

# J-1 JOURNEYS

VOL 1 ISSUE 1

INTERNATIONAL EXCHANGE CENTER MONTHLY NEWSLETTER



## CULTURE CUES:

### 14 FACTS ABOUT THE FOURTH OF JULY

July Fourth, Independence Day, celebrates the signing of the Declaration of Independence in 1776. This document declared that the United States of America was an independent nation from the Kingdom of Great Britain. This day is one of the major US holidays celebrated by all types of people across the country.

We hope you joined your American friends and neighbors on July 4<sup>th</sup> and ate delicious barbecue, jammed out at a free concert, or watched fireworks displays. You might be surprised to learn these 14 facts about the Fourth of July, and you can use them to test your colleagues' knowledge of America's Birthday.

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Are you one of the

# 264

Exchange Visitors to connect us on Facebook? No?

## WELCOME:

### TAMMIE HARRISON AND JAI MISRA!

The International Exchange Center said farewell to two Program Specialists this Spring, Kimberly Brown and Samya Behary, and welcomed two new members to the team.

Ms. Harrison is a graduate of Emory University with a degree in political science. She holds a graduate certificate from The Hopkins-Nanjing Center, where she studied Chinese law, politics and economics. She has worked at the Emory University Center for International Programs Abroad and in business development and management for Berlitz, a global language education company.

Mr. Misra graduated from Gettysburg College with a degree in Globalization Studies, and he spent a year at the American University in Cairo (AUC) where he helped design cultural exchange programs for study abroad students at AUC's International Student Services Office.

Sincerely,

**INTERNATIONAL  
EXCHANGE  
CENTER**  
AMERICAN IMMIGRATION COUNCIL

### CONTACT INFO:

TAMMIE [THARRISON@IMMCOUNCIL.ORG](mailto:THARRISON@IMMCOUNCIL.ORG).

Her office phone number is (202) 507 7513.

Her Skype name is AIC-TAMMIE.HARRISON.

JAI [JMISRA@IMMCOUNCIL.ORG](mailto:JMISRA@IMMCOUNCIL.ORG).

His office phone number is (202) 507 7508.

His Skype name is AIC-JAI-MISRA.

Also in this edition of J-1 Journeys:

**"When to Contact your Program Sponsor"**

(that's us, The American Immigration Council) -by Lois Magee.

[ read the article on Page 4 ]

## STAY CONNECTED...



[ SEE WHAT'S HAPPENING ONLINE AT THE IEC ON PAGE 5 ]

# EXCHANGE VISITOR OF THE MONTH

CONGRATULATIONS TO MICHAEL ILTSCHEV, OUR EXCHANGE VISITOR OF THE MONTH. WE RECENTLY CAUGHT UP WITH MICHAEL TO LEARN MORE ABOUT HIS J-1 TRAINING EXPERIENCE.

## A CONVERSATION WITH MICHAEL ILTSCHEV



### Describe your training?

I train at a firm that specializes in accounts for companies that find themselves in M&A situations. Being in NY gives a good opportunity to see how investor relations work. And I'm really excited to work here with professionals of the industry. It's so fantastic I almost regret that it's time to go!

### What are you hoping to do after your training?

I'm looking forward to bringing all the knowledge and skills I gathered back to Germany!

### What is your favorite thing about your training?

The people I work with everyday. I also enjoy the exposure to exciting projects.

## ABOUT ME:

NAME: MICHAEL ILTSCHEV

AGE: 32

HOME COUNTRY:  
GERMANY

TRAINING CITY:  
NEW YORK

TRAINING IN:  
PUBLIC RELATIONS/  
COMMUNICATIONS

START OF TRAINING:  
01/03/2012

### What do you like to do when you aren't training?

As I'm based in NY, there's truly no shortage of exciting things to do and see. I found the city to be such a vibrant place that I spend a great deal exploring it. I think what makes NY a great place is the great diversity of its neighborhoods. I find the Meat Packing District to be particularly compelling. By contrast, the Museum Mile is home to incredible pieces of art.

### Any favorite spots in NYC?

The Meat Packing District and the high line where function follows form. Another one is the Neue Gallery, a Viennese style café gallery.

### What about places you want to see before you leave?

I'm planning to get out of the city and see a bit of the East Coast.

### Any new favorite (or not so favorite) foods?

I definitely fell in love with the really really good burgers in the US! I just walk into any burger joint and just say put everything on it! I love it!

