

YMCA Training Program News

Volume 2, Issue 4, Page 1 of 4

July/August 2007

In This Issue:

- **New J-1 Trainee/Intern Regulations Effective July 19th!**
- Community Service
- Succeeding in your Training Program
- eCornell
- Travel Validation
- Alumni News
- Evaluations

Dates to Remember

July 4
Independence Day

July 19
New Trainee/Intern Regulations Effective!

August 12
International Youth Day

September 3
Labor Day

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

Celena Green
Assistant Director
cgreen@ymcanyc.org

Olga Lacayo
Admin. Assistant, ICAP
olacayo@ymcanyc.org

Summer Greetings!

Summer is a great time to enjoy the beauty, diversity, and vastness of the United States. Make time to enjoy the extended daylight hours, free concerts, fireworks displays, parades, street fairs, festivals, and summer discounts that are part of our seasonal tradition—and a *vital part of your training program*. This is also a good time for cultural exchange with American youth, as thousands of children head to YMCA summer day camps nationwide and look forward to fun and engaging activities that would not occur during the school year. Make the most of your summer in the USA. For more information on how to share your culture at the YMCA, visit www.ymca.net

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 will become final and take effect on July 19, 2007. **Given our processing time of 7 business days, any applications submitted on/after Thursday, July 12th should adhere to the new regulations.**

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/certificate/diploma 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 of all participants (Trainees and Interns). The interview can be with a YMCA representative or a host site representative, and *the interview must be documented in writing*.
- 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 Program Plan (T/IPP) will be issued along with the DS-2019.

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

Community Service Links

www.servenet.org
www.serviceleader.org
www.idealists.org
www.volunteersmatch.org
www.pointsoflight.org

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

Failure to maintain current information can lead to visa termination.

- *The DS-7002 must be signed by the host site, trainee, and the YMCA prior to being issued.*
- Hospitality and Tourism is now a new, separate occupational category of training. Maximum stay of 12 months.
- All host sites must now provide a DUNS Number; an EIN number; and Proof of Workman's Compensation Insurance Policy
- Site Visits: All host sites that have not previously participated in the YMCA International Training/Internship programs or that have fewer than 25 employees or \$3 million in revenue must be visited by a YMCA representative.

View the following documents for more details:

YMCA Training/Intern Program Fact Sheet:

<http://www.internationalymca.org/ICAP/Special/Fact-Sheet.doc>

New J-1 Trainee/Intern Regulations

<http://www.internationalymca.org/ICAP/Special/TrainingInternInterimFinal.doc>

New Training Plan Form DS-7002, Training/Internship Program Plan (T/IPP)

http://www.internationalymca.org/ICAP/Special/DS7002_2007.pdf

Implementation

YMCA will provide visa sponsorship to participants in both Intern and Trainee categories. Current trainees will continue their programs, and the new rules will apply only to Trainees and Interns whose DS-2019s are issued on or after July 19, 2007. There will be changes to our application forms and procedures to meet the requirements of the new regulations. *We expect all new forms and procedures to be updated and available online by Thursday July 12th.*

Community Service

By Sevinj Mammadova, Graduate Student/Muskie Fellow, Columbia University

In the United States many people are involved voluntarily in community service projects. They willingly give their time, energy, skills, and money to social causes, as they consider it to be an important thing to "give back" to the community. Your involvement in community service will help you to familiarize yourself with your community and meet new people there. It may also help you learn about the community where you are training and help you to build and demonstrate your skills. Moreover, your service may have a positive influence on the community both culturally and professionally.

As a Muskie Fellow, my program also includes community service. I volunteered at a middle school and helped to reorganize the school library. I got first-hand experience on how American schools function and how an organized library supports student success. The students and teachers will benefit from the organized library as it will be easier for them to select reading material. I am going to share this experience with schools in my country, Azerbaijan. I have contacts in schools in my hometown, Ganja, with whom I can share this experience. Libraries in my country's schools are quite different from those in the U.S. and perhaps by applying a different style of organization we can improve student success.

