

Deception and Lies:

Host Families, program sponsors, their representatives, school administrators, coaches, teachers, people who help them, even police and priest, may use deception and lies. For example:

- False promises about living conditions
- Telling you that you have no rights;
- Telling you that you will not be believed if you try to get help
- Instructing you to lie about their identity.

Threats and Fear:

Anyone with authority and people who help them may use threats and other intimidating acts to make you feel too afraid to try to leave. For example:

- Beatings, physical abuse, or sexual abuse;
- Threats of beatings, physical abuse, or sexual abuse;
- Locking in or restraining a student;
- Threats of harm to the student if he tries to leave, complain of mistreatment, report the situation to authorities, or get help
- Threats of being deported or arrested, or of being turned over to police for trying to leave, complain, report, or get help

Rules and Controls:

People in control of you may use rules to make it harder for you to leave, complain about mistreatment, or seek help, such as:

- Rules against leaving the home;
- Rules against holding onto your own passport, visa, or other ID
- Denial of adequate food, sleep, or medical care; or
- Preventing or restricting you from communicating freely with family, your area rep, or others outside the home.

Will I be deported if I report the abuse?

There are programs to protect people who report abuse. You should not be afraid to seek help even if you have immigration concerns. You may consult with an immigration attorney.

- If you believe you may be a victim of a serious crime, including rape or sexual assault, you may be entitled to a different nonimmigrant visa, like a U visa (for victims of other serious crimes). These visas were created to provide protection for certain crime victims worried about their immigration status. Many people are unfamiliar with these visas and you may need to tell people assisting you about them.

Are You Coming To The United States Temporarily To Study?

If You Should Encounter Any Problems, You Have Rights And You Can Get Help!

This pamphlet is a digest of one created as a result of a U.S. Federal law, Public Law 110-457 to honor the rule of law and the dignity of all who come to this country to work or study.

You Have the Right to:

- Be treated fairly
- Not be held against your will except by agreed program rules.
- Keep your passport and other ID documents in your possession
- Report abuse without retaliation
- Request help from various private and government agencies
- Seek justice in U.S. Courts

If you are mistreated or rights are violated, call the program headquarters or the US State Dept. toll free numbers on your ID card.

If you are in immediate danger, Call 911

There Are Ways to Protect Yourself

- Keep your passport in a safe, easily accessible place at all times;
 - Keep copies of your passport, visa, I-94, DS-2019 and contracts
 - Always have the phone number of your home country's embassy Find on the internet and print here_____
 - The phone of your sponsor organization, local contact, counselor, host family, and U.S. State Department are on your ID card.
- The purpose of this brochure is not to terrify you and make you think nobody can be trusted. People involved in this kind of program will usually have your best interest at heart and have high morals and ethics. But no person is above the law and no profession makes a person entitled to be always trusted. We all have the capability to do evil, even you. So always be alert. As President Reagan said about agreements, "Trust, but verify."

An Overview of the Nonimmigrant Visa Process

What is a nonimmigrant visa?

A nonimmigrant visa is a U.S. government document that permits individuals who travel to the United States to request entry for a particular purpose; for example, to work or to study.

The nonimmigrant visa process involves two important steps:

- Applying for a visa at the appropriate U.S. Embassy/consulate
- Presenting the visa to an immigration inspector at a U.S. port of entry.

What are the important parts of my documentation?

▫ The visa. It is located in your passport and shows your picture and visa expiration date. If your visa expires, you cannot reenter the United States on that visa until it is renewed.

▫ If you have a student-type visa, the visa will include the name and number of the program who is sponsoring you to study.

▫ The I-94 Card. This is a white card provided to you when you enter the United States. Your I-94 card shows the period of time that you are allowed to remain in the United States. It probably says D/S meaning duration of status or for as long as you are in good standing up to the finish date on your DS-2019.

Do not lose this card!

Once you arrive in the U.S., **keep your passport and other travel documents in a safe place where you can access it at all times!** It is illegal for your host family, program or school to take your passport away from you.

Before you travel to the United States, **make two copies** of all important documentation, especially your passport (with visa), your contract, and your identity documents. Give one set of these copies to someone you trust in your home country. When you arrive in the United States and receive an I-94, make one copy of the I-94 in case you lose the original. Keep these documents in a safe place. Keep your original of your DS-2019 if you have a J-1 visa or I-20 if an F-1 visa.

J-1 exchange visitor visas

▫ The Form DS-2019, the basic document required to apply for a J visa, reflects the category of exchange and the program dates. Depending on the category of exchange, there may be other documents and/or contracts which cover the terms of your exchange program.

▫ Your sponsor's advertisements must be accurate and explain all costs, conditions, and restrictions of the exchange program. Your sponsor must also give you an orientation and provide you with information about:

- the J-1 program and a description of the specific program in which you are participating and its rules;
- travel and entry into the United States;
- housing;
- fees, costs, living expenses, healthcare, and insurance costs;
- life and customs in the United States;
- local resources;
- your sponsor's address and the name and phone number of the person responsible for you in the United States;
- contact information for the Exchange Visitor Program Services of the Department of State; and
- The Department of State's Exchange Visitor Program brochure;
- Your sponsor must interview you in person

Your Rights Regardless of Visa Status

There are also many **rights you have regardless of your visa status**. If any of these rights are violated, you can report the violations to a government enforcement agency. In most cases, you can also bring a lawsuit to attempt to recover your losses, without fear of being punished.

Your Right Not to Be Retaliated Against

▫ It is unlawful for your area rep, host family or others to try to punish you by threatening to report you to immigration or the police if you try to enforce your rights! If threatened any time **seek help immediately. Remember your safety comes first!**

Your Right Not to be Discriminated Against

▫ you have the right to not be treated differently or badly because of your gender, race, national origin, color, religion, or disability.