

# JUNIOR PASSPORT



UNIVERSITY OF GEORGIA  
EXTENSION



Fulton County 4-H

Fulton County 4-H  
7th-8th Grade Edition  
2019 - 2020

# I pledge

*My HEAD to clearer thinking*

*My HEART to greater loyalty*

*My HANDS to larger service*

*And my HEALTH to greater living*

*For my club, my community, my country and my world.*

## End of the Year Reflection

Answer the following questions about your experience participating in the 4-H Passport program this year.

This year I learned...

I can't forget...

I really want to share...

My favorite 4-H event or activity was...

Next year in 4-H, I want to ...

One thing I would change about 4-H would be...

## District Project Achievement

For additional information on 4-H Project Achievement, including complete guidelines, parent resources, example projects, and more, visit the Fulton County 4-H website:

[www.ugaextension.org/fulton](http://www.ugaextension.org/fulton)

## Save the Date!

### Portfolio Workshops

- September 8, 2019 | 4pm-5pm | Camp Fulton-Truitt
- September 15, 2019 | 3:30-5:00pm | Atlanta History Center
- October 6, 2019 | 4pm-5pm | Camp Fulton-Truitt
- October 20, 2019 | 3:30-5:00pm | Atlanta History Center
- November 3, 2019 | 4pm-5pm | Camp Fulton-Truitt
- November 17, 2019 | 3:30-5:00pm | Atlanta History Center
- November 26, 2019 | 10am-2pm | Atlanta History Center
- December 8, 2019 | 3:30-5:00pm | Atlanta History Center

### Portfolio Deadlines

- December 6 2019 - Rough draft of portfolio due
- January 3, 2020 - Final Portfolio Due

### Demonstration Workshops

- January 5, 2020 | 4pm-5pm | Camp Fulton-Truitt
- January 11, 2020 | 1pm-3pm | Atlanta History Center
- February 2, 2020 | 4pm-5pm | Camp Fulton-Truitt
- February 8, 2020 | 1pm-3pm | Atlanta History Center
- February 9, 2020 | 3:30pm-5pm | Atlanta History Center
- February 23, 2020 | 2pm-5pm | Atlanta History Center

### 7th-12th Grade District Project Achievement

- February 28 - March 1, 2020
- Rock Eagle 4-H Center
- FREE!

PASSPORT  
PASSEPORT  
PASAPORTE



## FULTON COUNTY 4-H

Type / Type / Tipo Code / Code / Código Passport No / No du Passeport / No de Pasaporte  
P FULTON CO 4-H 1000002020  
Surname / Nom / Apellidos

Given Names / Prenoms / Nombres

Nationality / Nationalite / Nacionalidad

Date of Birth / Date de naissance / Fecha de nacimiento

Place of birth / Lieu de naissance / Lugar de nacimiento

Date of issue / Date de délivrance / Fecha de expedición

Date of expiration / Date d'expiration / Fecha de caducidad

01 SEPTEMBER 2020

Endorsements / Mentions Specialties / Anotaciones

Authority/Autorite/Autoridad  
FULTON CO 4-H

## Instructions

Welcome to your 4-H Passport! This year in 4-H you will learn, have fun, make friends, and make your club, community, country, and world a better place!

Important: DO NOT LOSE YOUR PASSPORT! Just like a real passport, you should keep your 4-H Passport in a safe place that you won't forget it. We suggest keeping it on a bulletin board or on the refrigerator where it is easy to reach and update.

1. **Fill out your information including your name.** Either draw a picture of yourself, or cut out and tape or glue a picture of yourself in the box.
2. The passport is divided into two main sections: My 4-H Project Learning and the Activity Section. These can be completed in any order.
3. The **My 4-H Project Learning** will help you prepare to participate in 4-H Project Achievement. Follow the directions in the section to learn more about your favorite topic and to prepare a demonstration and speech to share your learning with others. You will then be ready to participate in Project Achievement!
4. The **Activity Section** keeps track of your 4-H and other activities during the year. When you have completed an activity, check it off and provide any information needed. Bring in your 4-H Passport to your 4-H club meeting to receive a stamp when you have completed an activity in each box. Earn stamps and points to receive awards!
5. **Fill out the reflection section at the end and submit your 4-H Passport by March 9, 2020 to receive your 4-H Passport Awards!**

## WORLD

<p style="text-align: center;"><b>HEAD</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Participate in District Project Achievement</b></li> <li><input type="checkbox"/> Identify a problem in your community and brainstorm solutions for it. Share your ideas at a 4-H club meeting or with your school class.</li> </ul> <p>Dates and description:</p>	<p style="text-align: center;"><b>HEART</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in a district 4-H event (such Junior Conference or Junior Rally)</li> <li><input type="checkbox"/> Enter a 4-H Contest</li> <li><input type="checkbox"/> Write a thank you note to a teacher, family member, neighbor, or someone else in your community who has helped you recently</li> </ul> <p>Dates and description:</p>
<p style="text-align: center;"><b>HANDS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Become a Certified Teen Leader</li> <li><input type="checkbox"/> Run for Northwest District Junior Board</li> <li><input type="checkbox"/> Prepare a health snack or meal for someone else (parent, sibling, neighbor, etc.)</li> </ul> <p>Dates and description:</p>	<p style="text-align: center;"><b>HEALTH</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attend a day or overnight 4-H camp</li> <li><input type="checkbox"/> Be active for 20 minutes every day for one week (take a walk with your family, bike, play soccer, etc.)</li> </ul> <p>Dates and description:</p>

