

Student Connection

Lake George Region

New York



Seasonal Workforce Student Handbook

www.lgstudentconnection.com



Lake George Region
Student Connection

Welcome to the Lake George Region!

We are very happy that you have chosen the Lake George Region for your Work and Travel experience. J1 students will find many cultural and employment opportunities in our community. We hope you learn new skills and make lifelong friendships. Take advantage of our beautiful landscapes and lake by exploring all that our region has to offer.

Please take a few minutes to explore our website. Our committee has provided you with information to ensure that you are safe and happy during your stay. Download a copy of the student handbook for more detailed information.

We hope you have a wonderful summer experience!

Thank you and best wishes,

The Student Connection Committee

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About Lake George

Lake George, nicknamed the Queen of American Lakes, is a long, narrow oligotrophic lake located at the southeast base of the Adirondack Mountains, in the northeastern portion of the U.S. state of New York. Our area is rich in history and natural beauty.

Weather and Clothing

Don't forget your swimsuit! Enjoying the clear, cool waters of Lake George are a favorite and a must do!

Between the months of May and October there are fluctuations in the temperatures. In June, July and August day time temperatures are warmest ranging from the 70'sF (21C) through the 80'sF (22C).

Cooler temperatures are common in May and October with day time averages in the 60'sF (16C).

Be sure to pack a sweatshirt for cooler weather, comfortable shoes for work, walking and any hiking you may enjoy.

Community Resources

The Student Connection

Website: <http://www.lgstudentconnection.com>

Email: LGStudentConnection@yahoo.com

Facebook: Lake George Region Student
Connection

Summer

Office: Lake George Visitor's Center
1 Beach Rd
Lake George, NY 12845
518-668-2624

Lake George Regional Chamber of Commerce

Website: <http://www.lakegeorgechamber.com>

2176 U.S. 9
Lake George, NY 12845
518-668-5755

Bolton Chamber of Commerce

Website: <http://www.boltonchamber.com>

4928 Lake Shore Drive
Bolton Landing, NY 12814
518-644-3831

Stop by any of our Chambers of Commerce or Lake George Visitor Center to learn more about what's going on in the Lake George area, and to pick up brochures of things to see and do.

Transportation

Travel arrangements and costs are your responsibility!

Employers and Landlords are NOT responsible for providing transportation to job sites or housing. If help is needed, please contact your sponsor for travel instructions. Give yourself enough time to adjust to time changes and jet lag.

By Air

The Albany International Airport is 50 miles south of the Lake George Area and serves most major airlines. Car rentals and bus service are available from the airport. Some area lodging properties provide shuttle service from Albany.

- Albany International Airport, Albany, New York (ALB)
- John F. Kennedy Airport, Queens, New York (JFK)
- Logan International Airport, Boston, Massachusetts (BOS)

If you choose to travel to an airport other than Albany, plan to spend a significant amount of time traveling by bus to Lake George.

Airport Distances and Travel Time to Lake George	Code	Distance (miles)	Drive Time
Albany	ALB	55	58 min
John F. Kennedy	JFK	220	4 hr. 22 min
Boston	BOS	231	4 hr. 21 min

Instructions from JFK Airport to Port Authority for Busses:

NYC Airporter - official bus operator for the DOT and the Port Authority of New York and New Jersey. They are located at the ground transportation desk (welcome center) of every terminal at JFK Airport and LaGuardia Airport.

www.nycairporter.com/schedule/portauthoritytojfkairport/

BY TAXI

STEP 1

Exit your terminal at JFK Airport after retrieving any luggage from the baggage claim. Follow signs or directions for the taxi stands, which are found outside each terminal. No reservations are needed to take a cab from JFK. The cabs at the stands are waiting to pick up any passenger who needs them.

STEP 2

Approach the cab. Ask the driver if he's accepting passengers to ensure someone else hasn't claimed the cab.

STEP 3

Have your final destination ready. **The address for Port Authority is Port Authority, 625 8th Ave., New York, NY 10018.** The driver will then take you to your location.

