



trainee + intern

A RESOURCE FOR CENET PROGRAM PARTICIPANTS

cenet

—
GOING PLACES, TOGETHER.

Important Contact Information

Welcome to your BridgeUSA Program! We hope you enjoy exploring different aspects of American culture, as well as sharing your own during your time in the United States. As your sponsor organization, Cenet is here to provide assistance and support throughout your program. We look forward to hearing about your experiences.

CULTURAL EXCHANGE NETWORK (Cenet)

Help Line

1-866-512-3638 (free within the U.S.)

1-573-335-7111 (outside the U.S.)

Fax

1-573-335-7110

Mail

Cenet

Trainee/Intern Program

338 Broadway Street, Suite 620

Cape Girardeau, Missouri 63701

USA

Email

trainee@cenet.org

Website

www.cenet.org

Participant Portal

login.cenet.org

OTHER RESOURCES

United States Citizenship and Immigration Services (USCIS)

1-800-375-5283

www.uscis.gov

United States Department of State Help Line

1-866-283-9090

jvisas@state.gov

Bureau of Educational & Cultural Affairs

1-844-300-1824

exchanges.state.gov

Social Security Administration

1-800-772-1213

www.ssa.gov

Internal Revenue Service (IRS)

1-800-829-1040

www.irs.gov

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Welcome to Cenet's Trainee and Intern Program!

We hope this will be a great adventure and an excellent learning experience you will always remember.

Cenet, also known as Cultural Exchange Network, located in Cape Girardeau, Missouri, is a non-profit organization dedicated to cultural and international exchange. Cenet administers the Intern, Trainee, Summer Work Travel, and Camp Counselor programs for international participants, as well as operates The Magellan Exchange, a non-profit university consortium offering student and faculty exchanges both within the United States and abroad. In addition, Cenet offers the Culture in the Community program, which brings international education to local classrooms and to youth summer camps.

Our mission is to inspire a safer, more prosperous and compassionate world through international education and cultural exploration.

Trainee & Intern Programs

Cenet's Trainee and Intern programs are BridgeUSA programs authorized by the U.S. Department of State's Bureau of Educational and Cultural Affairs. This program offers you the opportunity to come to the United States and take part in a structured training or internship program. You will receive ongoing supervision and evaluation from experienced personnel within your host company. Cenet will monitor the program and act as an advisor and liaison between you and your supervisor, as needed. You are encouraged to travel and experience a variety of American cultural experiences during your free time.

The purpose of your program is professional development and cultural understanding. At the end of your program, you will return home with increased expertise in your field and a greater ability to work and live in other cultures. The program also benefits the company because its employees become better acquainted with the personal and professional attitudes and styles of other cultures.

Cenet Services

Cenet strives to provide all that is needed to make your stay successful. Your program fee includes:

- Determination of application procedures, requirements, and documents
- Suggestions and recommendations for placement possibilities
- Review and approval of the Training Internship Placement Plan (DS-7002)
- Final review and acceptance
- Orientation materials
- DS-2019 Form and supporting documents
- Recordkeeping
- Government reporting
- Government liaison
- Consular intervention and support, as needed
- Health insurance enrollment with a Cenet-approved provider
- Ongoing monitoring of the program experience
- Liaison between you and your host company, as needed



- 24-hour emergency support while in the U.S.

PROGRAM DURATION

Your authorization is limited to the time period indicated on your DS-2019.

- Intern programs may not exceed 12 months.
- Hospitality trainee programs may not exceed 12 months.
- All other trainee programs may not exceed 18 months.

If your program is not at the maximum duration, and your host company agrees to extend your program, please contact Cenet. Extension requests must be made at least 1 month prior to the end date on the DS-2019. Cenet will make the final determination of whether or not an extension is approved.

HOME-COUNTRY PHYSICAL PRESENCE REQUIREMENT

Be aware that exchange visitors from certain countries with certain skills must maintain a residency in their home country for at least two years at the conclusion of their programs to qualify for specific types of visas. Please see Section 212(e) of the Immigration and Nationality Act. In addition, all trainees and all interns who do not qualify for a subsequent internship program must reside outside the U.S. for at least two years before being eligible for further training programs. (22 CFR § 62.22 (n)(2). 2010)

Rules, Regulations and Expectations

Remain in Lawful, Non-Immigrant Visa Status

The Exchange Visitor status is strictly regulated by the U.S. State Department. As a designated Sponsor, Cenet is obligated to enforce these rules. Cenet is committed to ensuring that participants are aware of these very specific regulations and that they agree to abide by them. While Cenet wishes all program participants a wonderful experience in the United States, Cenet must reject the application or terminate the program of participants who do not follow the rules. If you have questions about any of the rules, please contact Cenet.

The rules and expectations are summarized below.

- Meet all eligibility criteria of the program.
- Demonstrate adequate financial support.
- Maintain adequate health insurance, as arranged by Cenet.
- Contact Cenet upon your arrival in the U.S.
- Keep Cenet informed of your current home address, telephone number, email address and host employer contact information. You must update Cenet within 72 hours if any of this information should change.
- Maintain contact with Cenet. Reply to all Cenet emails.
- Ensure you have at least weekly access to the internet during your program.
- Report any issues or concerns you may have during your program. Cenet will communicate with you, but it is your responsibility to report any questions, concerns, or difficulties throughout the J-1 program.
- Provide documentation of participation in cultural events.
- Represent your country and Cenet with dignity and professionalism.
- Obtain the necessary endorsements from Cenet before you travel outside the U.S. during your program.

- Report to the host company listed on your DS-2019.
- Attend all orientation and evaluation sessions organized by Cenet, your home country agency, or your host company.
- Know and abide by all host company, Cenet, landlord, and government rules, policies, and regulations.
- Abide by all signed agreements with Cenet and your host company.
- Understand that you are responsible for your own social life, entertainment, and transportation.
- Contact your supervisor with any problems. If you are unable to resolve the problem, you must contact Cenet about your situation. You must receive permission from Cenet prior to your relocation. Transfers are only granted on rare occasions, and participants must follow the proper procedure outlined by Cenet.
- Use the 30-day grace period for travel and leisure only.
- Return home at the conclusion of your program in order to continue your studies and/or pursue a career.
- Understand that the program is not a way to obtain a permanent job in the U.S. or a way to immigrate.
- You are expected to follow any health and safety policies issued by your home country's government, the U.S. federal government, the state and local government where you will be residing, your host company, your landlord, and Cenet. Quarantine upon arrival and/or during the program, if required.

Failure to abide by any of the rules listed above may result in dismissal from the program and early return to your home country.

Your DS-2019 Packet

You will come to the U.S. in Exchange Visitor Visa status (J-1 Visa). Upon acceptance to the program, you will be sent a DS-2019. This form is a "Certificate of Eligibility for Exchange Visitor (J-1) Status." It officially identifies Cultural Exchange Network as your program sponsor, describes the purpose of your program, and lists the exact dates you are permitted to participate. It also indicates your authorized host company in the U.S. and states that you have at least \$2,000 in personal funds available to you in case of emergency. The form is signed by Cenet. You will use this document to apply for the Exchange Visitor J-1 Visa.

Your DS-2019 package will include your DS-2019 form, your DS-7002 Training/ Internship Placement Plan, and an emergency identification card. You will be able to download your insurance information, description of insurance coverage, and program sponsor letter from your Cenet online portal.

Applying for Your Exchange Visitor (J-1) Visa

The U.S. Consulate in your home country issues the Exchange Visitor (J-1) Visa, which allows you to temporarily enter the U.S. and participate in the program. Each consulate may have a slightly different application process, though in most cases you will have a personal interview. Check with the consulate in your home country or with your home country agency for details. The consulate charges a fee to apply for the visa, and the U.S. Government charges a SEVIS fee.

SEVIS: A U.S. Government database which is used to track such things as your visa application, program progress, and arrival in and departure from the U.S. Cenet also utilizes this database to record terminations, no-shows, or any other unusual activity in your program.

The U.S. consulate in your home country requires certain standard documents:

- DS-2019
- DS-7002
- Passport (valid for at least six months beyond the end of your program)
- DS-160 (Online Nonimmigrant Visa Application) confirmation page
- Application fee payment receipt

Form DS-160 can be found at: <https://ceac.state.gov/genniv/>

It is best to take letters of reference, documents supporting your intent to return to your home country, and other required documents to the consulate. If you are approved, the J-1 Visa will be placed in your passport and all of your documents will be returned to you.

Preparing for Your Trip to the U.S.

TRAVEL PREPARATIONS

Before you leave home you should research the area in which you will be living as well as plan your transportation from the airport to your host company and/or housing. Some host companies will not meet you at the airport, so you will need to arrange transportation from the airport to your host company/housing. Refer to Appendix G for a list of helpful telephone numbers and websites.

