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J-1 JOURNEYS

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Travel Validations

Ready for an adventure? Want to fly home for the weekend?



Stop right there!



Have you filled out the Travel Validation Request Form?

Click [HERE](#) for the online form!

The United States Department of State and the U.S. Citizenship and Immigration Service require that all J-1 Trainee/Interns and J-2 dependents have their DS-2019 forms validated for travel taking place outside of the United States. Please fill out the form on our website, submit it to your supervisor for approval and send it to the International Exchange Center **2 weeks in advance** via FedEx or UPS with your original DS-2019 form.

The travel validation is good for one year, as long as you send us an email and let us know when you will be traveling and should be carried with your passport when you travel. The validation on the DS- 2019 form will allow you to re-enter the country on your J-1 visa.

Happy Travels!

Exchange Visitor of the Month



A Conversation with Helle Goller Munksgård Nielsen

Read interviews with our other Exchange Visitors of the Month on our [website](#).

Describe your training.

I'm training at LEGO Education—offering educational solutions for classrooms, such as lesson plans for teachers to use LEGO in the classroom. LEGO Education has been around for 30 years. When you learn by using your hands, that education is much stronger.

What is your favorite part of your training?

In Denmark, I worked on the global team. In Denmark, we just worked on developing products. We didn't talk to the end consumer. The US educational system is very different from the Danish system, so it has been great to have conversations with actual teachers and to visit classrooms around the country. Every country's educational system is different. In the US, every state is different!

What is the most surprising difference between the Danish system and the US system?

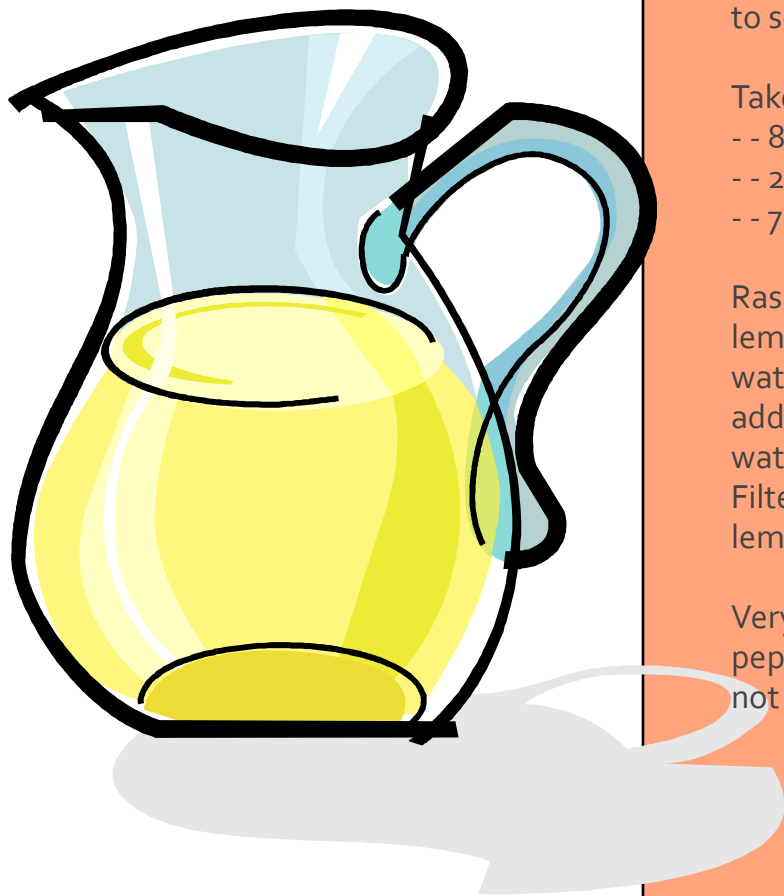
The emphasis on standardized tests. Even kindergartners are tested!

Do you have any advice for other Exchange Visitors to the United States?

Just do it! And be open to new people. That's the best advice I can give.

Summer Snacks

Are you looking for a way to sit back and relax during these hot summer days? Take a sip of **Zitronenwasser**, the winner of our [Facebook](#) summer snack contest!



The German name is "Zitronenwasser" translated to something like "Citrus Water". It is very easy:

Take:

- 8 organic (non pesticide sprayed) lemons
- 200g sugar
- 700ml boiling water

Rasp the outer zest (only the yellow stuff) of all the lemons, keep it. Press 7 of the lemons into a hot-water proof bowl. Put the sugar to the juice and add the boiling water. Add the zest to the still hot water and let all cool down to room-temperature. Filter it through a sieve and serve it with the 8th lemon sliced.

Very refreshing. We sometimes add some fresh peppermint before adding the boiling water, but not so much.

Submitted by:

Robin Geyer, J-1 Intern from Germany in Seattle, WA

Also try out this summer snack from AIC member, Anh Ngo:

Guacamole



Ingredients:

- 3 mashed avocados
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 diced tomatoes
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper

Directions:

Mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic with a pinch of ground cayenne pepper. You can serve the dish immediately, but letting it cool in the refrigerator for an hour will improve the flavor. Serve with lemon or lime-flavored corn tortilla chips.



The Toll House Cookie

By Lois Magee

What American snack captures both the history and cultural essence of the nation? Our vote is for the chocolate chip cookie, more formally known as the Toll House Cookie.

