







## Get Involved

As you can see, there are many opportunities available to 4-H members, in project areas as well as in citizenship and leadership. The more you participate in club, county, state, regional, national, and international activities, the more you will gain from your 4-H experience.

## Useful Websites

Oregon 4-H	<a href="http://oregon.4h.oregonstate.edu/">http://oregon.4h.oregonstate.edu/</a>
Presentations	<a href="http://oregon.4h.oregonstate.edu/presentations">http://oregon.4h.oregonstate.edu/presentations</a>
State committees	<a href="http://oregon.4h.oregonstate.edu/staff-advisory-councils-and-committees">http://oregon.4h.oregonstate.edu/staff-advisory-councils-and-committees</a>
State awards	<a href="http://oregon.4h.oregonstate.edu/state-4h-recognition-awards">http://oregon.4h.oregonstate.edu/state-4h-recognition-awards</a>
Scholarships	<a href="http://oregon.4h.oregonstate.edu/oregon-4h-scholarships">http://oregon.4h.oregonstate.edu/oregon-4h-scholarships</a>
Summer Conference	<a href="http://oregon.4h.oregonstate.edu/4h-summer-conference">http://oregon.4h.oregonstate.edu/4h-summer-conference</a>
Activate Oregon	<a href="http://oregon.4h.oregonstate.edu/activate-oregon">http://oregon.4h.oregonstate.edu/activate-oregon</a>
National 4-H Conference	<a href="http://oregon.4h.oregonstate.edu/national-conference">http://oregon.4h.oregonstate.edu/national-conference</a>
National 4-H Congress	<a href="http://oregon.4h.oregonstate.edu/national-4h-congress">http://oregon.4h.oregonstate.edu/national-4h-congress</a>
Exchange programs	<a href="http://oregon.4h.oregonstate.edu/4h-world-citizenship-project-overview">http://oregon.4h.oregonstate.edu/4h-world-citizenship-project-overview</a>

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Revised January 2005. Revised December 2011.