RESEARCHING YOUR NEW COMMUNITY

Before beginning your program, thoroughly research the community in which you will be living. This should include, but is not limited to, the following:

- Housing options
- Transportation options
- Cost of living
- Climate
- Atmosphere, rural/urban
- Local attractions, night life, points of interest, shopping, etc.
- Travel opportunities outside of the host community

This community is where you will be spending the majority of your time in the United States so be sure that you have a solid understanding of everything available to you in this location prior to beginning your program.

TRAVEL ARRANGEMENTS

Make sure you inform Cenet or your home country agency about your travel arrangements to the U.S. In addition, remember to contact your employer before you leave home and provide them a detailed description of your travel plans.

HOUSING

Housing arrangements must be made before you leave your home country. In many cases, participants will make temporary housing arrangements (for example, a hotel where one can pay by the week) and then look for longerterm arrangements once they arrive. **Please use caution with websites like Craigslist which may present false leads or scams.**

Some host companies provide housing or housing assistance as part of the program package. Others do not. Be sure you understand the arrangements with your host company before you leave home. If your host company provides housing, it is probably shared with other participants. You will be responsible for paying your rent by a certain date each month (or each week). The cost and location of your housing is your responsibility, even if the terms differ from those quoted to you before your arrival. You are solely responsible for ensuring your rent is paid.

In the U.S., it is customary for rental units to be arranged for a set period of time, and rent is generally not prorated for early departures or partial months. You will be financially responsible for the predetermined period, regardless of the date that you move in or out of your housing unit.

It is also customary in the U.S. to pay a security deposit (typically equivalent to one month's rent) when you move into rental housing. A security deposit is an amount of money that tenants pay to the landlord to cover any damages that they may cause to the property. At the end of the lease, if there are no damages, the money will be returned to the tenant. If there are damages, then the tenant will receive any funds that remain after repairing the damages. In some cases, a cleaning fee is deducted from the deposit. The terms of the deposit should be included in the housing lease.

You are neither guaranteed a roommate during your stay, nor guaranteed a private room. You are expected to care for your housing in a responsible manner and to keep your rooms clean. You must not damage the accommodations or the furnishings or remove items from the accommodations. Any damages/incidents or problems (e.g., water leak) at your apartment should be reported to your landlord immediately. You are expected to keep noise at a minimum. Drunkenness will not be tolerated.

Although signing a lease may be optional, it is strongly recommended that you sign one that includes the terms and conditions of the leasing agreement. This is for both your protection and the landlord's. Refer to Appendix A for more information about housing and housing considerations. Please refer to Appendix G for a list of helpful websites for short-term accommodations.

BRINGING ENOUGH MONEY

Your stipend/wage may not be enough to cover all expenses. As a participant, you are responsible for your roundtrip air ticket, food, lodging, U.S. travel, and personal expenses.

Ensure you have access to at least \$2,000 in “arrival funds.” This money will enable you to pay your expenses until your first paycheck is received. Consider that you must pay for such things as transportation, meals, your first month’s rent, and a housing deposit. Please also ensure that you have access to a minimum of \$2,000 in “emergency funds” to use throughout the program. These funds are different from your arrival funds and are to be used in case of emergency or unexpected expenses. Cenet recommends that you bring a credit card, preferably a VISA or MasterCard, as well as a debit/ATM card with you.

COPY YOUR DOCUMENTS

Make two photocopies of your DS-2019, passport, and J-1 Visa. Leave one photocopy at home with a family member. Pack the other photocopy in your luggage in a separate location from the originals. If you lose your originals, these copies can aid you in replacing them.

PACKING

Check baggage allowances in advance, as this varies by airline. Remember, you will have to carry everything you pack until you reach your housing. Pack as lightly as possible to still be comfortable during your stay.

PACKING CHECKLIST

Use this checklist when packing your carry-on bag:

- Passport with J-1 Visa
- DS-2019 and a copy
- DS-7002 (Training/Internship Placement Plan)
- Health insurance information
- Program sponsor letter from Cenet (download this from your Cenet online portal)
- At least \$2,000 in arrival funds (cash or access to the funds)
- A credit card and an ATM card
- International driver’s license, if you have one
- Any necessary clothing/personal items in case your checked luggage is lost or delayed
- Any valuables
- Prescription medications in the original prescription containers
- Detailed travel plans from the U.S. airport to the company or your accommodations

Your Arrival in the U.S.

U.S. IMMIGRATION

While on the airplane traveling to the U.S., you will be asked to complete a Customs Declaration Form.

When you enter the U.S., you will be required to show your:

- DS-2019
- Passport with a valid J-1 visa

You may be asked questions about the purpose of your visit, the length of your stay, and your U.S. destination. Be courteous and respectful to the immigration officials and answer their questions clearly. If all is in order, an immigration official will validate your DS-2019. Your DS-2019 form and J-1 visa are VERY important. **DO NOT LOSE THEM.**

U.S. CUSTOMS

After you collect your luggage, you will proceed through U.S. Customs. Make sure all of your prescription medications are in the original containers. You will not be allowed to bring in any plants, animals, or perishable foods (e.g., cheese, fruits). You cannot legally possess alcoholic beverages unless you are at least 21 years old. You will only be allowed to bring in a limited number of cigarettes or other tobacco products.

CONNECTING FLIGHTS

If you are connecting onto another flight in the U.S. and you have a boarding pass for that flight, proceed to the information screens to determine your departure gate. Airport staff will be available if you have any questions.

I-94 ADMISSION RECORD

Your I-94 admission record will be created electronically in the U.S. Customs and Border Protection systems. This admissions number, as well as answers to frequently asked questions, can be retrieved at: <https://i94.cbp.dhs.gov/i94/#/recent-search>. You will need to enter the following information to retrieve your I-94 number:

- First Name
- Last Name
- Birth Date
- Passport Number
- Passport Country of Issuance

Your I-94 will show the last day you are allowed to legally remain in the U.S. on this particular program. The abbreviation “D/S” may be used instead of a date. This means “Duration of Status” and indicates that you are allowed to stay until the end date on your DS-2019, plus the optional grace period. (See *Your Departure from the U.S.* for more information on the grace period.)

Sample Customs Declaration Form



U.S. Customs and Border Protection

This Space For Official Use Only

FORM APPROVED
OMB NO. 1651-0009

YOUR FIRST FEW DAYS

You may need to stay in a hotel or a hostel for a few days upon arrival. Make arrangements for this possibility in advance. Refer to Appendix G for a list of useful websites. Often the first few days or weeks are quite hectic and disorganized for everyone, including your host company. Be prepared to be flexible during this initial time period.

Notifying Cenet of Your Arrival/SEVIS Activation

Notify Cenet within 72 hours of your arrival in the United States. This arrival notification allows Cenet to activate your health insurance as well as to inform the Social Security Administration and the U.S. State Department of your entrance to the country.

This is very important. If Cenet does not hear from you within 10 days of your arrival in the U.S., Cenet is required to report you as a "No-Show" in SEVIS, which has negative effects on your current and future visa status.

To notify Cenet of your arrival and to activate your SEVIS record:

1. Login to your Cenet portal at login.cenet.org
2. After logging in, click on **SEVIS ACTIVATION** to provide your arrival date and housing address. Please be specific and include your apartment number or room number.

Staying in Contact with Cenet

The U.S. State Department requires Cenet to monitor your location and activity throughout your program. Cenet must know your living address, telephone number, and place of employment at all times. Your program will be terminated in SEVIS if you do not inform us of changes or follow program rules.

To participate in Cenet's BridgeUSA Program, you must ensure you have access to the internet at least once per week; this is your responsibility. You must maintain contact with Cenet throughout your stay in the U.S.

- **Notify Cenet of your arrival.**
- **Check your email.** Check the email address you provided to Cenet on your application at least once a week. Cenet will send you important messages and reminders via email. Respond to Cenet messages as soon as possible. You may also want to add Cenet to your address book to avoid missing important emails. If you change your email address, you must notify Cenet.
- **Using your Cenet login, notify Cenet immediately of any:**
 - Changes to your contact information
 - Changes in your living arrangements

- **Notify Cenet of any personal or professional issues that require assistance.** Please remember that Cenet cannot assist you if we are unaware of your issues or concerns.
- **Report all other issues** (e.g., serious health concerns, international travel plans, legal infractions, disciplinary notices from your host company and/or landlord).
- **Notify Cenet of your departure arrangements.**

If you do not have internet access at your housing or host company, it is your responsibility to obtain internet access in order to communicate with Cenet. You may have to visit a café, an internet café or public library.

Note: If you call Cenet, be prepared to provide your full name and DS-2019 number (located in the upper right corner of your DS-2019). If you leave a message, speak clearly and slowly. Leave a phone number where your call can be returned.