STEP 4

Pay the driver upon arrival at your destination. Cabs in New York City accept credit cards but paying in cash is always an acceptable option. Be prepared to pay a flat rate of \$45 plus tolls to any destination in Manhattan. For other destinations fares can start at \$20 and run upwards of \$90 or above. Leave a tip for the driver in cash or on your credit card receipt. Standard tip percentage for a cab ride in New York is between 15 and 20 percent.

By Bus

Adirondack Trailways and Greyhound maintain a regular schedule to towns throughout the Lake George Area from destinations across the U.S.

Trailways - 1-800-858-8555 / 518-793-5525

<https://trailwaysny.com/>

Greyhound – 1-800-231-2222 / 518-793-5525

<https://www.greyhound.com/north>

Purchasing bus tickets in advance can be done online using a credit card. **This is HIGHLY RECOMMENDED.** Have the printed bus ticket ready when boarding the bus.

Purchasing tickets with cash will require going to the bus ticketing window. Not all ticketing windows are 24 hours!

When Purchasing a bus ticket from NYC you will want to purchase from NYC to Lake George. Purchasing a ticket to Albany or Glens Falls, NY will require a taxi ride to Lake George at an additional fee. Landlords and or employers are not responsible for providing transportation to and from bus stations.

By Train

AMTRAK® (800-872-7245) runs routes from New York City to Fort Edward and Saratoga, NY. Fort Edward is 20 minutes and Saratoga is 30 minutes from Lake George.

CALL AHEAD TO MAKE TAXI OR UBER ARRANGEMENTS

You will need to arrange transportation from the train stations to Lake George by taxi or Uber. **There are no public phones or waiting taxis at the Fort Edward Station!**

Seasonal summer service is available aboard the Saratoga and North Creek Railway (877-726-7245) with multiple connections in the Lake George Area from Saratoga Springs to North Creek. Schedules & ticket information are available online at sncrr.com.

If you take a train from NYC to Albany NY, taxi stations are located in the station. There is a \$100-\$150.00 USD taxi charge. Albany NY is located approximately 60 minutes from Lake George.

By Car

CAPITALAND TAXI: (518-456-8294) Capitaland Taxi is the contact cab company serving Albany International Airport. Capitaland offers late-model, smoke-free, clean vans with uniformed drivers. All Capitaland Taxis are equipped with meters to provide travelers with a fair and accurate account of their ride. Airport Capitaland cabs are also equipped with credit card readers.

RIDE-SHARING: Lyft and Uber services are available at Albany International Airport. Lyft and Uber service is accessed by using the Lyft or Uber app on cell phones. Lyft and Uber drivers are stationed near the terminal.



Getting Around the Lake George Region

Important

Hitchhiking is dangerous and not recommended. You should not accept rides from someone you do not know unless they are a licensed transportation provider (such as a taxi driver).

Lake George Trolley Information & Schedules

Ride the Lake George trolley! Stops include Glens Falls, Queensbury, Lake George, Bolton Landing and Warrensburg.

The trolley operates daily during July and August. Spring and Fall times vary. Please check online or call for up to date times.

Stops include Queensbury, Lake George, Bolton Landing and Warrensburg, NY. Be sure to check the official schedules for the South and North routes for specific times.

Greater Glens Falls Transit

Phone: 518-792-1085.

Website: <https://qftransit.org>

When You Arrive In the USA

Sponsor Check In

US government regulations for the Summer Work Travel Program mandate that students must check-in with their sponsor within 3 days of arrival in the USA. Failure to check-in within 3 days will result in Program Termination. Termination means student's status in SEVIS will be inactive, students cannot legally work in the USA, will not have medical insurance, and will need to return home immediately, and will have difficulty obtaining any type of US visa in the future.

Queensbury Social Security Office

17 Cronin Road

Queensbury, NY 12804

Local Number 1-877-405-4875

National Toll-Free 1-800-772-1213

Office Hours:

Monday, Tuesday, Thursday, and Friday:

9:00am-4:00pm

Wednesday: 9:00am-12:00pm

Saturday and Sunday: Closed.

It is important that you check in with your sponsor prior to visiting the Social Security Office. Wait 7-10 days after SEVIS check in before going to the Social Security office. If you do not validate yourself in SEVIS within 72 hours after your arrival in the USA, you will have a delay in receiving your Social Security number. Your employer must have your

Social Security number to report your earnings to the Internal Revenue Service. (IRS).

