

This newsletter is sent to all active participants in the American Immigration Council J-1 Training Program. Please review the information below and remember to always contact the Council if you have questions or concerns about your training program or non-immigrant status. If you are no longer participating in our program, please notify us. If you have a question for the Council, please do not reply to this message, but instead send your question to [exchange@immcouncil.org](mailto:exchange@immcouncil.org).

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**Please Report a Change in Your Address**

Please be aware that the American Immigration Council is required to report any changes in your U.S. home address in the U.S. government's Student & Exchange Visitor Information System (SEVIS) database.

We ask that you report any residential address changes to us within 7 days of your move so that we can enter the information within the government imposed deadline.

Failure to update your address could result in termination of your J-1 visa status. We are responsible for sending you a slew of important documents, such as DS-2019 forms, insurance cards and other correspondence.

Please remember to contact the Council as soon as possible if you change your U.S. address. Thanks!



The American Immigration Council's International Exchange Center is on Facebook!

If you are already on Facebook, look up our group "**International Exchange Center**" and request to join. We promise we'll accept you.

While it's fun and informative to receive this newsletter, the Council's International Exchange Center group is a great way to interact one-on-one with other trainees and interns. You can post pictures, discuss your experiences and make new friends from all over the world!

Find us at [www.facebook.com](http://www.facebook.com). It's free and easy to join. You never know who you might meet or the experiences you could share.

**EXCHANGE VISITOR OF THE MONTH**

*Ishwinder Kaur Explores America*



*Ishwinder Kaur poses in front of the Grand Canyon.*

The Exchange Visitor Program is proud to announce Ishwinder Kaur as this month's Exchange Visitor of the Month. Each month, we select an exchange visitor who has made an effort to get involved in his/her community and explore American culture.

Ishwinder Kaur, 23, hails from New Delhi, India. She is currently training in Chicago in the field of business research and administration. She feels welcome in the US, and affectionately refers to Chicago as "a city of cold winds and warm hearts". Ishwinder has adjusted well to life in Chicago, a very different place from her home city of New Delhi. Everything from work culture to food to

the style of dress has been a new experience. "The biggest difference is the weather." Ishwinder said "I never saw snow or ice in New Delhi except for in my refrigerator."

In order to make the most of her time in the US, Ishwinder prepared an extensive list of places that she wanted to visit. Her list included everything from big cities like New York and Los Angeles to natural wonders like Niagra Falls and the Smokey Mountains. So far she has been successful in visiting many of these places. "But," Ishwinder shared, "the place that left me in complete awe was the Grand Canyon. It is heaven on earth, a place completely out of this world."

Through her travels, Ishwinder has experienced a side of the United States that the rest of the world doesn't normally get to see. "Contrary to my belief, America is a multi-cultural and multi-faceted society. Every region has different history, lifestyle and food and I experienced that first hand through my travels. Louisiana was particularly fascinating in this regard."

Before she completes her training, Ishwinder has a few more places to see and is also excited about being involved in the Chicago comedy group The Second City. She loves this group in particular for the history, fun and laughter associated with it. It is also a great opportunity for her to make additional friends before she goes home.

Ishwinder will take many wonderful memories with her from her time in the United States because she took the opportunity to really get to know the country and its people. "My American experience would have been incomplete and partial without the things I did outside of my training. Communicating with people has truly been the highlight of my stay in the United States."

Would you like to be featured as our next Exchange Visitor of the Month? Let us know what you are doing! Send us an email with your story and a picture to [J1Program@immcouncil.org](mailto:J1Program@immcouncil.org).



## Understanding American Culture

### *Disney and the Entrepreneurial Spirit*

Each year on the third Monday of January, Americans celebrate Martin Luther King, Jr. Day. Martin Luther King, Jr. Day will be observed on January 18 this year. This is a day to commemorate the great work of Dr. Martin

Luther King Jr. in the American civil rights movement of the 1950s and 60s. Dr. King's enduring legacy is his fight for justice through nonviolent means. At this time the United States was a very different place than it is to-

day. There were many laws that discriminated against African Americans, allowing them to be treated as second-class citizens. Injustice was especially prominent in the Southeastern states where the effects of slavery could still be felt.

As a young Baptist minister in Alabama, Dr. King spoke out against racial segregation. King and other civil rights activists created the Southern Christian Leadership Conference (SCLC). The SCLC became pivotal in the effort to organize nonviolent protests and boycotts that would bring national attention to the injustices that were happening in the Southern states. Through large scale protests such as the Montgomery Bus Boycott and the Selma to Montgomery marches, King advanced the message that racial discrimination was unjust and needed to be stopped. One of King's most famous public demonstrations against racial discrimination was the 1963 March on Washington, an event which drew more than 250,000 people. The March on

Washington culminated with King's "I have a Dream" speech, largely regarded as one of the most important speeches in American history. To view this historic speech, please follow this link: [http://www.youtube.com/watch?v=PbUtl\\_0vAJk](http://www.youtube.com/watch?v=PbUtl_0vAJk)

Through the work of Dr. King and other nonviolent activists, the passage of the Civil Rights Act of 1964 and the 1965 Voting Rights Act strengthened voter's rights and made it clear that no one can lawfully be discriminated against on the basis of race.

Dr. King was tragically, assassinated on April 4, 1968 in Memphis Tennessee. Even though his life was cut short, his dream of a better life for all still lives. Martin Luther King Jr. Day is a celebration of King's life and vision and is commonly a day of service or volunteering in order to help those who are in need. It is great opportunity for you to get involved and make a difference in your community. For more information on projects happening in your area on this day, please visit <http://www.mlkday.gov/>.

## Start the Year on the Right Foot!

### A Few Reminders For the New Year



Happy New Year! We hope that you're enjoying your time in the US and have had many memorable experiences thus far. We have a few friendly reminders to help you make the best of your J-1 experience in the US:

- If your address changes during your program, please let us know within 10 days so we can update your record.
- If your email address changes, please let us know right away. Email is our primary form of communication and we wouldn't want you to miss anything!

- Be sure to send in your DS-2019 form to be validated before you travel outside the US. This validation is good for one year not the duration of your program, so be sure to keep an eye on the date!
- Remember to complete your Midpoint and Final Evaluations! These forms can be found in your participant handbook or on our website: <http://www.internationalexchange.org/programs/resources>.
- Most importantly, keep track of your documents! Your DS-2019 form proves that you have permission to be in the US, so be sure that you know where it is at all times.

If you have any questions about your program please feel free to contact us at [J1Program@immcouncil.org](mailto:J1Program@immcouncil.org).

## It's Almost Tax Time!

If you have received payment from your American host company, you will need to file your 2009 tax return.

In order to do this you will need a W-2 form. This needs to be given to you by your host company on or before January 31st. You can file your taxes as soon as you have received your W-2 form, or keep the form in a safe place until the April deadline for filing your 2009 taxes.

### CONTACT INFORMATION

The best way to contact us with address changes, questions or suggestions is via email. Please send your message to [exchange@immcouncil.org](mailto:exchange@immcouncil.org). We welcome any and all newsletter suggestions or comments.

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