BI-MONTHLY CHECK-IN REQUIREMENT

You will receive emails from Cenet asking you to log in and complete your monitoring survey every 2 months.

Please note that it is your responsibility to ensure that you maintain contact with Cenet, even if you do not see the email reminders. Failure to maintain communication with Cenet may result in the termination of your program.

COMMUNICATING YOUR PARTICIPATION IN CULTURAL EVENTS

The primary purpose of this program is to offer you the opportunity to increase your knowledge and understanding of the U.S. by combining cultural and work experiences. As your sponsor organization, Cenet encourages you to explore your surroundings and participate in local events and activities, such as:

- Attend a party
- Go shopping
- Attend a festival or parade
- Go to a farmer's market
- Attend a sporting event
- Visit a museum, university, or historical monument or site
- Take a class (English, cooking, fitness, etc.)
- Have dinner with American friends
- Attend a concert or performance
- Visit a park or experience the outdoors (camping, hiking, swimming, etc.)
- Travel to another city or state
- Volunteer at a charity event, food bank, or other charitable activity

There are many other activities that you can do based on your own preferences and interests. Please remember that cultural activities include big events such as attending festivals as well as smaller events such as dinner with friends. Throughout

your program, we will ask you to share your experiences with us. Please make sure you keep Cenet informed of your participation. Please see Appendix G for a list of helpful websites to find fun events.

Applying for Your Social Security Card

You must apply for a Social Security number, unless you have participated in a previous program and already have one. It is necessary if you are receiving a paycheck or if you apply for a driver's license, and often for identification. There is no fee for this card.

Cenet recommends that you wait 5 days after you have notified Cenet of your arrival in the U.S. before applying for the card. Cenet has to activate your record in the SEVIS system, and then it may take up to 5 days for your information to be available to the Social Security office in SEVIS. Failure to apply for your Social Security Number in a timely manner may result in negative consequences.

Take the following documentation to the Social Security office when you apply for your card:

- DS-2019
- I-94 (see *Your Arrival in the U.S.*)
- DS-7002
- Passport (valid for at least six months beyond your program's end)
- Program sponsor letter from Cenet

Some host companies assist participants in applying for this card, but others do not. It is essential that you discuss this with your host company before you arrive in the U.S. If your host company does not assist you, make plans for finding the nearest Social Security office on your own. Refer to Appendix G for the Social Security Administration website.

Once you apply for the card, it may take several weeks for it to be issued. There is nothing Cenet or your employer can do to speed the process. You may participate while the card and number are pending. If your employer has a question about this, ask them to contact Cenet.

Reporting to Your Host Company

Once you have signed your training plan (DS-7002) with a particular company and presented that offer to Cenet for issuance of your DS2019, you are committed to that site. Your J-1 Visa is issued specifically for participation at the host company stated on your DS-2019. You must report to this host company upon arrival in the U.S. This is the position and host company that was vetted/approved before your arrival, and the position and host company that was presented to the U.S. Consulate during your visa interview. Failure to report may result in the termination of your program.

ESSENTIAL EMPLOYMENT FORMS

When you arrive at your host company you will be required to complete a minimum of two forms before you can begin your employment. You must complete an I-9 "Employment Eligibility Verification" Form and a W-4 "Employee Withholding Allowance Certificate" Form.

I-9

When you complete the I-9 you will need to show your DS-2019 and your passport with your J-1 Visa. Be sure to check the box "an alien authorized to work until" and enter the program end date listed on your DS-2019. Use your I-94 card number on the line requesting the Alien # or Admission #.

W-4

Every employee receiving wages in the U.S. is required to complete a W-4. You are subject to all federal, state and local income taxes. This form determines how much tax should be withheld from your paycheck.

For instructions, refer to Chapter 8 of the IRS Publication 519 "U.S. Tax Guide for Aliens" at: www.irs.gov/pub/irs-pdf/p519.pdf
Because of the restrictions on a nonresident alien's filing status, the Internal

Revenue Service (IRS) has very specific recommendations on how to complete this form; these instructions differ from the instructions printed on the actual form. All nonresident aliens (including J-1 Visa holders) should complete the form using the following instructions:

- Check only "Single" marital status on line 3 (regardless of your actual marital status).
- Claim only one allowance on line 5.
- Write "Nonresident Alien" or "NRA" on the dotted line on line 6. You can request additional withholding on line 6.
- Do NOT claim "Exempt" withholding status on line 7.

Paying Your Taxes

SOCIAL SECURITY AND MEDICARE TAXES (FICA)

Do not pay. Social Security and Medicare taxes (called "FICA") are automatically withheld from the paychecks of all U.S. citizens and permanent residents. Because you are in nonimmigrant status, these taxes should NOT be withheld from your paycheck. Some U.S. companies are not aware of these special regulations. If your host company has questions, ask them to contact Cenet or direct them to chapter 8 of the Internal Revenue Service (IRS) Publication 519 "U.S. Tax Guide for Aliens" for proof of these exemptions. Refer to Appendix G for this publication's website.

FEDERAL UNEMPLOYMENT TAX

Do not pay. Exchange visitors are not eligible for federal unemployment benefits; therefore, you are not required to pay federal unemployment tax. You should consult your state tax office to determine if you must pay state unemployment tax.

Sample I-9

The image shows a sample of the Employment Eligibility Verification Form (Form I-9). The form is titled "Employment Eligibility Verification" and is issued by the Department of Homeland Security, U.S. Citizenship and Immigration Services (USCIS). It includes fields for personal information, address, and employment authorization. A large "SAMPLE" watermark is overlaid on the form. The form is divided into sections, including "Section 1. Employee Information and Attestation" and "Preparer and/or Translator Certification (check one)".

Employment Eligibility Verification
Department of Homeland Security
U.S. Citizenship and Immigration Services

USCIS
Form I-9
OMB No. 1615-0047
Expires 10/31/2022

START HERE: Read instructions carefully before completing this form. The instructions must be available, either in paper or electronically, during completion of this form. Employers are liable for errors in the completion of this form.

ANTI-DISCRIMINATION NOTICE: It is illegal to discriminate against work-authorized individuals. Employers CANNOT specify which document(s) an employee may present to establish employment authorization and identity. The refusal to hire or continue to employ an individual because the documentation presented has a future expiration date may also constitute illegal discrimination.

Section 1. Employee Information and Attestation (Employees must complete and sign Section 1 of Form I-9 no later than the first day of employment, but not before accepting a job offer.)

Last Name (Family Name) First Name (Given Name) Middle Initial Other Last Names Used (if any)

Address (Street Number and Name) Apt. Number City or Town State ZIP Code

Date of Birth (mm/dd/yyyy) U.S. Social Security Number Employee's E-mail Address Employee's Telephone Number

I am aware that federal law provides for imprisonment and/or fines for false statements or use of false documents in connection with the completion of this form.

I attest, under penalty of perjury, that I am (check one of the following boxes)

1. A citizen of the United States

2. A noncitizen national of the United States (See instructions)

3. A lawful permanent resident (Alien Registration Number/USCIS Number)

4. An alien authorized to work until (expiration date, applicable (mm/dd/yyyy)). Some aliens may write "N/A" in the expiration date field. (See instructions)

Aliens authorized to work must provide only the following document numbers to complete Form I-9:
An Alien Registration Number/USCIS Number OR Form I-94 Admission Number OR Foreign Passport Number.

1. Alien Registration Number/USCIS Number: _____
OR
2. Form I-94 Admission Number: _____
OR
3. Foreign Passport Number: _____
Country of Issuance: _____

QR Code - Section 1
Do Not Write In This Space

Signature of Employee Today's Date (mm/dd/yyyy)

Preparer and/or Translator Certification (check one):

I did not use a preparer or translator. A preparer(s) and/or translator(s) assisted the employee in completing Section 1.
(Fields below must be completed and signed when preparers and/or translators assist an employee in completing Section 1.)

I attest, under penalty of perjury, that I have assisted in the completion of Section 1 of this form and that to the best of my knowledge the information is true and correct.

Signature of Preparer or Translator Today's Date (mm/dd/yyyy)

Last Name (Family Name) First Name (Given Name)

Address (Street Number and Name) City or Town State ZIP Code

STOP Employer Completes Next Page STOP

Sample W-4

W-4 Employee's Withholding Certificate

Form (Rev. December 2020) Department of the Treasury Internal Revenue Service

OMB No. 1545-0074

2021

Complete Form W-4 so that your employer can withhold the correct federal income tax from your pay.
 Give Form W-4 to your employer.
 Your withholding is subject to review by the IRS.

Step 1: Enter Personal Information

(a) First name and middle initial: _____ Last name: _____ (b) Social security number: _____

Address: _____

City or town, state, and ZIP code: _____

(c) Single or Married filing separately
 Married filing jointly or Qualifying widow(er)
 Head of household (Check only if you're unmarried and pay more than half the costs of keeping up a home for yourself and a qualifying individual.)