# COUNTRY

<p style="text-align: center;"><b>HEAD</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Complete and submit a 4-H portfolio</b></li> <li><input type="checkbox"/> Participate in another community group (such as Scouts, Lego League, etc.)</li> <li><input type="checkbox"/> Learn about one of your local elected officials; write him/her a letter about a community problem that is important to you</li> </ul> <p>Dates and description:</p>	<p style="text-align: center;"><b>HEART</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in a Fulton County 4-H event that is NOT a club meeting (teacher workday program, day camp, workshop, etc.)</li> <li><input type="checkbox"/> Perform a random act of kindness in your community</li> </ul> <p>Dates and description:</p>
<p style="text-align: center;"><b>HANDS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in a non-4-H community service project or activity with your school, church/temple, or other organization</li> </ul> <p>Dates and description:</p>	<p style="text-align: center;"><b>HEALTH</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drink water for <b>dinner</b> every day for a week</li> <li><input type="checkbox"/> Go for a 20 minute walk or hike with your family</li> </ul> <p>Dates and description:</p>

## Points System

Points are earned for completing tasks in your 4-H Passport.

### Level 1

Complete 1 task on each page (Club, Community, Country, & World)

Award: Certificate and 4-H Drawstring Bag

### Level 2

Complete 2 tasks per page (Club, Community, Country, & World) and complete and turn in a **4-H Portfolio**

Award: Certificate, 4-H Drawstring Bag, & 4-H Passport T-shirt

### Level 3

Complete at least 1 task in each section (Head, Heart, Hands, & Health) on each page (Club, Community, Country, & World) and participate in **District Project Achievement**

Award: Certificate, 4-H Drawstring Bag, 4-H Passport T-shirt, & 4-H Passport Award Trip (dates and location TBA)

### What is Project Achievement?

Project Achievement is a competition in which you choose a topic you are interested in, learn about it, and share what you have learned with others.

It includes:

- Portfolio of learning and accomplishments
- Demonstration including a short speech (maximum 10 minutes) and supporting visuals (posters or PowerPoint)
- Free, overnight competition at Rock Eagle 4-H Center

## My Goals

What is one thing that you want to do, learn about, or accomplish this year? It may be at home, in 4-H, or at school. Write down your goal or goals for the year.

This year I want to...

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## My 4-H Project Learning

**4-H Project Achievement** is a great way to learn something new, learn to and practice public speaking, and make new friends. Follow the directions below and on the following pages to learn more about your favorite topic and prepare a demonstration to share what you have learned with others.

**Step 1:** Choose a project area as a focus for your learning.

**Step 2:** Create a portfolio of your learning, work, and accomplishments in your project area for the past year.

**Step 3:** Research your project topic to find facts and information.

**Step 4:** Write a speech about your topic that is no longer than 10 minutes.

**Step 5:** Create a poster or display board to use as a visual during your speech.

**Step 6:** Use props to use to explain your topic during your speech.

# COMMUNITY

<p style="text-align: center;"><b>HEAD</b></p> <p><input type="checkbox"/> Learn about a topic in a Project Achievement category and write down a summary of what you learned</p> <p>Dates and description:</p>	<p style="text-align: center;"><b>HEART</b></p> <p><input type="checkbox"/> Share what you have learned in your Project Achievement area with a family member</p> <p><input type="checkbox"/> Share about 4-H with your teacher or class</p> <p><input type="checkbox"/> Help a friend with a problem</p> <p>Dates and description:</p>
<p style="text-align: center;"><b>HANDS</b></p> <p><input type="checkbox"/> Help with chores at home</p> <p><input type="checkbox"/> Help your teacher in her/his classroom</p> <p>Dates and description:</p>	<p style="text-align: center;"><b>HEALTH</b></p> <p><input type="checkbox"/> Participate in a sports team or other physical activity</p> <p><input type="checkbox"/> Drink water for <b>lunch</b> every day for a week</p> <p>Dates and description:</p>

# CLUB

<p><b>HEAD</b></p> <p><input type="checkbox"/> Attend a 4-H Club Meeting</p> <p>Dates and description:</p>	<p><b>HEART</b></p> <p><input type="checkbox"/> Invite and bring a friend to a 4-H Club Meeting</p> <p><input type="checkbox"/> Donate pop tabs for Ronald McDonald House</p> <p>Dates and description:</p>
<p><b>HANDS</b></p> <p><input type="checkbox"/> Participate in a club community service project or event</p> <p><input type="checkbox"/> Run for a 4-H club officer position</p> <p>Dates and description:</p>	<p><b>HEALTH</b></p> <p><input type="checkbox"/> Choose a healthy snack at a club meeting</p> <p><input type="checkbox"/> Choose water at a club meeting</p> <p>Dates and description:</p>

Choose a 4-H project area the focus for your learning. Georgia 4-H offers over 50 project areas to choose from!

