



Helpful Tips for a Smooth Start to Your Exchange Experience

At American Journey Cultural Exchange, we want your journey to the United States to be safe, smooth, and successful. Below are a few helpful suggestions to keep in mind before and during your stay to help you feel informed and prepared

Before You Travel: Social Media Awareness

The U.S. government may review social media accounts as part of the visa process. This is especially true for certain applicants based on recent visa or program history. To help your application go smoothly:

- Take a moment to review your social media presence.
- Consider making accounts private or removing any content you would not want reviewed by officials.

This is a precaution; most participants will not experience issues.

At the Airport: What to Expect

Sometimes, travelers may be asked a few additional questions upon arrival in the U.S. To feel confident and prepared, we suggest keeping the following in a small bag you carry with you (not in your suitcase):

- Passport, visa, and DS-2019
- Copy of our Training Plan or SWT Job Offer which contains both your host and sponsor contact details
- Copy of your Insurance Card

Phones may be inspected; you might choose to remove or hide personal apps and private information. If you are delayed, let someone in the U.S. know and inform American Journey.

Tip: Take a photo, copy and upload a copy of all your documents to a cloud-based storage, keep a copy on your phone.

While You are in the U.S.: Carry Important Info

It is a good idea to always have:

- A government-issued ID
 - Digital copies of your passport, visa, and DS-2019
 - Medical insurance info (if applicable)
 - Emergency contact details including sponsor information
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Know Your Rights

If you are ever approached by a U.S. immigration officer, remember:

- You have the right to remain silent.
- You can politely ask to speak with an attorney.
- Officers need a warrant signed by a judge to enter your home, ask to see it if you are unsure.
- If you are ever in a difficult situation, contact your sponsor or host. You can also use the ICE online detainee locator. <https://locator.ice.gov/odls/#/search>

Stay Safe by Following These Tips

- Always follow your program rules and U.S. laws.
- Avoid risky situations, such as:
 - Traveling outside the U.S. without approval
 - Staying past your program dates
 - Participating in political protests or sharing strong political opinions online

We are here to support you every step of the way. If you have questions or concerns, please contact your American Journey program advisor. We are excited about your cultural exchange experience and look forward to welcoming you soon!