



YMCA Training & Internship Program News

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December 2007

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Dates to Remember

December

5-12th: Hanukkah
20th: Eid al-Adha
25th: Christmas
26-31st: Kwanzaa
31st: New Years Eve

January 1

New Year's Day

Holiday Hours

The YMCA will be closed on December 25th and January 1st.

We can be reached on the **Emergency Cell (for emergencies only)** at 917-841-4498.

International YMCA

5 West 63rd Street,
Second Floor
New York, NY 10023
Tel: 212-727-8800
Fax: 212-727-8814

Emergency Cell:
917-841-4498

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Administrative Assistant

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Season's Greetings from the International YMCA!

Your participation in our program means a great deal to us. Please note the following announcements about our program. We look forward to your continued participation in 2008. Happy Holidays!

Celena Green

Responsible Officer & Assistant Director, YMCA Training & Internship Programs

J-1 VISA UPDATES!!!

NEW J-1 INTERN PROGRAM: The YMCA is now a U.S. Department of State designated visa sponsor for the J-1 Intern visas! The J-1 Intern visa is for current students and recent graduates of foreign universities to pursue internships in the U.S. for up to 12 months. Internships should be related to the students' area of study where possible. Applications are now available on our website:

<http://www.internationalymca.org/TraingAndInternships/Forms.shtml>

NEW FIELDS of TRAINING: YMCA can now sponsor training or internships in the career fields listed below. Applications are welcome for these programs.

- NEW!--*Information Media and Communications*
- NEW!--*Public Administration/Policy and Law*
- NEW!--*The Sciences, Engineering, Architecture, Math, Industrial Occupations*
- NEW!--*Hospitality and Tourism (12 months maximum)*
- Education, Social Sciences, Library Science, Counseling and Social Services
- Management, Business, Commerce and Finance
- Health Enhancement
- Arts & Culture

NEW! In-Person Interview Requirement

The new J-1 regulations require in-person interviews for all applicants. Interviews can be done by a) the YMCA; b) Overseas Partners; c) Host Company representative.

Recognized overseas partners are listed on our website. The YMCA can interview participants via webcam. Contact us for an appointment.

Participation in Additional J-1 Programs

Trainees can now participate in additional J-1 training programs after living outside of the U.S. for at least two years after the end date of their previous J-1 training program. Additional trainings must be in a different field of training, or more advanced than previous trainings. **Interns** can participate in additional internship programs as long as they are students who currently enrolled in a foreign university.

Trainee and Intern Program Year-End Discount!!!!

Apply by December 31st and get 20% off

As of November 19th, all trainee and intern applications received by our office on/before December 31st receive a discount of 20% off the program fee.

Deadline for applications with January 1st start dates is December 14th, 2007.

Visit our website for updates: www.InternationalYMCA.org

U.S. Department of State
Office of Exchange
Coordination & Designation
Private Sector Programs
Division (PS)
ECA/EC/PS-SA-44
Room 734
301 4th Street, S.W.
Washington, D.C. 20547
Telephone: (202) 203-5096
Fax: (202) 203-5087
Email: jvisas@state.gov

Evaluations are required and help us to provide quality training programs. Complete & submit them by mail or email to Olga Lacayo olacayo@ymcanyc.org

Complete our 2007 Host Site Evaluation:
http://www.formstorage.org/2007_Trainee_Evaluation.shtml

Changes to Training Plans

Any change to a training plan requires **submission of a written request & a revised training plan.** No change is permitted without the YMCA's prior approval.

Trainees are required to notify YMCA within 10 days of change of address.

Failure to maintain current information can lead to visa termination.

PROGRAM REMINDERS

Insurance Reminder

Insurance claims are processed by American International Companies (AIG), **Policy# GLB 9019705**. Contact AIG/Coalition America (800-878-7896) for preferred healthcare providers in your location. **Take your insurance claim form with you when you travel.**

Travel Validation

For trainees/interns who plan to travel outside the U.S. this holiday season, don't forget to return the original DS-2019 form (J-1 Certificate) to be validated for travel. **For validation, send to YMCA (at least 10 days before traveling):**

- Original DS-2019,
- Letter from supervisor with dates of travel,
- Photocopies of your passport, J-1 visa and I-94 card, and
- A self-addressed envelope with return postage.

CULTURAL EVENTS & COMMUNITY SERVICE OPPORTUNITIES

The holiday season is a great time to get involved in cultural events and community service activities. Participate in outreach efforts with your host sites, or try the following suggestions:

- **Answer children's "Dear Santa" letters** with Operation Santa Claus. For details visit www.operationlettertosanta.com or contact your local Post Office for letters and instructions.
- **Hold a Winter Coat/Clothing Drive**—Collect and/or sort donated winter clothes for needy children and families. The Red Cross, homeless shelters, hospitals and schools often collect such items.
- **Bring Cheer to Hospitals or Nursing Homes**—Local hospitals and nursing homes need volunteers to sing holiday carols and hold holiday events. Learn American holiday songs and share your own holiday traditions with those who might otherwise be left out on this occasion.

You can also contact your local YMCA (www.ymca.net), or visit www.networkforgood.org for a list of volunteer opportunities in your area.

GIFTS THAT CHANGE LIVES

If you participate in the gift-giving traditions, give gifts that will save lives. Try these:

- **UNICEF's Inspired Gifts** (<http://inspireddgifts.unicefusa.org>): Give a gift of education, water, nutrition, HIV/AIDS awareness, or immunization. These real-world gifts are \$15 and up.
- **Heifer International** (www.heifer.org): This organization provides farm animals and training to help families to become self-sufficient. Give honeybees, sheep, goats, lambs, even a llama!
- **One World Gift Guide** (<http://us.oneworld.net/section/us/giftguide>): This online catalog has gifts that support a variety of humanitarian causes.

HOLIDAY DISCOUNTS FOR TRAVEL, SHOPPING, & FUN!

The International YMCA Training & Internships website has great links on travel information. For discount travel, try **STA Travel** (www.statravel.com) for discounts on air, rail, bus and ground transport, as well as lodging and tours. **Student Advantage** (www.studentadvantage.com) has a members-only discount card (membership is \$30/year) that offers 10-50% off everything from travel and entertainment to daily necessities. **Fat Wallet** (www.fatwallet.com) provides discount coupons to print and use at major retail stores, or for online shopping. If you plan to shop and take advantage of seasonal discounts, this website is for you!