



Information
for

STUDENTS with DISABILITIES

FLEX AND YOU The FLEX program welcomes all students who meet the age, grade, and citizenship requirements to participate in the program. This includes students with disabilities. Since the program began in 1993, over 443 students with visual, hearing, motor, and other disabilities have participated.

Many FLEX alumni describe the program as a life-changing experience that helped them become more independent and better able to solve challenges. FLEX participants also gain a greater understanding of other cultures, increase their self-confidence, acquire new skills, and expand their career opportunities.

FLEX testing materials are available in a variety of formats to allow everyone to participate. Please contact your local American Councils office so that we can best accommodate your needs.



THE MIUSA PROGRAM FLEX finalists with disabilities will attend a five-day independence skills workshop in Eugene, Oregon before traveling to their U.S. host communities. The workshop is organized by Mobility International, USA (MIUSA, www.miusa.org) and includes:

- Interactive sessions about what education and activities are like in the U.S. for people with disabilities
- Activities to build leadership, teamwork, and problem-solving skills
- Setting short- and long-term goals for the FLEX year

FLEX alumni say this about the MIUSA program:

“MIUSA provided me numerous possibilities to know new people, learn new things about people with disabilities in the U.S., and try new activities. MIUSA truly prepared me for my upcoming exchange year!”
- Sultan

“The workshop prepared us to be more open-minded about the problems we may face during our exchange year. After the workshop, all of my concerns are gone, and I am sure I will be able to have the most amazing exchange year. Because of the workshop I got to know such amazing people from different countries around the world. The friendships I made here will be lifelong and the MIUSA workshop will stay as an amazing experience in my mind.”
- Nana



Frequently asked QUESTIONS

FLEX seems very competitive. Why should I try?

It is not easy to try something new, especially something as big as spending a year away from your family and friends. Alumni say it is worth taking the chance — you never know, if you do not try.

What are the age and grade requirements for students with disabilities?

Candidates must be:

- Born between February 15, 2008 and July 15, 2011;
- Studying in 8th, 9th, 10th, 11th or 12th grades;
- A citizen of the country in which they apply.

If I need medical care in the U.S., who will pay for it?

The FLEX program provides all finalists with program insurance that covers medical emergencies. The program also has additional funds available to each student with a disability. However, FLEX is not a medical treatment program, and does not provide consultations, treatments, or surgeries.

I require accommodations to take part in FLEX testing. What should I do?

Adapted tests (Braille, enlarged text) are available. FLEX can accommodate any candidate who is able to communicate in English (spoken or written). Contact your local American Councils office for more information.



“ Never before had I thought that I would attain what I have attained up to this point, and all of this is thanks to the fact that I took part in the FLEX program... it changed my outlook on life and gave me a great deal of optimism, belief in myself, and most importantly, taught me to solve problems and make decisions. After all, it's not easy for children with disabilities, who are used to having their parents accompany them everywhere, to travel abroad alone.

- Ayazhan

“ FLEX gave me a wonderful opportunity to become more mature and independent through my exchange year. In America, I joined the tennis team and I was in the school band... I became more mature through all of these things and by living independently. Now I see my future – I have the power to fight for it, and I am happy that I went on the FLEX program. I strongly recommend that students with disabilities try this program. I still have a close relationship with my host family and my American friends, even from thousands of kilometers away.

- Nika



www.discoverflex.org



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