Does your name match the name on your social security card? If not, to ensure you get credit for your earnings, contact SSA at 800-772-1213 or go to www.ssa.gov.

Complete Steps 2-4 ONLY if they apply to you; otherwise, skip to Step 5. See page 2 for more information on each step, who can claim exemption from withholding, when to use the estimator at www.irs.gov/W4App, and private. . . .

Step 2: Multiple Jobs or Spouse Works

Complete this step if you (1) hold more than one job at a time, or (2) are filing jointly and your spouse also works. The correct amount of withholding depends on income earned from all jobs.

Do only one of the following:

(a) Use the estimator at www.irs.gov/W4App for most accurate withholding for this step (and Steps 3-4); or
 (b) Use the Multiple Jobs Worksheet on page 3 and enter the result in column (b) for roughly accurate withholding; or
 (c) If there are only two jobs total, you may check the box on the same Form W-4 for the other job. This option is accurate for jobs with similar pay; otherwise, more than necessary may be withheld.

TIP: To be accurate, submit a 2021 Form W-4 for all jobs. If you (or your spouse) have self-employment income, including as an independent contractor, use the estimator.

Complete Steps 3-4(b) on Form W-4 for only ONE job. Leave the steps blank for the other jobs. (Your withholding will be most accurate if you complete Steps 3-4(b) on the highest paying job.)

Step 3: Claim Dependents

If your total income will be \$200,000 or less (\$400,000 or less if married filing jointly):

Multiply the number of children under age 17 by \$2,000 ▶ \$ _____

Multiply the number of other dependents by \$500 ▶ \$ _____

Add the amounts and enter the total here **3** \$ _____

Step 4 (optional): Other Adjustments

(a) **Other income (not from jobs).** If you want tax withheld for other income you expect this year that won't be withheld, enter the amount of other income here. This may include interest, dividends, and retirement income **4(a)** \$ _____

(b) **Deductions.** If you expect to claim deductions other than the standard deduction and want to reduce your withholding, use the Deductions Worksheet on page 3 and enter the result here **4(b)** \$ _____

(c) **Extra withholding.** Enter any additional tax you want withheld each pay period **4(c)** \$ _____

Step 5: Sign Here

Under penalties of perjury, I declare that this certificate, to the best of my knowledge and belief, is true, correct, and complete.

Employee's signature (This form is not valid unless you sign it.) _____ Date _____

Employers Only

Employer's name and address _____ First date of employment _____ Employer identification number (EIN) _____

For Privacy Act and Paperwork Reduction Act Notice, see page 3. Cat. No. 102280Q Form W-4 (2021)

INCOME TAX

Pay. Everyone who receives a paycheck in the United States is subject to this tax. The government automatically withholds a percentage of your wages for federal income tax.

FILING YOUR INCOME TAXES

In January, your host company will send you an official statement (called a W-2 Form) documenting your earnings and the amount of tax that was withheld during the previous year. They cannot provide that information before January. Before you leave the U.S., make sure your host company has an accurate mailing address so that you receive the form as quickly as possible.

By April 15, you must file an income tax form. Your company does not supply this form. If you have already returned to your home country, you can obtain this form and the relevant instructions from the U.S. Embassy or Consulate in your country, or you can print the form from the Internal Revenue Service website. Refer to Appendix G for a list of useful websites.

If not enough money was withheld, you are required to pay the balance. In many states, there is a state income tax in addition to the federal income tax. It is possible that these expenses can be used as deductions on your tax return. You may be eligible for a refund of your paid income taxes, but this is not a guarantee. You should not plan on receiving an income tax refund. (Note: The rules pertaining to income taxes are subject to change and should be verified by consulting the tax instruction booklet for that year.)

SALES TAX

Pay. This tax is added onto the stated price of the item when it is purchased. The sales tax rate varies from city to city and state to state. You can usually expect to pay about 7%-8% more for an item than what is stated on the actual price tag.

Your Employment in the U.S.

AUTHORIZATION

You are authorized to participate only during the dates stated on your DS-2019. If you enter the country a few days early or stay for the optional grace period, you may not be employed during these periods.

WAGES

Do not anticipate earning large amounts of money. Although Cenet tries to ensure that your modest stipend will provide enough for lodging, food and some travel, this may not be enough to cover all expenses. Most programs include a modest stipend that will provide enough for lodging, food, and some travel. Your DS-7002 states the stipend amount. When you sign the DS-7002 you are accepting all of the provisions stated therein, including the stipend amount. Make sure you understand everything before you accept the offer.

All Cenet participants must create a budget prior to beginning the program. Although Cenet can provide examples of typical expenses and costs, it is essential

that you create a personal budget based upon the wage, weekly hours, and cost of living in the specific community in which you will be living. Please see Appendix H for a sample budget that can be utilized during your program.

PAYCHECKS

You will most likely not receive your first paycheck until one or two weeks after your program has begun, or possibly even longer. Be prepared to support yourself financially until you receive your first paycheck.

You will be given a pay stub along with your paycheck that details the number of hours you worked, the amount of taxes withheld, and the total amount you received. Keep this stub for your records.

DEDUCTIONS

Along with state and federal taxes, there can be other deductions included on your pay stub for things like uniforms, transportation, and housing. Note that these items should have been made clear to you prior to your arrival. You should reach out to Genet if you have any questions about deductions being withheld from your wage.

FINAL PAYCHECK

Make arrangements for your final paycheck well in advance of your departure from the U.S. Some participants remain employed up to a few days before they leave, only to learn that they cannot receive their paychecks before they go. You might consider opening a U.S. bank account that includes an ATM card and request that your final paycheck be deposited directly into your account. You can then use the ATM card to access the funds from any cooperating cash machine in your home country. Discuss this issue with your host company and your local bank before it becomes a problem.

SECOND JOBS

You may only be employed by the host company that provided the DS-7002. You are NOT allowed to hold a second job or change your host company.

PROBLEMS WITH YOUR HOST COMPANY

In rare cases, problems or conflicts between you and your host company may occur. If this happens, talk with your supervisor first. Outline the problem and your concerns, and try to come to a resolution. Do not yell, threaten or be untruthful. Regardless of your cultural background, Genet will not support these tactics. Speak in a calm, professional manner when discussing your problem.

If conflict persists, contact Genet for advice and assistance. Genet will intervene as much as possible to solve the problem. However, if the problem is due to your misbehavior or poor work habits, then Genet may terminate your program and require that you return home.

Genet is not responsible for keeping you employed. Genet may be able to help you find an alternate placement depending on the circumstances. However, if a new position cannot be found, you will have to return to your home country.

Under NO circumstances may you leave your host company without Genet's permission. As your sponsor organization, Genet is responsible for monitoring your program and knowing where you are. Leaving your host company without permission could put your program status and safety at risk.

The following concerns must be reported to Genet:

- Disciplinary warnings
- Health concerns, surgeries, or any serious medical conditions
- Escalated interpersonal disputes
- Legal issues
- Problems or concerns regarding your housing/landlord
- International travel during your program
- Any other issues that require advice or assistance

Using Your Health Insurance

Your insurance includes coverage for medical care and hospitalization as well as coverage for medical evacuation (your return home in case of serious illness or accident). However, routine physicals are not covered. In addition, the authorized policy does not cover pre-existing conditions, most dental work, or eye care. Genet strongly recommends that you have a complete physical examination as well as dental and eye examinations before you leave your home country.

You can login to your Genet portal to download your insurance information and description of coverage. Please ensure that you keep your insurance card with you at all times. Read your health insurance policy carefully so you will know what is covered (and what is excluded). If you have questions concerning the coverage, call the free number listed on your insurance card.

DATES OF INSURANCE COVERAGE

Your health insurance coverage begins on the start date noted on your DS-2019, and it expires on the end date noted on your DS-2019. If you decide that you want coverage during your optional grace period, you may arrange for an additional month of coverage at your own expense by contacting Genet.

INSURANCE DEDUCTIBLE

All types of insurance have a "deductible," an amount you have to pay before the insurance provider will pay anything. Please see the description of coverage for your deductible amount.

MEDICAL CARE

Medical care and prescription medication in the U.S. is very expensive. When you seek medical care, you will be asked to pay a "copay," a fixed amount which is paid by an insured person each time a medical service is accessed. You may be expected to pay for all of the medical expenses at the time of service. You must then file

a claim with the insurance provider in order to request reimbursement from them. Complete an insurance claim form, attach a copy of the bill, and send it directly to the insurance provider. If you have questions, refer to the coverage information available by logging in to your Cenet portal or call the free number provided on your insurance card.

Cenet strongly recommends that you check with the insurance provider regarding coverage before you visit the doctor, as Cenet will not be responsible for any medical fees not covered by the policy.