### How do you like living and training in NYC?

Whenever you get the opportunity, seize the chance to see the US and NY for yourself – there's no other place like it.

### Any advice for other trainees and interns?

The only advice I could share is bring an open mind and enjoy the myriad of new experiences and don't be afraid to ask if you're not sure where you're going. **[END]**

# CULTURE CUES:

## 14 FACTS ABOUT THE FOURTH OF JULY

BY JAI MISRA  
PROGRAM SPECIALIST

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THESE 14 FACTS ABOUT THE FOURTH MAKE INTERESTING CONVERSATION TOPICS AT ANY INDEPENDENCE DAY CELEBRATION. IT IS LIKELY THAT SOME OF THESE FACTS WILL BE NEW TO MANY AMERICANS, SO YOU MAY JUST SURPRISE THE PEOPLE YOU KNOW WITH YOUR KNOWLEDGE ABOUT AMERICA'S BIRTHDAY!

1. The lead author of The Declaration, Thomas Jefferson, was just 33. By comparison, Benjamin Franklin, of Pennsylvania, was 70.
2. After signing the Declaration of Independence, John Hancock said that Congress must now "*All hang together*". Benjamin Franklin replied, "*Yes, we must indeed all hang together, or most assuredly we shall all hang separately!*" (he was referring to death by hanging, of course).
3. Presidents Adams, Jefferson and Monroe all died on July Fourth. Adams and Jefferson died hours apart on the same day in 1826. Coincidentally, that day was the 50th anniversary of the Declaration of Independence.
4. In 1784, Benjamin Franklin wrote: "*For my own part I wish the Bald Eagle had not been chosen the Representative of our Country. He is a Bird of bad moral character...a Bald Eagle, but looks more like a Turkey. For in Truth the Turkey is in Comparison a much more respectable Bird, and withal a*

*true original Native of America. He is besides, though a little vain & silly, a Bird of Courage, and would not hesitate to attack a Grenadier of the British Guards who should presume to invade his Farm Yard with a red Coat on.*"

5. When Alaska and Hawaii were about to become states, more than 1,500 designs for a new flag were sent to President Dwight D. Eisenhower. One created by 17-year-old Robert G. Heft in 1958 as a school project has become the most famous. His teacher gave him a grade of B- for the project. After discussing the grade with his teacher, she joked that she would increase the grade if the flag was accepted by Congress. Heft's flag design was chosen and adopted by presidential proclamation in 1959.

6. Although there is no official reason given for why the colors red, white, and blue were chosen for the US flag, when the Great Seal of the United States was chosen this is what was listed for them:

White for purity and innocence

Red for **valor** and **hardiness**

Blue for **vigilance**, **perseverance**, and **justice**

7. Folktales say that George Washington interpreted the flag in this way:  
The **stars** were taken from the **sky**, the **red** from the **British colors**, and the white stripes signified the secession from the home country.

8. If the flag is flown upside down it signals distress. It means, "I need help, I'm in trouble!"

9. The flag should never touch the ground, the floor, or water. Worn out flags are destroyed, usually by burning.

10. A flag is flown from dawn till dusk. However, it may be flown for 24 hours if illuminated during the hours of darkness.

11. Since 1916, competitors have entered into Nathan's Hot Dog Eating Contest on Coney Island in Brooklyn, New York City. The contest was supposedly started by four immigrants trying to decide who was the most patriotic.

12. People used to celebrate by burning huge bonfires on the night before the Fourth. In New England, towns competed to build towering pyramids of barrels that were lit at nightfall. The tallest fires were in Salem, Massachusetts on Gallows Hill, where 13 women and 6 men were executed for practicing witchcraft during the Salem witch trials in 1692. The custom is still practiced in some New England towns.

13. The fictional character Uncle Sam was probably created in 1812. Samuel Wilson was a meat packer who provided meat to the US Army. The shipments of meat were stamped with the initials "U.S.", so someone joked that the initials stood for "Uncle Sam". Because of this joke, Uncle Sam eventually became a symbol of the United States government.

