



Growing Cultural Awareness in 4-H



4-H is a youth organization that strives to increase awareness, appreciation, and inclusion of diverse beliefs and cultures. Respecting the differences of others is an important life skill. Step into another country and explore the 4-H pledge in different languages worldwide.

4-H Pledge (English)

I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
and my health to better living,
for my club, my community, my county, and my world

Promesa 4-H (Spanish)

Prometo usar mi mente para pensar con más claridad,
mi corazón para ser más leal,
mis manos para ser más servicial,
mi salud para cuidarme más,
por mi club, mi comunidad, mi país y mi mundo.
- Translated by Dr. Lisa Lauxman, National 4-H Foundation

4-H Cog Lus (Hmong)

Kuv cog lus kuv:
Kuv lub taub hau rau meej meej xav kev,
Kuv lub plawv rau loj dua kev ncaj ncess,
Kuv txhais tes rau pab cov neeg,
Thiab kuv cov kev mob rau kov zoo dua ciah,
Muab rau kuv lub koom haum,
Kub vclub zos, kub lub tebchaws, thiab kuv tub ntiaj teb.
- Translated by Roberta Xiong, Merced County 4-H Member (2002)

Ich verspreche (German)

Ich verspreche
Den Kopf zu klarem Denken,
Das Herz zu größerer Treue,
Die Hände zu größerem Dienst, und
Die Gesundheit zu besserem Leben,
Für meinen Klub, meine Gemeinschaft, mein Land, und meine Welt.
- Translated by Henrik Nielsen (2004)

4-H no Seiyaku (Japanese)

Meikaku ni kangaeru kotonodekiru atama,
Seijitsu to Yujo ni tomu kokoro,
Shakai ni yakudatsu ude,
Yori kenkono seikatsu o shite,
Kazoku, chiiki, sekai ni hoshi o shiyō.

- Translated by 4-H Japanese Exchange Summer Hosting Program (2002)

Les membres engagé (French)

Les membres engagé
Ma tête à penser plus clair
Mon cœur à la plus grande loyauté
Mes mains au plus grand service, et
Ma santé le meilleur habiter,
Pour mon club, ma communauté, mon pays et mon monde.

- Translated by Florida 4-H Program

Norwegian Bokmål (Norwegian)

Vi lover å arbeide,
Mot det mål,
Å bli en ungdom,
Med klart hode,
Varmt hjerte,
Flinke hender, og
God helse.

- Translated by Inger Marie Angeltveit, Norway (2006)

Adopted from Colorado State University



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