EMERGENCY

If you become seriously ill or are injured and you require emergency medical care, go to the nearest hospital emergency room. You will be asked to show your insurance card. Inform Cenet of your situation as soon as possible.

NON-EMERGENCY

In order to save money, follow this advice:

- Seek medical attention, if necessary; however, time, rest, and over the counter medicines may be sufficient in certain situations.
- If you need medical care (but it is not a true emergency), go to a doctor's office or to a walk-in medical clinic. It will cost you much less than at the hospital. You will be asked to show your insurance card.
- Do not go to the hospital emergency room unless it is a true emergency. Emergency rooms are very expensive, and you will probably have a long wait. In addition, there will be an extra fee imposed by the insurance provider if you visit an emergency room but are not admitted to the hospital.

LOCATE A DOCTOR, MEDICAL CLINIC, OR HOSPITAL

To locate a doctor or hospital in your area, please refer to the instructions available by logging into your Cenet online portal.

Emergencies

911

Dial "911" from any telephone, including payphones, if you need emergency ambulance, police, or fire department assistance. The operator that answers the phone will contact the appropriate emergency service. This is a free call.

ARREST

If you are arrested, call a local contact (friend or host company) and then call Cenet as soon as possible.

Legal issues must be reported to Cenet. It is important that you share honest information with Cenet so that we can provide support and assistance. Failure to share accurate information could lead to negative consequences.

Handling Your Money

There are several ways to handle your money while you are in the U.S. Please

remember that it is extremely unsafe to keep large amounts of cash in your housing. Plan to open a bank account as soon as possible after your arrival.

BANKING

Banks vary in the services they offer, so you should do some research and ask American colleagues and friends for a suggestion. Some offer free checking accounts, while others charge a monthly fee. Some require a minimum balance, while others do not.

Many banks offer ATM/debit cards that can be used like checks or cash at most stores and restaurants. Many of these cards are sponsored by VISA or MasterCard and can be used anywhere credit cards are accepted. You can also use the card for cash withdrawals from cash machines 24 hours a day. This can be convenient, especially when you are traveling. However, it is important to remember that this is not a credit card. The money will be withdrawn directly from your checking account when you use the ATM card. Often there will be service charges for cash machine withdrawals. Keep careful records of how much you have spent. Remember to deduct any service charges from your records as well.

Choose a bank that has branches all over the country instead of a local bank. National chains will offer more services when you are traveling, and you will find more cash machines that do not charge a fee. You also might be able to deposit your final paycheck in this account and access the money from your home country using the ATM card.

CURRENCY EXCHANGE

Foreign currency cannot be immediately exchanged in smaller cities. Usually, the bank must send the currency to a larger city for processing, and then wait for the equivalent U.S. currency to be returned. That process will take 7-10 days.

CREDIT CARDS

Credit cards can be used to pay for a number of things, including meals and groceries at some markets. It is important that you pay the full bill each month since the interest rate on the unpaid balance is very high. A credit card is very difficult to obtain after you arrive in the U.S. Most companies are reluctant to issue one to any person in nonimmigrant status.

Communication

TELEPHONES

U.S. telephone numbers have 10 digits. The first three digits are called the "area code." This signifies the area of the country that you are calling. The next three digits are called the "prefix." This signifies the local area that you are calling. The last four digits signify the individual you are trying to call. These digits will be unique in conjunction with the prefix. If you are calling outside your local area, dial "1 + the area code," then the rest of the number. If you are calling in your local area, you do not need to dial "1 + the area code."

CALLING HOME

If you wish to place a call to your home country, dial “011,” then the country code for your country, then the telephone number. Be cautious, as long distance telephone calls can be expensive. You may want to purchase a prepaid calling card so that you do not accidentally spend too much money, or use Skype or other free online voice/video calling applications and services.

MAIL

Visit the United States Postal Service (USPS) website or your local post office to find the current rates. Refer to Appendix G for the USPS website.

SHIPPING

There are a variety of shipping companies that will send packages worldwide. Two of the most common are FedEx and UPS. Refer to Appendix G for these companies’ contact information.

EMAIL

Email is an inexpensive and easy method of communication. If your host company or housing unit does not provide you with internet access, try a local café or public library. Remember, you are responsible for checking your email at least weekly and for replying to all Cenet messages. Cenet uses monitoring and updates to keep a line of communication open with our participants. We rely on participants to self-report any issues as well as to share their cultural activities and positive experiences.

Transportation

If your host company provides transportation, there is probably a weekly or monthly charge for this service. If your host company does not provide transportation, they will expect you to find your own, even if your housing is not nearby. This can be a problem in many U.S. cities where public transportation is not available. Be sure you understand the arrangements before you leave home and make plans accordingly. Transportation should be accounted for in the monthly budget you create for your program. Refer to Appendix H for a monthly budget template.

PUBLIC TRANSPORTATION

Larger U.S. cities generally have a bus or rail system for inexpensive, convenient travel within that particular metropolitan area. All other areas of the U.S. typically do not. For information about the city where you are staying, visit the city’s official website. You can also call the area Chamber of Commerce. Maps and schedules for public transportation are generally available at major stations.

AUTOMOBILES

Smaller U.S. cities usually do not have public transportation, so many people feel they need to buy a car. Some participants buy a used car, and then sell it near the end of their stay. Refer to Appendix G for a list of useful websites, and refer to Appendix B for the answers to some frequently asked questions about automobiles and automobile insurance.

BICYCLES

Some companies offer bicycles for rent. Ask your supervisor if your host company has rental bicycles. If not, contact a bicycle shop or second-hand (used goods) store in your area.

It is important that you know the rules of the road. Bicycles are considered vehicles, and you are expected to follow the same rules as other vehicles. **Cenet requires you to wear a helmet and carry identification at all times. If you need guidance purchasing a helmet, reflectors, or other bicycle safety items, please contact Cenet for assistance.** Please see Appendix G for a list of helpful websites for bicycle safety.

Legal Matters

AVOIDING TROUBLE

You are responsible for knowing and obeying all federal, state, and local laws while you are visiting the U.S. You are not exempt from any laws on the basis of ignorance. You could be subject to fines, jail, or deportation if you violate the law. Also, do not assume that something is legal just because your U.S. friends are doing it. You can be considered guilty by association if you are with someone who is doing something illegal.

Trouble with the law may result in your dismissal from the program and early return to your home country. Cenet is not responsible for posting bail for participants who are arrested or for any expenses incurred as a result of your illegal activity.

THEFT

Theft refers to the removal of someone’s personal property without that person’s consent. If you find any items that do not belong to you while you are at work, you should take them to your supervisor immediately and inform them of the situation. Even if it appears as though a customer or another employee has discarded the item, you should not keep it.

SHOPLIFTING

Shoplifting is the act of knowingly taking goods from an establishment in which they are displayed for sale, without paying for them. Shoplifting is considered a form of theft and is subject to prosecution.

PHYSICAL ALTERCATIONS

Physical altercations or fighting will not be tolerated by Cenet. Physically striking another participant, coworker, or person may result in loss of employment, dismissal from the program, and/or criminal charges.

DRUGS

Drugs (or controlled substances) are illegal in the U.S. without a prescription from a doctor. If you have a prescription from a doctor, you are allowed to use the drug only as indicated on the prescription. You are not allowed to give the drug to another person or to use the drug in any way other than as prescribed. It is illegal to purchase a controlled substance, to be in possession of a controlled substance, or to be with anyone illegally in possession of a controlled substance.

ALCOHOL

The legal age for drinking alcohol in the U.S. is 21 years old. If you attempt to purchase alcoholic beverages you will be asked to show some form of identification with a photo and date of birth to prove that you are at least 21 years old. It is illegal to purchase alcohol for someone who is underage.

Some U.S. towns or counties may enact stricter laws pertaining to alcohol than the nationwide laws. Some counties are known as “dry counties” meaning that alcohol is expressly forbidden. Many places prohibit consumption of alcohol in public places (e.g., on the street, in the park, in a parking lot). Some areas permit purchasing or drinking alcoholic beverages only during specific times. Research or inquire when you arrive about the laws pertaining to alcohol in your area of the U.S.

ALCOHOL AND DRIVING

Due to the numerous traffic accidents involving alcohol (and other drugs), there are strict laws in the U.S. concerning consumption of alcoholic beverages and driving a vehicle. You are forbidden to drink alcohol and then drive any motorized vehicle at any time. There are laws against “Driving While Intoxicated” (DWI) and “Driving Under the Influence” (DUI). These laws are strictly enforced. If you will be drinking alcohol and you need to go somewhere, call a taxi. Alternatively, appoint a “designated driver” when you go out drinking in a group. The designated driver agrees not to consume any alcoholic beverages so that he or she can safely and legally drive the vehicle for the others in the group.