Arts Beef Better Breakfast* Cat Care Communications Companion Animal Science Computers Information Technology Crafts Dairy & Milk Science Dairy Foods* Dog Care & Training Engineering and Mechanics Entomology Environmental Science Family Resource Management Fashion Revue Festive Foods for Health* Flowers, Shrubs, & Lawns Food Fare* Food for Fitness Food for Health & Sport Food Safety & Preservation Forestry & Wood Science Fruits, Vegetables, & Nuts General Recreation Health History Horse Housing Human Development	International Marine Science Outdoor Recreation Performing Arts—Dance Performing Arts—General Performing Arts— Other Instrumental Performing Arts—Piano Performing Arts—Vocal Photography Physical, Biological, & Earth Science Pizza* Plant & Soil Science Pork Production Poultry & Egg Science Public Speaking Robotics Safety Sheep & Meat Goats Sports—Individual Sports—Team Target Sports Textiles, Merchandising, & Interiors Veterinary Science Wildlife Workforce Prep. & Career Development
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\*Indicates a food lab project in which instead of presenting a demonstration, 4-Hers prepare a dish from the 4-H recipe book

## My 4-H Project Learning—Portfolio

4-H Portfolios are a resume of activities and learning you have done for the 4-H year (the 4-H year runs from January 1 - December 31 of the current year). Your 4-H Portfolio summarizes everything you have done in your project area, leadership, and citizenship. This may include community service, programs you've attended, and learning you've done about your project area (interviews, research, and tours).

### Parts of a Portfolio

Junior 4-H Portfolios have three parts:

- Cover page (provided by the 4-H office)
- 2 pages summary of your work and accomplishments (95%)
- 1 page of supporting materials (photos, etc.) (5%)

## 4-H Portfolio Breakdown

### 4-H'ers Background (5%)

- In sentence form - May include any information about the 4-H'er including the 4-Hers family, activities, and reasons for joining 4-H or selecting this project.

### Main Project Work (25%)

- Pertaining to main project: Include articles made and prepared, animals cared for, size of project, etc. Includes learning experiences in the project area such as workshops, tours, interviews, books and pamphlets read, etc. Honors and awards in the project area may also be included.

### Main Project Sharing and Helping (20%)

- Helped someone else in your project area. i.e. leading a project club, teaching a class, assisting another 4-H'er in a project, or working on a community service project pertaining to your main project; Shared the information learned. i.e. demonstrations, exhibits, talks, and news articles written.

### Other Leadership and Teen Leadership Activities (15%)

- Offices held, committees served on, serving as a teen leader for an activity or assisting a fellow 4-H'er

### Other Community Service and Citizenship Activities (15%)

- Services provided, completed a project for the betterment of the community. i.e. working with the elderly, beautification projects, assisting the disabled or youth at risk.

### Other 4-H Activities (10%)

- Activities not listed anywhere else but are 4-H related. Participants in county, district, region or state 4-H events. 4-H judging teams not related to the main project and 4-H awards and recognition may be included.

### Other Activities (5%)

- May include information about school, community or church activities or any other activities that have not been listed elsewhere.

### Supporting Materials (5%)

- Pictures of your work for the year to support your written summary

## My 4-H Project Learning—Demonstration

**Step 1:** Choose a 4-H project area and pick a topic in that area as the focus for your learning. For example, in Dog Care & Training, you could talk about your three favorite dog breeds, or in Marine and Coastal Ecology, you could talk about how to become a marine biologist.

### Examples

**Project Area:** Dog Care & Training

**Topic:** Careers in dog training

**Project Area:** History

**Topic:** The Battle of Gettysburg

**Project Area:** Computer Info. Technology

**Topic:** Video game designer jobs

**Step 2:** Research your project topic to find facts and information. When you are researching your topic, make sure you take notes about the facts and information you discover. All of your information should come from credible sources like the library, encyclopedias, newspapers, and magazines. A credible source is a trustworthy source, so make sure you find webpages that end in .edu, .org, or .gov instead of webpages that end in .com or .net.

**Step 3:** After you have chosen your topic and done your research, it's time to start writing your speech! A speech consists of an introduction, the body, and a conclusion.

**Step 4:** Visuals! Poster boards and display boards are great to use as visuals. The poster should have a title and combination of facts, diagrams, and pictures that go along with the speech. All words and pictures on the poster should be large enough to see from 10-20 feet away.

**Step 5:** Props! A prop is an item that can be used as an example of what you are talking about in your speech. For example, if you are in the Sports project and talk about soccer, a soccer ball or team jersey would serve as a great prop. No live animals or items that would go against school policy are allowed.