In colonial America, sugar, butter, eggs and flour were readily available and commonly combined to make a snack called Butter Drop cookies. Every cook had a slightly different version, with the ratio of ingredients changing the texture, sweetness, and density. Summer agricultural fairs featured competitions where different versions were judged and awarded colored ribbons indicating whose adaptation was considered the best.

Colonial America was also beribboned with toll roads. Fees paid by travelers were used to maintain a smooth surface and were considered safer and faster than free roads. Toll gates were built by bridges or in other areas where it would be difficult to bypass paying the fare. The gate keeper frequently operated an inn out of the toll house where he also provided for changing horses, food, and lodging.

With the advent of the automobile and the ease it brought to avoiding the toll roads, the location of viable inns changed. Gate locations on the remaining toll roads were more apt to offer fast food and gasoline than lodging and full meals. The automobile also heralded the long changeover of the US economy from an agricultural to an industrial nation. The excesses of the change would lead to the Great Depression of 1929 – 1939.

Enter a little immigration in the form of chocolate from a Swiss company. In 1937, while experimenting with the colonial recipe, Ruth Wakefield, who had along with her husband brought an old toll house and reopened it as a lodge, cut up a bar of Swiss semi-sweet chocolate into small bits. To her surprise, the chocolate didn't melt into the mixture, but simply softened and maintained its shape. The cookies brought a steady flow of customers to the Toll House. Newspapers began to publish the recipe for Toll House Cookies. Local fairs created a special category separate from other Butter Drop cookies. Sales of chocolate bars sky rocketed to the point where manufacturers began to retail pre-measured packages of chocolate bits. From this simple innovation, America became a nation of chocolate lovers.

So, celebrate American culture – have a Toll House Cookie!

Dear Jane,



I need some advice on what I think is rude behavior from my new American friends.

I had a party last weekend and invited everyone to come over at 8pm. I had everything ready and set up – I was very excited! However 8 o'clock comes around and no one had arrived. I called some of them and their replies were all the same “We are on our way.” By the time 8:45 came around, only about one or two people had shown up. The rest didn't arrive until 9:15pm! I think that this was incredibly rude of my new friends and it makes me very upset that they would arrive so late.

Back home, everyone was always on time or maybe just a few minutes late, not by an hour. How do I tell them that I didn't like their behavior without offending them? Is this something normal in America?

- Waiting Around

Dear Waiting Around,

Unfortunately, Americans are sometimes late – at least for social functions. There is a common saying that it is best to be “fashionably” late. For parties and social gatherings such as yours, people often show up half an hour to an hour late! For more formal social gatherings however, like a wedding or a restaurant date, people usually do show up on time. Americans also find it very important to be on time for a business related meeting such as a job interview or a meeting with clients. It would not look well if someone were to be an hour late for an interview. It never hurts to text your friends to check their progress. If you really are miffed about your situation, next time you plan a social gathering, you can add a light hearted “Don't let the food get cold!” to your invitation.

Best wishes,

Jane

Send your own American culture questions

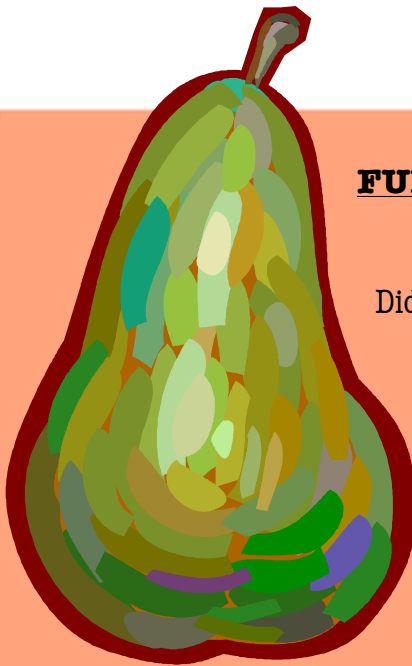
to Jane or Tommy at j1program@immcouncil.org

TAKE A BITE OUT OF



This week, our J-1 Journey takes us to Southern Oregon.

Follow our Facebook page to learn more about the Southern Oregon area's picturesque mountains and forest, fruitful orchards and vineyards and, last but certainly not least, its dramatic coastline.



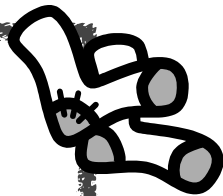
FUN FACT:

Did you know that 84% of pears grown in the United States come from Oregon and Washington?

It's enough to knock your socks off*, isn't it?

American Idiom of the Month:

To “knock your socks off” means to surprise or amaze.

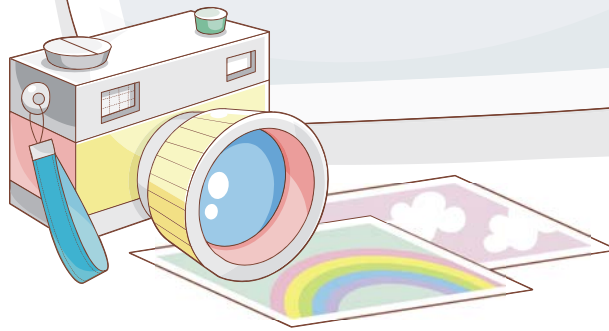


Check our [Facebook page](#) this month for the next stop on our J-1 Journey: Minneapolis, Minnesota





Thanks to Mark Huang, J-1 Trainee from China at Lubrizol Corporation for sending greetings from Deer Park, TX!



Every other week at the IEC we present a different's city's sights on our [Facebook page](#). Send us postcards from your J-1 Journeys, and they may be featured in the newsletter!

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