SEX

Laws concerning sexual relations can vary widely from country to country. In the U.S., it is considered rape to force another person to have sexual relations with you and is a serious offense. Both persons involved must agree to the sexual act. If either person says “no” to sexual relations at any time, all sexual advances must stop. Even if a person has agreed to have sexual relations with you, he or she can choose to stop the sexual activity at any time. If you force the other person to continue, you are guilty of rape.

It is illegal to have sexual relations with anyone under the age of 18. Anyone not yet 18 years old is considered to be a “minor” and still under the legal supervision of a parent or guardian. Sexual relations with a minor is called statutory rape even if the minor consents to the act. Penalties for violating this law can vary throughout the U.S.

SEXUAL HARASSMENT

Sexual harassment is bullying or coercion of a sexual nature and can involve the making of unwanted sexual advances or obscene remarks. In the United States, it can be unlawful to harass another person in a sexual nature. Additionally, while not illegal, certain behaviors are unacceptable and may violate Cenet and host company policies. Sexual harassment may take different forms:

- Verbal sexual harassment includes innuendos, suggestive comments, sexual propositions, lewd remarks, and threats. This includes repeated, unwelcome requests for dates.

- Nonverbal sexual harassment includes leering and suggestive or insulting sounds (e.g., whistling, catcalling). It can also include the content of emails, text messages, social media posts, or other forms of communication that is offensive and graphic in nature.
- Physical sexual harassment includes unwelcome physical contact (e.g., touching, tickling, pinching, fondling).

Remember to always treat your supervisors, co-workers, roommates, and friends in a respectful and courteous manner. Cenet has a zero-tolerance policy toward sexual harassment. Contact Cenet immediately if you feel as though you have been harassed at your workplace.

HITCHHIKING

Standing on the side of the road and motioning to a stranger for a free ride is known as hitchhiking. It is dangerous, and in some places illegal, to hitchhike or to offer rides to hitchhikers.

LEGAL STATUS CONCERNS

If anyone takes your passport or other personal documentation or threatens to cancel your visa and deport you, please report this to Cenet immediately.

YOUR RIGHTS

If you are arrested, contact Cenet as soon as possible: 1-866-512-3638. You have the following rights:

- You have the right to remain silent. You do not have to answer any questions, make any statements, or offer a confession if you do not desire.
- You cannot be forced to provide evidence against yourself.
- You have the right to be free from “unreasonable searches and seizures.” This means that the police need a warrant to conduct a search unless there is an emergency situation. Do not interfere with the police if they insist on conducting a search without a warrant, but be sure to tell your attorney.
- You have the right to an attorney. If you desire legal representation you have a right to request an attorney. If you cannot afford an attorney, the court will appoint an attorney to represent you.
- You have the right to a fair trial.
- You are presumed innocent until proven guilty. It is the burden of the prosecution to prove your guilt beyond a reasonable doubt in court.

WORKERS' COMPENSATION OR WORKMAN'S COMPENSATION

Workers' compensation insurance, often called “workers comp,” is a state-mandated program consisting of payments required by law to be made to an employee who is injured or disabled in connection with work. In most situations, injured employees receive workers' compensation insurance, no matter who was at fault for the injury. Because these workers comp benefits act as a type of insurance, they preclude the employee from suing his or her employer for the injuries covered.

Replacing Lost Documents

Contact Cenet if you lose your:

- DS-2019

Contact the nearest consulate of your home country if you lose your:

- Passport

Contact the Social Security Administration if you lose your:

- Social Security card

Refer to Appendix G for a list of useful contact information.

Miscellaneous

ELECTRICITY

The U.S. electrical system uses 110 volts, 60 hertz (cycles). If you are bringing appliances from home, they probably will not work in U.S. outlets. You can purchase a converter and a plug adapter to make your appliance function in the U.S. However, sometimes these converters do not work well. You might need to purchase inexpensive electrical appliances to use during your stay in the U.S.

TYPICAL PRICES OF COMMON ITEMS

The following prices are approximations only. Prices can vary greatly among areas of the country and between brand names and generic. As a reminder, you must do research and create a budget based on your wage, weekly hours, and cost of living in the specific community in which you will be living.

Rent, one bedroom apartment (per month)	\$400.00 – \$1,500.00
Transportation to and from work (per month)	\$50 - \$250
Hamburger, fries, and a drink at a fast food restaurant	\$5.00 – \$10.00
Blanket	\$15.00 – \$40.00
Pair of jeans	\$30.00 – \$60.00
Athletic shoes	\$40.00 – \$150.00
Shirt	\$20.00 – \$50.00
Movie admission	\$7.00 – \$13.00
Gasoline (per gallon)	\$3.00 – \$5.00

Remember, most cities and states levy a sales tax, which is typically added onto the stated price of the item when it is purchased.

TIPPING

The standard amount to tip a waitperson in the U.S. is between 15% and 20%. This is not required, but it is considered rude not to leave a tip. Wait staff generally earn less per hour than other American workers, and they depend on tips to help earn a living. It is common practice to tip less than the standard amount if you were unhappy with the service or to tip more than the standard amount if you thought your waitperson did an exceptional job.

Program Concerns

Cenet anticipates that your program experience will be positive. However, should you have concerns that you are unable to resolve yourself, please contact Cenet. In order to best assist you, you will be required to submit your concern by email. You may be asked to supply additional information or documents. Cenet will investigate your concern and will respond to you as soon as possible. Remember, Cenet cannot assist you if you do not report your issues or concerns.

Refund Policy

If you cannot participate due to circumstances beyond your control (such as being unable to secure a visa), fees are refunded with the exception of the non-refundable portion of your application fee, the SEVIS fee (if paid by Cenet), the non-refundable portion of your placement fee (if Cenet secured your placement), and any applicable wire fees. There is a non-refundable application fee and placement fee (if Cenet secured your placement), even if your application is cancelled or rejected. If you choose not to participate after all arrangements are made and the employer is expecting you, you are not entitled to any refund. No refunds can be made until the unused DS-2019 is returned to Cenet.

Leaving the U.S. & Returning During Your Program – Travel Validation

Some participants decide to travel outside the U.S. during their program and then return to the U.S. to continue their program. If you plan to leave the U.S. for any reason during your program and wish to return on the same program, you will need to obtain a travel validation so that you do not have difficulties re-entering the country.

DETERMINING ELIGIBILITY

Complete the following steps to ensure that you are eligible for multiple entries.

- Check the end date on your DS-2019. If your DS-2019 has expired or will expire before your planned return to the U.S. (i.e., during your grace period), you will not be able to leave the U.S. and return on this program.
- Check the expiration date on your I-94 (refer to section Your Arrival in the U.S.). If your I-94 has expired or will expire before your planned return to the U.S., you will not be able to leave the U.S. and return on this program.
- Check the expiration date on your J-1 visa. If your J-1 visa has expired or will expire before your planned return to the U.S., you will not be able to leave the U.S. and return on this program without obtaining a new visa.
- Check your J-1 visa to make sure you are eligible for multiple entries. This will be indicated by the letter “M” under the word “Entries”. If your J-1 visa does not have an “M” to indicate multiple entries, you cannot leave the U.S. and return on this program without obtaining a new visa.
- Please note that it is your responsibility to research the visa requirements for any country where you plan to travel. Cenet is not responsible should you be denied admission based on failure to meet necessary entry requirements.

RECEIVING A TRAVEL VALIDATION

Once you have determined that you are eligible for multiple entries, submit the following items to Cenet at least 2 weeks prior to your travel in order to have your DS-2019 form endorsed for re-entry.

- Your original DS-2019 (do NOT send a copy)
- A letter of approval from your host company confirming the dates that you will be gone.
- A self-addressed, prepaid FedEx or UPS return shipping envelope. We will return your DS-2019 in this envelope.
 - Do NOT send by United States Postal Service (USPS).
 - If a return envelope is not included in your shipment you will be charged a shipping fee.

Your Departure from the U.S.

DEPARTING THE U.S. AT THE END OF YOUR PROGRAM

If there is no earlier date indicated on your I-94, you are allowed a 30-day grace period after your program end date for the purposes of travel and departure. You can neither be employed during this grace period, nor travel outside the U.S. and then return. You must depart the U.S. by the end of the grace period.

Remember that life at home has continued as usual since you left. You will not necessarily find things just as you left them. Be prepared for another adjustment period as you return to your old life.

As your stay in the U.S. draws to an end, you will likely be very busy with last minute details. Do not forget to attend to the following issues:

- Make arrangements to receive your final paycheck and W-2.
- Reconfirm your travel arrangements.
- Email Cenet your planned departure date.
- If you intend to stay for the optional grace period, contact Cenet to arrange for an additional month of insurance coverage.