Your employer may help coordinate transportation to and from the Social Security Office. Please check with your employer.

When Applying for your Social Security Number, you must bring the following:

- Your passport with J-1 Visa
- DS-2019
- Sponsor Letter
- SS-5 Application Form (pg. 5)

*Complete the application before your appointment. You will need your housing address in the U.S. This is where your social security card will be mailed.

After applying, you will receive a letter from Social Security. Give a copy of this letter to your employer so you can begin working before your card arrives in the mail.

Contact your sponsor immediately if you have trouble receiving earned wages while waiting for your social security card.

Do I have to apply for a Social Security card?

Yes. All participants must apply for a Social Security Number in order to work, open a bank account, or file a tax return. (*participants are eligible to begin work with their receipt of application from the Social Security office).

If I already have a social security number, do I need to apply for another one?

No. If you already have a Social Security Number, you do not need to apply for a new one. If you do not have your physical Social Security card, or if you do not remember your number, you may visit the Social Security Administration office to replace your card for free.

When should I apply?

It is recommended by the Social Security office that you wait approximately 10 days after your arrival to the US and after notifying your sponsor of your arrival before applying for a Social Security Number.

When will I receive my social security card in the mail?

It may take 4-6 weeks to receive your Social Security card in the mail. It is very important that the address listed on your application is accurate.

How do I start work while waiting for my social security number?

After applying for a Social Security Number, the Social Security office will issue a receipt. This is an important document which you can give to your employer to show that you have applied for a Social Security Number and are eligible to begin work. This receipt can also be shown if you are asked for a Social Security Number when you open a bank account.

Open a Bank Account

To keep your money safe open a checking or savings account. Ask about “Free Student Accounts”.

TD Bank

350 Canada Street
Lake George, NY 12845
518-668-5486

Glens Falls National

2252 State Route 9
Lake George, NY
518-668-5461

TD Bank

4945 Lake Shore Drive
Bolton Landing, NY
518-644-3421

Passport

- Keep your documents safe! For identification purposes, you must have your passport or other photo ID with you at all times.
- Never give your passport or documents to anyone (such as a landlord or employer) to keep.
- It is illegal for anyone to take your passport or documents from you for any reason. Make a copy of your passport and documents and keep the copies in a safe place.

Protect your money – Open a Bank Account

- Keep your money safe! Open a checking or savings bank account. Search different bank branches in the area to find “Free Students Accounts.
- **DO NOT** keep large sums of cash on your person or at your apartment.
- **DO NOT** give your debit card PIN (personal identification number) to anyone, and keep your card in a safe place with you at all times!
- Cash or deposit your paychecks when you get them. **DO NOT** hold onto your paychecks until the end of the summer.

How to Bring Your Money Home Safe

CASH - LESS SAFE/COSTS LESS
TRAVEL WITH AS LITTLE CASH AS POSSIBLE
LEAVE YOUR MONEY IN THE BANK AS LONG AS POSSIBLE
PROTECT YOUR CASH AT ALL TIMES
DEBIT CARD - MODERATELY SAFE/COSTS LESS
PROTECT YOUR CARD AS YOU WOULD CASH
BE CAUTIOUS OF INTERNET SITES WHEN PLACING AN ORDER
NEVER GIVE OUT YOUR PIN
WIRE TRANSFER - MOST SAFE/COSTS MORE
BRING YOUR IBAN AND SWIFT CODE TO THE BANK.
WIRE TRANSFERS MAY TAKE SEVERAL DAYS UNTIL IT IS COMPLETE

Housing

Please check our website or Facebook page for housing locations.

You must have secured housing before you arrive!

Important questions to ask:

- * How much is rent? When is it due?
- * Is there a security deposit and what are the rules?
- * Is there a kitchen, BBQ grill or microwave for cooking?
- * Are hot plates allowed?
- * What is included in your rent? Internet? Sheets? Towels?
- * How far is housing from your employer, grocery store, bank?
- * How many students will share your room?
- * Ask for pictures of your housing.

*** ALWAYS GET A RECEIPT FOR MONEY PAID**

You will be sharing housing with students from all over the world. This is a great chance to learn about other cultures!