14. The Aphelion, the point in the year when the Earth is farthest from the Sun, occurs around this date.

[END]



# WHEN TO CONTACT YOUR J PROGRAM SPONSOR

BY LOIS MAGEE

DIRECTOR, INTERNATIONAL  
EXCHANGE CENTER

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AS THE SPONSOR OF YOUR J-1 VISA, THE AMERICAN IMMIGRATION COUNCIL HAS AN OBLIGATION TO YOU AND TO THE US DEPARTMENT OF STATE TO KNOW WHERE YOU ARE AND HOW YOU ARE DOING. THREE TIMES DURING YOUR J PROGRAM, YOU WILL GET E-MAIL REMINDERS FROM US THAT IT IS TIME FOR YOU TO COMPLETE **EVALUATIONS** OF YOUR EXPERIENCE IN THE UNITED STATES ON A J VISA: 30 DAYS AFTER YOUR PROGRAM STARTS, MID-STAY, AND 30 DAYS BEFORE THE END-OF-STAY. WHEN ELSE SHOULD YOU CONTACT US?

When you are going to travel. We need to endorse your DS-2019 for travel outside the United States to allow you to reenter without issues at Passport Control. The endorsement is good for one year so long as we receive an e-mail with your travel plans each time before you leave the United States. Instructions for getting the travel endorsement are on our [website](#).

If you travel inside the US for more than 10 consecutive days, we also need you to send us an e-Mail each time with your travel plans.

When you change your address. If you change your residence or if the physical location of your host site changes, we need to know within 7 days of the move. Again, just send an e-mail to:

[J1Program@immcouncil.org](mailto:J1Program@immcouncil.org) with the new address. If the physical location of your host changes, and this was not part of your training plan as documented on from DS-7002, be sure to include an explanation as to why the move is occurring.

If you are assigned to a new supervisor. We will need the new supervisor to sign the DS-7002, so please e-Mail the name and contact information.

When there is a break in training. If your training program is interrupted for any reason such as travel, a major medical emergency, a family emergency, a change at the host site, or any other cause, let us know. We are here to facilitate that everything goes as smoothly as possible, but we depend on you to let us know what is happening with your program.

When you want to extend your program. If you and your supervisor are thinking of extending your J-1 program, call us to discuss the possibility before the decision is finalized.

When your program ends early. If your J-1 program will end

more than 30 days before the end date on your DS-2019, let us know when and why. We'll help make sure all the necessary steps are taken to end the program early.

When you have questions or concerns. Our job is to facilitate your having the best possible experience in the United States. If you have questions or concerns about your training program, about life in the United States, or about issues concerning your J visa, email or call us. Please don't wait for an issue to become a big problem before you reach out to us.

When there is a natural or man-made disaster. If something happens in the area where you are living, let us know that you are safe. During emergencies it can be hard to contact you, so help out by letting us know where and how you are.

When something exciting or good happens. We want to hear the good stuff as well as the not so good. Sharing the good things that are happening while you are on the J program makes our day. Share your experiences via e-mail or on our [Facebook](#) page.

Finally, just keep in touch! Call, write, drop by the office or send a message in a bottle! We'd love to hear from you.

[END]

# INTERNATIONAL EXCHANGE CENTER ONLINE:

The IEC Facebook page is a great place to find out about local spots in your city, meet other trainees and interns and get program updates. Here's a sample of what's been going on lately...

## IEC City Weeks!

Every other week at the IEC we search a different city for interesting places, events, and activities.

Your job as a J-1 is to visit these places and let us know if they are as fun as they sound:

This week is: *Philadelphia week!*

The city known as **"America's Birthplace"** kicks off July with the **"Largest Free Concert"**, but there are plenty of cool places to visit once summer begins heating up...



**Philly's Magic Gardens**

(<http://www.phillymagicgardens.org>)



**Boathouse Row**

(<http://www.visitphilly.com/museums-attractions/philadelphia/boathouse-row>)

## CONTACT US:

[J1program@immcouncil.org](mailto:J1program@immcouncil.org)

202-507-7500

[www.internationalexchangecenter.org](http://www.internationalexchangecenter.org)

**INTERNATIONAL  
EXCHANGE  
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AMERICAN IMMIGRATION COUNCIL

## MAILING ADDRESS:

THE INTERNATIONAL EXCHANGE CENTER  
AMERICAN IMMIGRATION COUNCIL  
1331 G STREET NW  
SUITE 200  
WASHINGTON, D.C. 20005  
USA

*Next Week we'll take a look at Austin, Texas--  
"The Live Music Capital of the World!"*