



WORK & TRAVEL USA



HAVE A GREAT TIME IN THE U.S.!

The best way to learn about American culture is to get out and explore your new community! You'll make new friends, discover what daily life in the U.S. is like, and see some beautiful sites.

PROGRAM REMINDERS

REGISTER FOR SEVIS

Call CIEE to register for SEVIS when you arrive.

Be ready to provide us with your DS-2019 number, contact information, U.S. housing information (including room number and dormitory/apartment name), and employer address.

APPLY FOR A SOCIAL SECURITY NUMBER

Apply for a social security number after registering for SEVIS. Get proof of your application and check status after two weeks at any social security office.

CHECK YOUR EMAIL REGULARLY

Check out our On The Go emails to stay on track during your program, and learn about American culture in the Culture Guide USA monthly newsletter.

CIEE NEEDS TO HEAR FROM YOU!

During your program, monthly contact is required to ensure you have the best experience possible. Remember to complete your mandatory monthly email surveys.

Also, remember to contact CIEE if you:

- Have trouble adjusting to a new culture
- Need to seek medical assistance
- Update your contact information
- Attain a second job

CIEE is available during business hours to answer your questions, and 24 hours a day for emergency situations.

SAFETY TIPS

BIKING

- Obey traffic laws, stop signs, and right of way.
- Use hand signals at intersections to let cars know where you are going.
- Ride in the same direction as traffic – in the bike lane or road, not on the sidewalk.
- Always wear a helmet.
- Check your tires, brakes, and gears before each use.
- Wear brightly colored clothing; also install reflectors and lights on the front and back of your bike.

SWIMMING

- Swim only in designated areas close to the shore (preferably while supervised by lifeguards).
- Always tell someone where you're going.
- Watch for flags posted at many beach access sites signifying water conditions.
- Never swim alone, at night, or under the influence of alcohol.
- Avoid rip currents (strong currents that flow away from shore); if caught in a rip, swim parallel to shore until the current relaxes, then swim back to shore.
- Large waves can be dangerous. Dive under them before they break.

GENERAL SAFETY TIPS

- Apply sunscreen when outside and drink plenty of water to stay hydrated.
- Watch out for severe weather such as flash floods, lightning, or strong winds; if such weather occurs, follow the safety instructions broadcast on TV or the radio.
- Don't walk alone, especially at night or in unfamiliar areas.
- In the event of an emergency, such as a dangerous crime or a life-threatening medical problem, dial 911.
- You can also contact CIEE any time you need help: 1-888-268-6245.

ciee.org/wat

1.888.268.6245

contact@ciee.org