Exchange Visitor Alumni Network

Alumni networks allow you to share experiences, engage in cultural dialogue, and connect within a like-minded global community.

To join Cenet's Facebook alumni network, please visit:

<https://www.facebook.com/J1Alumni>

To join Cenet's LinkedIn alumni network, please visit:

<https://www.linkedin.com/groups/Cenet-Alumni-8484954/about>

To join the U.S. Department of State's J-1 alumni network, please visit:

<https://alumni.state.gov/about-international-exchange-alumni>

A Final Note

Preparation is the key to your success. Cenet hopes this material is helpful to you during your program in the United States. In addition to developing personally and professionally, you will have the opportunity to learn more about the American culture, language, and customs and to share your own. Remember to keep an open mind, ask questions when necessary, and have a good time.

We wish you the best in the coming months and welcome you to the United States!



APPENDICES

Though Cenet strives to keep the information in this book up-to-date, Cenet is not responsible for changes to the information contained in these appendices as examples.

You may also search online for additional information regarding maps, accommodation, transportation, government offices, and more.

Appendix A

HOUSING

At a minimum, be aware of the following housing issues:

- Apartments vary greatly in quality, size, price, and what is included in the price. You may be asked to sign a lease. Before you sign anything, carefully inspect the apartment, know what is included in the price, and completely understand the terms of the lease. You should also research the area and ask local colleagues for advice; always put safety first.
- You will be asked to pay a damage deposit along with the first month's rent; the deposit is usually one month's rent. This deposit will be returned to you when you move out only if the landlord feels that you have met the terms of the lease and have left the apartment exactly as it was when you arrived.
- Often short-term leases (less than one year) cost more per month than longer-term leases. It is likely that you will be paying more for your apartment than your American neighbors. This is because they have agreed to stay in the apartment for a year or more.
- Most apartments are unfurnished. Rental of furnishings is an additional cost and is your responsibility.
- Utilities (e.g., water, gas, electricity) may or may not be included in your rent. Be sure you check this.
- You are responsible for knowing and abiding by the rules of your apartment complex.

Discuss your housing carefully with your host company or landlord.

Understand the lease or housing agreement before you sign it. Be very clear on the following items:

- Landlord's name, address, and phone number
- Address and description of apartment
- Amount of monthly rent and how it should be paid
- Exact date rent payments are due
- Penalties for late rent
- Provisions for increasing the rent during the term of the lease
- Length of the lease
- Penalties for moving out before the lease expires
- Who pays for utilities (e.g., water, electric, gas)?
- Does the landlord have insurance on the property and will you need renter's insurance?
- How can you get repairs done and who will make them?
- Is the housing shared and if so, how many per bedroom and who are your roommates?
- Are there limitations on parties, noise, and other activities?
- Are you allowed to have overnight guests?
- Does the landlord provide pest (bug) control?

Appendix B

TRANSPORTATION

Answers to some commonly asked questions about automobile transportation are provided below.

Can I just rent a car for a few days whenever I want to travel?

Yes, but you must be at least 21 years old and have a valid driver's license and credit card. Agencies vary in types of cars available and in price, so check several companies. Be sure to ask about base cost, mileage rates, insurance, and deposits.

What kind of driver's license do I need?

Anyone driving a car must have a valid driver's license. Regulations vary from state to state. Please consult your local License Bureau for the rules in your region.

Where do I find a good used car?

Used cars are sold at new car dealerships, used car lots, and from private individuals. Many cars are listed in the online or print classified advertisements of newspapers under "Autos for Sale."

What do I need to be aware of when I look for a used car?

An inexpensive car in poor condition can become very expensive because of repair bills. When you look for a car, take a knowledgeable person with you. DO NOT purchase anything before you have a mechanic check the car thoroughly. When you buy, be certain to receive the title to the car. DO NOT, UNDER ANY CIRCUMSTANCES, ACCEPT A CAR WITHOUT THE TITLE.

What is vehicle registration?

Vehicles (e.g., cars, trucks, vans, motorcycles) must be registered with the state, and there is a registration fee. The fee will depend upon the make, model, and year of the vehicle. In most cases, you must have the vehicle's title, a state inspection receipt, and proof of paid (or waived) taxes in order to register.

If I own a car, do I have to have insurance coverage?

It is the law in most states that every car be covered by at least liability insurance. An uninsured driver who causes an accident can be heavily sued by the other driver. Also, the uninsured driver will lose his/her driver's license. Proof of insurance must be carried in the car at all times.

What kinds of insurance are there and what do they cover?

- **Liability:** pays for injuries or damages to someone else if your car hits another person or the property of another person. It does not cover injury to yourself or your property.
- **Uninsured Motorist:** pays for your injuries and car damages if you are in an accident with an uninsured motorist.
- **Personal Injury Protection:** pays for your personal injuries if you are in an accident.

- **Collision:** pays for damages to your car from an accident.
- **Comprehensive:** pays for damage to your car through theft, fire, storm damage, or hitting an animal.

All types of insurance have a "deductible," an amount you have to pay before the insurance provider will pay anything.

APPENDIX C

ADAPTING TO THE CULTURE

You will be living in a culture that is different from yours. You may have thought there would be little to adapt to, but there are differences in attitudes, standards, expectations, and reactions in terms of accommodations, food, time, space, language, and much more. You chose to travel abroad to appreciate and understand the culture; otherwise, you would have chosen to remain at home. You will have a wonderful time if you are flexible and appreciate what you see and experience on its own terms and not demand your own. Remember, you are the one responsible for adapting to the new culture—the host country will not change for you.

CULTURE SHOCK

Culture shock is frequently experienced by people both traveling and living abroad. People are creatures of habit, and living in another country results in a loss of those cues that guide daily actions and decisions. Regardless of your tolerance, broad-mindedness, and empathy for the new culture, the loss of familiar cues will result in some degree of frustration. Recognizing any irritation as a symptom of culture shock will enable you to deal more effectively with the situation. Acknowledge the irritation and ask yourself why this aspect of the culture annoys you but seems perfectly natural and agreeable to the citizens of the host country. Your success in changing the negative aspects of culture shock to the positive side of challenge greatly depends on your developing a new set of attitudes before and during your stay. Check yourself periodically on the following guidelines to assess your progress:

- Maintain an attitude of curiosity and an eagerness to learn.
- Acquire a sense of adventure.
- Be quick to observe and slow to judge.
- Do not be afraid to be corrected but learn to accept “corrections” graciously and learn from your mistakes.
- Be generous and sincere in showing appreciation.
- Be adaptable.
- Maintain a sense of humor, especially about yourself.
- Go to learn, not to teach.
- Show sincere consideration for others.
- Be cooperative and willing to compromise.
- Enjoy yourself.

THE INTERCULTURAL ADJUSTMENT CYCLE

As you move from one society to another and begin to deal with the cultural differences you see, there are some specific stages you will encounter. It would be amazing if everyone could leave home and go abroad for a period of time without feeling some anxiety. Naturally, the severity and length of adjustment and the number of adjustment phases that you will go through depends upon the length of time that you are away from home and the support you are given. Nevertheless, you can be fairly certain that you will feel many of the emotions outlined in the intercultural adjustment cycle. Anticipate having these experiences:

- **Application Anxiety:** While waiting to go abroad, you may experience anxiety over your ability to handle this new opportunity. During this time, you may anticipate cultural differences but probably have only a superficial awareness of potential adjustment problems.
- **Selection/Arrival Fascination:** When the plans are definite that you will indeed be going abroad, you will probably experience a tremendous amount of elation. This excitement will probably continue (except for just before departure, when anxiety may arise again) until sometime after you arrive in the foreign country. During this period, expectations are high and pre-departure proceedings, as well as the arrival introductions, are overwhelming and blissful in their newness. Especially when you arrive, you will tend to be the focus of attention and activity. You will be shown respect and concern that you probably seldom receive at home.
- **Initial Culture Shock:** The initial fascination will sooner or later fade, and you may go into a decline, which is sometimes called culture shock. You may notice changes in sleeping habits, disorientation about how to work with and relate to others, and a lot of mental fatigue from listening to a foreign language all day.
- **Surface Adjustment:** After this initial “down,” which usually does not last more than a few days, you will settle into the situation.
- **Mental Isolation:** Next, the novelty may wear off completely and frustration may increase with a pervasive sense of isolation.
- **Integration/Acceptance:** Finally, you will be at ease and able to more carefully examine the new society. You will begin to understand the differences and find ways to deal with them. You will enjoy yourself, fit in, and have fun with the people around you.
- **Return Anxiety:** As you think about going home, you may begin feeling the same anxieties you felt during the first stage.
- **Shock/Reintegration:** Once you are home, the contrast between old and new may come as a shock. Just like you were the center of attention in another country for a short period, you will be the center again. That will soon fade as you find that few people are as interested in the details of your experience as you think they should be. After a short while, you will adjust to being one of the crowd again.

