



United States Department of State
Bureau of Educational and Cultural Affairs
Washington, DC 20522

February 1, 2021

Dear Exchange Teacher:

Congratulations on your participation in the Exchange Visitor Program! On behalf of the U.S. Department of State, I want you to know that your decision to come to the United States is important to us. We want your stay to be a positive and memorable experience for you.

As an exchange teacher, you are part of a U.S. Department of State cultural exchange program in which you, like thousands of other teachers from around the world, will have the opportunity to share your language, culture and customs with others in your profession. During your time here, we hope you will challenge yourself to examine the similarities and differences in the professional practices and overall working and cultural environments in the United States and your home country. As you meet new people and experience new personal and professional challenges, you will have the opportunity to learn about the United States, its values, and its people. Your active participation in this program will help create new and lasting relationships between our countries.

Your U.S. sponsor is your first point of contact throughout your stay in the United States. Your sponsor is identified on your Form DS-2019, Certificate of Eligibility for Exchange Visitor Program (J-1) Status. If you have any questions about your exchange program, if you need assistance of any kind while you are here, or if something just does not feel right to you, immediately contact your U.S. sponsor. It is your sponsor's responsibility to help you with any problems, needs, or concerns you may have. Your U.S. sponsor should have given you an emergency telephone contact number in your program orientation materials. This telephone number should be available to you 24 hours a day, 7 days a week.

If you have concerns or issues that your U.S. program sponsor has not resolved or you cannot reach your sponsor, please contact the Department of State through our J-1 Visa Emergency Helpline at 1-866-283-9090, which is available 24 hours a day, 7 days a week, or by e-mail at jvisas@state.gov. Moreover, because your safety is of the utmost importance to us, the Department of State has prepared information to make sure you can always get help if you ever need it. Please review the information in the following link before you depart your home country: <http://travel.state.gov/content/visas/en/general/rights-protections-temporary-workers.html>

As a teacher on the Exchange Visitor Program, you are now part of the alumni network of over one million current and former exchange visitors. We welcome you to join the International Exchange alumni website – a place where past and present U.S. exchange program participants find tools to advance their communities and our world. Membership to this exclusive online community grants access to professional development resources; exclusive video webchats with VIPs; and 20,000 online magazines and newspapers. Members can also: network with fellow alumni around the world; find the latest research in your field; develop plans for your alumni association, or find an association to join; and read alumni success stories, perspectives, and ideas. To join please visit: <https://alumni.state.gov/>.

We are pleased that you made the decision to participate in the Exchange Visitor Program and I hope you enjoy your stay in the United States.

Sincerely,

A handwritten signature in blue ink, appearing to read "G.K. Saba".

G.K. Saba
Director, Policy & Program Support
for Private Sector Exchange