



# Saint Louis County

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## NEWS RELEASE

### FOR IMMEDIATE RELEASE:

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### **Incredible Exchange youth volunteer program accepting applications**

Applications for The Incredible Exchange are now available for Winter 2014-2015 participation. The Incredible Exchange is designed for youth, ages 12-15, to volunteer in their community and give of their time and talents while learning new skills. In exchange, they can receive a certificate for a recreational or cultural activity of their choice, such as music, art, martial arts, dance or horseback riding lessons, a YMCA pass, or a ski or golf pass. Participants can choose from a variety of volunteer sites, including community centers, assisted living facilities, daycare centers and tourist attractions. Upon completion of the program (25+ volunteer hours), the participant receives an Exchange Certificate, redeemable for their chosen activity, as well as the life-skills learned through their volunteer experience.

The Winter session runs from December 2014 through April 30, 2015. To participate, students must be between the ages of 12 and 15 years old as of October 31, 2014, and live in south St. Louis County. Youth may participate in a maximum of two sessions.

The application deadline is Monday, November 3. Applications may be completed and submitted online at [stlouiscountymn.gov/incredibleexchange](http://stlouiscountymn.gov/incredibleexchange) (follow the link to the application). Paper applications will also be accepted and can be printed from the website listed above and mailed to "The Incredible Exchange," St. Louis County Extension Office, 2503 Rice Lake Road Duluth, MN 55811. Area schools have also been informed about the applications and may have paper applications available to students.

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