

## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### New Scholarship Opportunity - FLEX Comes to Poland!

*The Future Leaders Exchange (FLEX) Program is a competitive scholarship opportunity for eligible secondary school students to spend the academic year in the U.S.*

**September 28, 2015, WARSAW, Poland** —FLEX is excited to announce the program's first-ever expansion and eagerly welcomes students from Poland. Created in 1992 by the United States Congress, FLEX is a year-long, fully funded exchange program for secondary school students to travel to the United States for one academic year. Sponsored by the U.S. Department of State and now in its 23<sup>rd</sup> year, the FLEX program has provided scholarships to over 24,000 secondary school students from Europe, Eurasia, and Central Asia. The program promotes mutual understanding between citizens of Poland and the United States. Each scholarship recipient will live for one year as a member of a U.S. host family and study in an American high school. Secondary school students with disabilities are invited to participate in the competition, and approximately 20 become finalists each year.



*"After the FLEX program, the whole world changed for me," one FLEX alumna says. "I met so many people in America, heard a lot of different opinions. I learned and tried many new things during this year. If you are unsure about participating in FLEX, I definitely recommend you do this. Broaden your mind, learn, try, enjoy, and share your culture."*

Through FLEX, students from Armenia, Azerbaijan, Estonia, Georgia, Kazakhstan, Latvia, Lithuania, Moldova, Montenegro, Poland, Romania, Serbia, Tajikistan, Turkmenistan, and Ukraine have the opportunity to learn about the people and culture of the United States, and are also young ambassadors who teach Americans about the people and cultures of their home countries. Students gain an appreciation for and develop sensitivity to other cultures, experience personal growth and independence, and become better prepared for adulthood in an increasingly interdependent world. Students form strong ties with their American host families and U.S. communities, building relationships that often last a lifetime.

Testing for the FLEX program is open to all secondary school students in Poland who:

- hold Polish citizenship;
- are in the 1st class of lyceum or 3rd class of a gimnazjum;
- were born from 1 January 1999 - 15 July 2001;
- have not lived in the United States for more than three months in the last five years;
- are eligible to receive a U.S. visa; and
- speak English well.

For more information including, visit <http://discoverflex.org/about-program/2016-2017-flex-testing-schedules/>

### About American Councils

American Councils for International Education organizes recruitment, selection, orientation, and travel arrangements for the FLEX program. Founded in 1974, American Councils is an international non-profit organization working to improve mutual understanding between countries, exchange ideas among individuals, and enhance collaboration through education. It designs, implements, and supports innovative programs in the United States, Europe, Eurasia, the Middle East, Asia, and Africa. Over the past 40 years, American Councils has become one of the premier U.S. international education and training organizations. It administers more than 30 exchange and training programs, including several U.S. government programs for secondary school students, university and graduate students, teachers, and professors.

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