Let your landlord know your arrival date and time. Ask if someone will meet you at the Lake George bus stop or housing location. Not all landlords live where you are staying and they may not be expecting you if you arrive late at night.

Security Deposit

Most landlords require a security deposit to be paid upon check in. Deposits are common to protect your landlord against damage, unpaid rents or any other violation of your rental agreement. Your rental agreement should clearly state the amount and conditions for having your deposit returned at the end of your stay.

Paying Rent

Always pay your rent on time! Failure to pay or consistent late payments may result in eviction from your rental unit. Always get a receipt for rent paid!

Moving Out

Give your landlord proper notice before you depart. Your landlord may require a room inspection prior to your departure. At this time security deposits are discussed and your room keys are given back to landlord. Rooms should be clean. All personal belongings including food, clothing and garbage should be removed from your rental. Your room should be in the same condition at move out as it was when you moved in.

Complaints and Concerns

Always contact your Visa Sponsor if you have any housing issues. Contact us via email or see us in person at the Lake George Visitor Center. We will keep your complaint confidential!

Bedrooms

Each bedroom must have a minimum of 70 square feet (6.5 sq m) for 1 occupant, 100 square feet (9.3 sq m) for 2 occupants and an additional 50 square feet (4.6 sq m) for each additional occupant. If you have a bedroom with 4 occupants there must be a minimum of 200 square feet (18.6 sq m).

Living rooms, dining room and other such areas cannot be used as bedrooms.

Smoke Alarms

Smoke alarms must be installed on each living level of the structure and in the hallway outside of the sleeping rooms. They are required to be properly maintained and operational at all times.

NEVER REMOVE DETECTORS OR BATTERIES FROM DETECTORS!

Wages and Compensation

Most employers issue pay checks weekly, some bi-weekly. This information should be disclosed when you fill out new-hire paper work. Deposit your pay check as soon as possible. Do not wait until you have several checks to deposit. If your employer offers direct deposit of your pay check into your checking or savings account, this is the safest and quickest way to receive your money.

Always review your paycheck! Remember that you do not pay Social Security and Medicare taxes. If there are any errors with amount paid, number of hours worked or taxes deducted please speak with your employer.

Minimum Wage

Employers in the U.S. are required by law to pay a minimum wage. This amount varies from state to state. In New York State (outside of New York City) the current minimum wage as of January 1, 2019 is \$11.10. Some positions earning tips may be less than the minimum wage.

Overtime

In New York State employers must pay employees time and one-half overtime pay for all hours worked in excess of 40 in a work week, with some exemptions. Ask your employer for company overtime policies or refer to your employer hand book.

For more information on wages go to:

<https://www.labor.ny.gov>

Taxes

Employers will deduct government taxes from your paychecks. This is called "withholding," and approximately 10-15% of your salary will be withheld for federal income tax. Each paycheck will show the exact amount that has been deducted. A portion of this money may be refunded to you at the end of the year when you file your tax return.

As a foreign student working on a J-1 Visa, you are required to pay some but not all of the taxes which U.S. citizens pay.

You do pay:

- Federal Income Tax
- State Income Tax
- Local or City Income Tax

You do not pay:

- Social Security & Medicare Tax (FICA)
- Federal Unemployment Tax (FUTA)

You must pay U.S. income tax. Failure to pay taxes may mean you will not be allowed to return to the U.S. Please make sure that taxes are being withheld from your paycheck. If you or your employer have questions regarding your tax status, please contact your sponsor.

Second Jobs

Remember that your first job is your primary responsibility. You should make sure that you are always available for your shifts. Before you start working at a second job you must contact your sponsor. They will have to vet and approve the job, a process that may take several days.

Job Postings

Here are some helpful links to find a second job.

- <https://www.indeed.com/>
- <https://www.monster.com/>
- <https://glensfalls.craigslist.org/d/jobs/search/jjj>

HOW FAR YOUR DOLLAR WILL GO:

Cup of coffee	\$1.50
Espresso based drink	\$3.50
Hamburger, fries, drink	\$9.00-\$11.00
Lunch at a restaurant	\$10.00-\$15.00
Movie theater	\$9.00-\$14.00
U.S. letter stamp	\$0.55

Sales Tax

Most states in the U.S. charge a sales tax on tangible personal property and services, such as clothing, restaurant and fast food meals, services, newspapers, books, toiletries, etc. The sales tax varies; in Lake George Region it is 7%. Sales taxes are added at the register, so be prepared for your bill to be more than the price tag on an item.

