work at a sailing center, YC or club.
- Sight Seeing Trips
- Train or practice an on or off the water or other sport.
 - Sailing, Surfing, Tennis, Golf, etc..
- Boating day trips
- Hiking, camping

Possible Family Activities

- Daily meals
- Cook outs with friends and neighbors
- Meet other teenagers
- Sight-Seeing
- City tours, NYC, Boston, Newport
- Cultural Events
- Regattas



2024 Youth Exchange and Five Clubs Pictures Sweden and Norway





2024 Youth Exchange and Five Clubs Pictures USA



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