

YMCA Training Program News

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Fall 2007

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Dates to Remember

October 8
Columbus Day

November
6th--Election Day
12th--Veterans Day
22nd--Thanksgiving Day

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

International YMCA

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Greetings from the International YMCA!

Fall is a season of change and renewal. This is an exciting time to be in the U.S. Trainees will experience our democracy in action during the political campaigns and elections, and hear firsthand what Americans think of this country and its future. Trainees and hosts can share in the traditions of giving during the holidays and participate in community service.

There has also been a great deal of change in the international exchange arena, especially as it relates to J-1 visas. Please read the information below, and contact us for information or support so that these valuable programs can continue.

Celena Green

Celena Green, Responsible Officer & Assistant Director, YMCA Training Programs

NEW TRAINEE/INTERN REGULATIONS PUBLISHED

The U.S. Department of State published new Interim-Final regulations for the J-1 Trainee and Intern visa categories on Tuesday, June 19th. The new regulations went into effect on July 19, 2007. *Please be sure to read the new requirements and download the new application forms before submitting applications.*

Highlights of the New Regulations

- A new J-1 category—Interns—has been created to serve current students and recent graduates with a maximum stay of 12 months.
- The Trainee category has been changed to serve professionals who have a degree and one year experience; or five years of professional experience. The maximum stay is still 18 months.
- All qualifying education and experience must have been gained **outside the U.S.**
- Trainees and Interns can now return to the U.S. for additional training/internships **if certain qualifications are met.**
- An in-person interview is now required. The interview can be with a YMCA representative or a host site representative in-person or via web-camera.
- Proof of English Proficiency now requires passing a recognized exam; providing signed documentation by an English Language School/academic institution; or a documented in-person interview.
- A new Federal Form—DS-7002-Training/Internship Placement Plan (T/IPP) will be issued along with the DS-2019.

Contact YMCA for assistance in developing training plans or preparing applications.

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.

Please complete and return evaluations, either by mail or email to
Olga Lacayo,
olacayo@ymcanyc.org

Changes to Training Plans
Any changes to training plans require **immediate written notification to**, and approval from the International YMCA.

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

Failure to maintain current information can lead to visa termination.

Culture Shock and Re-Entry

By Sevinj Mammadova, Graduate Intern

Culture shock is an unavoidable process when you leave your home and enter a foreign country. Culture shock can occur either as soon as you arrive in the USA or later during your stay. You may miss some things like your food, climate, and the customs of your country, and you may feel misunderstood. You may also feel frustrated and overwhelmed by the many new things you need to learn. Separation from family, parents, children and friends can increase the stress. You can get anxious, disappointed and even angry. You might want to isolate yourself or socialize only with people of your own background.

There is nothing wrong with you if you experience culture shock. Little by little you will get used to everything surrounding you. I also experienced culture shock, and my American friends helped me adapt to this new environment more easily. Culture shock is a natural process that everyone goes through as they adjust to a new environment. The keys to a successful transition are to be aware of the process and to welcome the support of friends and colleagues.

Reentry is a type of *reverse culture shock*, when you transition from a foreign country back to your home country. While you are here in the U.S., life still goes on in your home country. When you return, you may find that things have changed. The biggest changes might even happen within yourself. You will also change and mature as a result of your experience here, and you may find it difficult to re-connect with friends and family when you return. Gradually you will adjust. The key is to prepare for your re-entry before you depart from the U.S. Continue to maintain relationships with people at home, even while you are here. When you return, seek support among other people who have lived in the U.S., as they will be able to understand your experience.

eCornell Courses

Short courses and *certificate programs* are available in Leadership, Finance, Human Resources, Restaurant/Food Services, Hospitality, and much more! For more information visit the YMCA-eCornell website www.ecornell.com/ymca or contact Celena Green, cgreen@ymcanyc.org.

Travel Validation

If you plan to travel this holiday season, don't forget that to return the original DS-2019 form (J-1 Certificate) to be validated for travel. Without travel validation you will not be permitted to re-enter the country. **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.

We will validate the form and return it to you.

Insurance Reminder – Please see the website for more information

Insurance: American International Companies, **Policy#** GLB 9019705

After-Training/Grace-Period Insurance: The Grace-Period insurance is provided by GatewayUSA, http://www.gatewayplans.com/gw_usa.cfm. For rates and enrollment information, please contact Gateway directly via e-mail at gateway@marshpm.com, or via telephone at 1-800-282-4495 or 202-367-5097.