The end result is a shift in perspective and a better understanding of yourself and your own cultural heritage.

(Adapted from *Bring Home the World* by Stephen H. Rhinesmith)

APPENDIX D

SOME COMMON AMERICAN TRAITS

You may have spent time around Americans or seen “American culture” in movies and television, but it is still helpful to be reminded of some commonalities in the American culture:

- **Equality:** Americans work better when they are in an atmosphere in which all are considered equal and things are “fair.” While equality includes the equal right to seek the “good life,” it does not guarantee equality of talent or ability.
- **Confrontation:** Discussing issues or ideas openly with other people is considered not only proper but often a responsibility as well. Americans may bring up issues which are sensitive or embarrassing to others. In addition, Americans, particularly in a business situation, do not spend the time on polite social talk that many other nationalities do. They often go right to the point of the discussion.
- **Informality and Formality:** In most cases Americans avoid elaborate social rituals. Most of the time, they tend to treat everyone in a similar way with little concern for titles or status.
- **Competition:** Because Americans tend to value achievement and equality, they often compete with each other. You will find both friendly and not-so-friendly competition everywhere. Although this behavior is natural for Americans, it may seem quite overbearing to others.
- **Cooperation:** Although Americans are competitive, they also engage in cooperative behavior. Though cooperation often comes from liking and wishing to help others, it may also be a way to help the entire group accomplish its task. While this may appear opportunistic, the goal is to get things done and to learn in the process so that in the future the individual may achieve a goal on his own.
- **Time and Promptness:** Time is very important in American society, and it is essential that you be on time for appointments, meetings, or social engagements. If you cannot keep an appointment, or are going to be late, it is extremely important for you to call and explain. In most situations, the time you are asked to be someplace is exactly the time you are expected to be there.
- **Conversation:** For most Americans silence is uncomfortable. Small talk and superficial conversations are usually preferable to quiet. People will commonly talk about the weather, sports, parties, food, clothing, anything. Americans tend to stand no less than eighteen inches apart while talking; standing too close will make them uncomfortable.

- **Invitations:** You should reply to an invitation by telephone or email. An invitation should not be accepted unless you have every intention of going. It is acceptable to refuse an invitation by explaining that you have other plans or no free time. If the plans must be changed after they are made because of illness or another unavoidable problem, inform your host as soon as possible before the event.
- **Cultural Diversity:** You should realize that the United States is not a homogenous society but rather a diverse one, rich in a multitude of cultures. You will have the opportunity to meet people from a variety of ethnic backgrounds, each with unique traditions, behaviors, customs, and dialects.

APPENDIX E

SOME COMMON AMERICAN EXPRESSIONS

The informal language that Americans use on a daily basis can often cause confusion and miscommunication. Native English speakers tend to use the language creatively in such a way that non-native speakers can have a difficult time understanding them. In fact, Americans from different areas of the country can often have a difficult time understanding one another.

The most important thing to remember is that it is perfectly acceptable to ASK someone what they meant. Do not just nod and pretend to understand, particularly at your host company. Americans use expressions so often that they do not even realize they are doing it. However, if politely asked, most Americans are happy to explain.

Below are a few expressions that you might hear in everyday conversation:

Bring something up / Bring up something: Mention something
Crack someone up: Make someone laugh
Cut it out: Stop it
Drop the ball: Fail at something
Funny business / Monkey business: Silliness; horseplay
Get it together: Organize yourself; prepare yourself mentally
Get the message / Get the picture?: Do you understand?
Get with it: Hurry; busy yourself
Go Dutch / Dutch treat: Split the cost of something; each buys his/her own
Go with the flow: Accept things as they are; be the same as everyone else
Goof off / Goof around: Waste time
I beg your pardon: Excuse me.
I owe you one: Thank you. I owe you a favor.
Keep your cool: Remain calm and in control
Keep your head on straight: Think clearly; remain calm and collected
Keep your shirt on / Keep your pants on: Wait a minute; be right with you
Knuckle down: Be serious and busy yourself
No big deal / No biggie: Not difficult; not a problem
Play it by ear: Wait and see what develops before making a decision
Same difference: The same; no difference at all
See you later / See ya / Later: Goodbye
Stick around: Remain nearby; stay here
Take a load off: Sit; relax; be comfortable
Take a shot (or a whack) at something: Try something
Take it easy: Relax; be gentle; also: goodbye
Throw a fit: Have a display of bad temper
Touch base: Briefly make or renew contact with someone
Up and at 'em: Awake and be ready for the day ahead
Use your head: Think

APPENDIX F

SOME COMMON AMERICAN GESTURES

Expressions are not the only thing that can cause misunderstanding and confusion. Here are some common U.S. gestures that can create communication gaps:

Thumbs up: Good job

Thumbs down: Bad

Thumb and forefinger create a circle with other fingers up: Okay; affirmation

Head nod (up and down): Yes

Head shake (side to side): No

Palm out with fingers up: Stop

Shoulder shrug: I do not know

Hand wave away from self: Never mind; forget it, it was nothing

Cup hand behind ear: Speak louder; I cannot hear you; what did you say?

Shoulder pat: Well done!

Palm slap (high-five): Congratulations; shared victory

APPENDIX G

REFERENCE INFORMATION

CENET

www.cenet.org
1 (866) 512-3638

CITY INFORMATION

www.citysearch.com

EMBASSIES

www.embassy.org

USCIS

www.uscis.gov
1 (800) 375-5283

IRS

www.irs.gov
1 (800) 829-1040
Publication 519
www.irs.gov/pub/irs-pdf/p519.pdf
Form 1040 NRE
www.irs.gov/pub/irs-pdf/f1040nre.pdf

I-94

<https://i94.cbp.dhs.gov/I94/#/recent-search>

ACCOMMODATION

www.airbnb.com
www.hiusa.org
www.hostels.com
www.tripadvisor.com
www.studentuniverse.com
www.couchsurfing.com

LOCAL EVENTS & CULTURAL INFORMATION

www.meetup.com
www.livingsocial.com
www.lifeintheUSA.com

MAPS AND DIRECTIONS

www.mapquest.com
maps.google.com

MASTERCARD – ATM LOCATOR

<https://www.mastercard.us/en-us/personal/get-support/find-nearest-atm.html>

SAFETY

Bicycle Safety

www.nhtsa.gov/road-safety/bicyclists

Polaris Project

<https://polarisproject.org/>

Rights & Protections

<https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/temporary-workers.html>

SHIPPING

U.S. Postal Service

www.usps.com
1 (800) 275-8777

FedEx

www.fedex.com
1 (800) 463-3339

UPS

www.ups.com
1 (800) 742-5877

SOCIAL SECURITY

www.ssa.gov
1 (800) 772-1213
Office locator
<https://www.ssa.gov/locator/>

TRANSPORTATION

BUSES, TRAINS, TAXIS, AND AIRPLANES

Greyhound

www.greyhound.com
1 (800) 231-2222

Amtrak

www.amtrak.com
1 (800) 872-7245

Lyft

www.lyft.com

Uber

www.uber.com

Airplane Tickets

www.travelocity.com
www.priceline.com
www.kayak.com

AUTOMOBILES (INSURANCE)

Allstate

www.allstate.com

1 (877) 810-2920

GEICO

www.geico.com

1 (800) 861-8380

Progressive

www.progressive.com

1 (855) 758-0943

State Farm

www.statefarm.com

1 (800) 782-8332

AUTOMOBILES (RENT)

AVIS

www.avis.com

1 (800) 331-1212

Dollar Car

www.dollar.com

1 (800) 633-3469

Enterprise

www.enterprise.com

1 (855) 266-9289

Hertz

www.hertz.com

1 (800) 654-3131

National Car

www.nationalcar.com

1 (844) 382-6875

Thrifty

www.thrifty.com

1 (800) 334-1705

VISA – ATM LOCATOR

<https://www.visa.com/atmlocator/>

APPENDIX H

PARTICIPANT MONTHLY BUDGET TEMPLATE

Your Stipend/Wage May Not Be Enough to Cover All Expenses

INCOME

Average Income Per Month (based on your training plan), less taxes: _____

EXPENSES

Housing: _____

Transportation: _____

Food: _____

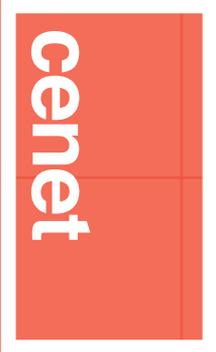
Wifi/International Phone Plan: _____

Activities/Entertainment: _____

Miscellaneous: _____

TOTAL EXPENSES: _____

REMAINING FUNDS (INCOME MINUS EXPENSES): _____



cenet

HELP LINE: 1-866-512-3638
CENET.ORG

