



United States Department of Agriculture | National Institute of Food and Agriculture | 4-H National Headquarters

4-H Opportunities for Young Adults

There are numerous opportunities for young adults to engage with the 4-H program. From older teens to the twenty-something's, there is an amazing experience waiting to be undertaken. Listed below are a few examples.

Cooperative Extension Service Internships

Depending on the state, Cooperative Extension Service internships may be available to provide the opportunity to explore careers in nutrition, agriculture, environmental science, natural resources, family and consumer sciences or community and youth development. Contact your local cooperative extension office or state [4-H office](#) to find out what is available.



1 National 4-H Conference Roundtable Members

Military Internships

The purpose of the [Military Extension Internship Program](#) is to give college students and recent graduates opportunities to use their college coursework in the real world through valuable work experience with military child and youth programs.

State, Regional, and National 4-H Events

Volunteers are needed to help run each event run smoothly and serve as role models and facilitators to the youth. Individuals should be prepared to put in long hours and have lots of fun. This is a great opportunity to meet 4-H members from across the nation as well as network with other young adults. Volunteers may not be delegates or contestants involved in the current year's event program. Contact your local or state [4-H office](#) to find out what they might be hosting or check the [national 4-H events calendar](#).

National 4-H Congress Design Team

Youth currently in 4-H and those in their first year of college and who have attended National 4-H Congress can apply to return the next year as a [Design Team member](#). These members work with the adult members to plan, design, and implement National 4-H Congress. Additionally, there may be opportunities to receive course credit for this educational leadership experience.

National 4-H Conference Round Table Facilitator

College students can apply to be a new facilitator, a returning facilitator or the lead facilitator to this event. [Roundtable Facilitators](#) members lead other 4-H members through processes of identifying issues affecting them based on the theme or target of the conference and/or workshop. Additionally, there may be opportunities to receive course credit for this educational leadership experience.

Citizenship Washington Focus and Leadership Washington Focus Program Assistants

[National 4-H Council Program Assistants](#) will become a licensed Class B Tour Guide for the District of Columbia metro area and will facilitate National 4-H Council's educational curricula to groups of youth from across the country. Program Assistants make these programs successful by using their skills and knowledge to help the participants have the most educational and fun experience possible in Washington DC and at the National 4-H Youth Conference Center. The hours of a Program Assistant are very long, usually between 50-60 hours a week, and often include evenings, weekends and holidays. Additionally, there may be opportunities to receive course credit for this educational leadership experience.