Insurance Provider

American
International
Companies

Policy number

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.

We want to hear from you!

Send your stories, photos, questions or concerns to:

Celena Green
cgreen@ymcanyc.org

or

Olga Lacayo
olacayo@ymcanyc.org

Alumni: Where are they now?

Tanja Stumberger, Slovenia, Non-profit Management Trainee, 2006-7

Tanja (far right) with friends and colleagues from the Free Society Institute in Slovenia



As a result of my training program, I am now part of a small group of Slovenians who have come together to form the Free Society Institute (FSI), the first libertarian think tank in Slovenia. My time with YMCA as a trainee in Washington, DC provided me with deep understanding of ideas of freedom, for which I now proudly advocate through FSI. Additionally, through the traineeship, I learned the

management, marketing, and development skills to needed run a young nonprofit organization. This summer FSI will organize two camps for Eastern European youth. I strongly believe that my pursuits to encourage open dialogue on critical issues in Slovenia will be more fruitful due to the time that I've spent as a YMCA trainee in the United States. Thank you all for enabling me to grow and become a strong voice for freedom.

Kairi Kurm, Estonia, Business Management Trainee, 2005



(left). I was a trainee at a food wholesale company in Duluth, MN. I also spent my free time visiting museums, schools, TV and radio stations, and other businesses, making the most out of my time in the U.S. During one of my tours I found a free coupon book, which gave me an idea to publish the first Estonian coupon book, available online at www.kupongiraamat.ee. My mission is to give people of my city ideas for spending valuable time after work.

Ms. Mi Eun Kim, Korea, Special Education Trainee, 2006-07

I was a trainee at a school for students with disabilities. Through my training I was able to improve my knowledge of American Sign Language (ASL), and also practice interpreting for deaf students. Several students were interested in learning Korean Sign Language (KSL), so I taught them a bit and we had a great time talking with each other. We also made a bulletin board comparing KSL to ASL by taking pictures of ourselves making the various signs. The school community was impressed to see ASL and KSL side by side. My colleagues gave me presents when my training came to an end. I still have the presents in my room in Korea as reminders of the wonderful students and colleagues I met in the USA. I am continuing my graduate studies in Korea.

Changes to Trainee Information and Training Plans

Any changes to the trainee's personal information and/or training plans requires **immediate written notification to**, and approval from the International YMCA.

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.

Staff Availability

Celena Green will be out of the country from July 20-August 11th. Please contact Olga Lacayo during this time.

Olga Lacayo will be out of the office from August 13-17 and August 27-31. Please contact Celena Green during this time.

Friends of International YMCA



We would like to thank Daniel Boulud and the restaurant Daniel for hosting our *Friends of YMCA: Past, Present and Future* event on May 30th. Special thanks also to trainee Caroline Millot for her wonderful presentation.

(Left to right) Caroline Millot, Crystal Shakespeare, Jack Lund, Daniel Boulud, Jesus de las Salas, Denise Durham-Williams

Travel Validation

If you plan to travel this summer, 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.

Successful Training in the USA By Sevinj Mammadova

Starting a new position is always challenging and rewarding. It is even more challenging to start a new position in a different country! Not only do you face a new culture here in the U.S., but there is also a different organizational culture within your host company.

There are certain ethics, rules, and expectations for professional life in the U.S., and also at your particular host site, that may be different from what you are used to. *Sometimes these rules and expectations are unwritten and assumed.* However, there are ways to overcome these cultural differences and succeed in your training.

While it may be more comfortable to spend time with people from your own country, spend as much time as possible interacting with Americans. Be observant and ask why things are done the way they are. Network with your peers, as well as those in more senior positions. The experience, networks, and knowledge you will get will be a strong foundation for your future career.

The following websites can also help you to succeed in your training:

www.monster.com, www.hotjobs.com/careertools