



4-H NATIONAL CONGRESS 2022

Overview

I believe National 4-H Congress is an event every 4-Her needs to experience. The people and memories you will make here will stay with you forever and the knowledge and skills you will gain are priceless. National 4-H helped me leave my shell and allowed me to see the person I could be if I was more outgoing. - **Chanel**

The National 4-H Congress trip was an amazing experience that I won't forget. I enjoyed myself and am so happy I got to meet new people. I was scared at the fact that I was going to have to do workshops and meet new people. But, I am so glad that at the workshops we weren't with our own 4-H group and we were encouraged to interact with new people. I appreciate the speakers who came to give us talks because they all had very good messages to share. It was an amazing experience being able to meet people from all over the county and it was interesting learning about where people come from and how they live. It was also cool learning about how 4-H works in the mainland because most of them work with livestock, and we don't. I am beyond grateful for this opportunity and I encourage other 4-H members to try their very best to get to Congress. - **Elizabeth**

My experience at National 4-H Congress was very positive. I loved how I was able to learn more about the 4-H program and meet other people who share my interests. - **Kaitlin**

Since I've been at National 4-H Congress, I've met a vast amount of the most open and the kind people from diverse places around the United States. - **Kamryn**

National 4-H Congress was a once-in-a-lifetime experience that allowed me to bond with delegates around the nation. It was an experience that I will remember for ages. The relationships I formed, the friends that I made, and most importantly, the lessons and skills that I learned made the whole trip more enjoyable than I could have ever imagined. I am so grateful to have been a 2022 Hawaii Congress delegate! - **Karissa**



*Attending the National 4H Congress has been both an honor and a blessing. Back home on Maui, I hardly strayed from my routines. I could get out of my usual schedule and comfort zone in a safe space that Congress provided. I am most grateful for the connections I have made and the knowledge I have gained. Learning about the different projects other states partake in and their process to get to Congress has been eye-opening. Congress was by far the most memorable thing about my 2022. - **Macy***

*National 4-H Congress was an incredibly valuable experience and I am very grateful to have come. This was one of many highlights of this wonderful week and I am so lucky to have had this opportunity. - **Marissa***

*National 4-H Congress was one of the most amazing trip I've ever experienced. I did not know what to expect at first but congress became the highlight of 2022. It really helped me get out of my comfort zone and boosted my self esteem making new friends. I think this experience will help me in college when I move into a new environment and have to meet a bunch of new people. I had so much fun and it was very refreshing meeting genuinely kind people from other states as we shared our interests and experiences. Congress gave me an appreciation for 4-H and my home in Hawaii, I was so proud to represent and be a delegate from where I was from. I am so grateful for this opportunity and will cherish this memorable weekend. - **Rachel***

*My experience at the 2022 National 4-H Congress was one of the highlights of the year and probably my life. The most memorable part of this experience was getting to meet people from all across the nation. It was a huge culture shock to see the way people from different states interact with each other. Even though I was uncomfortable in some situations, Congress encouraged me to get out of my shell. It is true that without challenge there is no change. Being in nerve-racking conditions has altered my social skills in a positive way. 4-H National Congress was truly inspirational and a once-in-a-lifetime opportunity. - **Xia***





Community Service

For my service project, I visited Piedmont Park and spread mulch around the dog parks. Although labor inducing, I enjoyed this project as it gave me the opportunity to talk to other 4-Hers, and get my hands dirty. - Kaitlin

One of my highlights from this experience was the perimount park community service where I scattered mulch around the park. I got to meet these boys from Tennessee where they taught me how to use a pitch fork to scoop up mulch. – Kamryn

For my service project we went to Piedmont Park and scooped mulch to spread around the dog park. The park was very beautiful and big and I mostly enjoyed my time talking with everyone there. Some 4-Hers taught me how to use a pitch fork and we all socialized and talked about our experiences and interests. - Rachel

I had the opportunity to complete my community service project at Camp Fortson: one of only five 4-H camps in Georgia. There, we assisted the camp directors with raking leaves and picking up twigs for the campfire. We even created a pile of leaves to jump into. Although I experienced a bad case of whiplash from the lack of support of the leaves, I am still so grateful for the memories. Through this, I learned that service is not always about self-fulfillment. - Karissa



For my service project I went to Camp Fortson which is the 4-H camp in Georgia. I raked leaves and picked up sticks. The landscape was beautiful and I am so grateful I got to experience it. It felt good to give back and help the people who help us. - Elizabeth

For my service project, I visited Benteen Elementary School's temporary campus, as they were renovating their original building. Since they had just moved, we assisted in unpacking boxes and organizing rooms. After we finished, the principal and school children expressed that they hadn't had time to unpack everything and were thankful for all our help. Hearing that response was rewarding and made me feel like I truly had an impact on these children and the school. – Marissa

For my community service project, I got to help clean up and organize books and equipment at a school. I know my contributions will allow more time for the staff to care for their students.-Chanel

Congress Gala



It was fun dressing up for the Congress Gala and everything was so formal and fancy. It was also nice seeing everyone dressed up. – Rachel

The food and dessert were amazing. The speakers motivated me to learn new skills and become the person I want to be in the future. - Chanel

I loved the gala as it gave me an opportunity to dress up. The food was pretty good too. – Kaitlin

The Congress Gala was a fancy night where all of us dressed up in elegant ball gowns and looked cute.



Although the food was quite basic, we had more time to dance with everyone which was such a treat. It was so fun to be in the center of the crowd and dance it out with friends. – Karissa

Opening Assembly

The welcoming assembly gave a great first impression and lasting memory to 4-H National Congress. It was a perfect way to start off the event. - Chanel

I really enjoyed the first night when we had to interact with new people and we got to learn about them. - Elizabeth

The open assembly was nice as it gave a formal start to congress. It was shocking to see how many people were actually attending congress. - Kaitlin

As we entered the ball room, I was taken aback by the sheer number of 4-Hers present. A mind-boggling 42 states were represented at this year's Congress with roughly 800 delegates in attendance. I could feel the energy in the room and was excited for the week ahead. – Karissa

The opening assembly was very big and at first I was a little overwhelmed by the amount of people there. But I enjoyed the the assembly as they introduced the design team and the speakers and singers were really good.- Rachel

Hawai'i Congress Delegates

Alina	Kailee	Karissa	Rachel
Chanel	Kaitlin	Macy	Sydney
Elizabeth	Kamryn	Marissa	Xia

Kamryn: Youth Leadership Leadership Team

Kaitlin: Delegate Advisor

Karissa: Flag Bearer



4-H Chaperones

Kate Eickstead & Verna Eguires

Mahalo for volunteering your time to ensure our youth had a safe and wonderful experience at this once-in-a-lifetime event!