Tipping

Tipping, also known as gratuity, is giving a small amount of money to another person for a service.

These are the most often tipped services:

- Waiter/waitress 18 - 20% of bill
- Barbers/hairdressers 18% of bill
- Taxi drivers 10% – 15% of fare
- Food delivery No less than \$5

You should never tip police officers, physicians, government employees or university employees. It may be interpreted as a bribe, which is illegal. You do not tip bus drivers, theater ushers, museum guides, salespeople, employees at fast food restaurants or hotel clerks.

Drugs, Alcohol and Smoking

Drugs

Illegal possession of controlled substances (drugs) in the U.S. is subject to prosecution by law. The penalties for drug possession vary from state to state. Any type of illegal drug use while in the U.S. may have serious consequences. You may have to pay fines or go to jail if you are caught with drugs or people who have drugs, including prescription medications not prescribed to you.

Alcohol and Smoking

It is illegal in the United States to:

- Drink alcohol under the age of 21.
- Possess alcohol under the age of 21.
- To purchase alcohol for anyone under the age of 21.
- Drink alcohol in public areas at any age.
- To drive or operated any motor vehicle or boat under any influence of alcohol or drugs.
- To purchase tobacco products under the age of 18.
- To possess tobacco product under the age of 18.
- To possess marijuana in any form in New York State.

You may be arrested and/or subject to fines if found guilty.

In order to purchase alcohol, from bars, restaurants and liquor stores will must show proof of ID. Only a passport, driver's license or non-driver identification card from the Department of Motor Vehicles are acceptable forms if ID.

It is illegal to smoke in many public places. No Smoking signs are usually posted in a clear, visible location. Smoking is restricted in office buildings, restaurants, and public transportation, among other places.

Driving While Intoxicated (DWI) or Driving Under the Influence (DUI)

Do NOT drive a car if you have been drinking alcohol, and do not get into a car if the driver has been drinking. Not only is your safety in danger, but DWI/DUI laws are very strict. You might have to pay up to \$10,000 or go to jail if found guilty of DWI/DUI.

Police Department

In the event of an emergency Dial 911
Non-Emergency Number:
Warren County Sherriff's Office 518-743-2500

If you are caught committing any crime, you will be arrested. Your case will go to court and if you are found guilty, you could be fined and/or sentenced to days, weeks or even longer in jail.

- Shoplifting (taking items from a store without paying) is against the law, and you will be caught and arrested if you commit this crime.
- You CAN trust the police. They are public servants and their job is to maintain law and order and to assist citizens and visitors in any difficulty. DO NOT HESITATE to ask them for help.

Medical and Safety

*INCASE OF EMERGENCIES – DIAL 911

- Keep proof of your medical insurance (travel insurance arranged by Sponsor agency) with you at all times and know the terms of your policy.
- There are medical facilities and urgent care centers around the Lake George Region. Contact your insurance company prior to visiting any medical center to get information about the coverage provided.
- You will have to pay cash or credit card at the time of your medical appointment. Keep all of your medical bills and receipts. You will need them to get reimbursed from the insurance company. Contact your Sponsor if you do not know the procedure to file a claim for reimbursement.

General Medical Care

For specific questions about health insurance coverage, please contact your sponsor. For medical emergencies, dial 911 or go to the nearest hospital emergency room. If you need medical attention, but it is not an emergency, we recommend contacting a walk-in clinic or local physician's office. A few clinic options are listed below.

Warrensburg Health Center

Phone: 518-623-2844

Health Center Plaza

3767 Main Street

Warrensburg, NY 12885

Website: <https://www.hhhn.org/locations/warrensburg-health-center/>

- Primary Care Hours
- Monday – Friday: **8:00am – 5:00pm**
- Urgent Care Hours
- (July/Aug: 'til 9pm)
- Monday – Saturday: **8:00am – 8:00pm**
- Sunday: **9:00am – 5:00pm**



Bicycle & Pedestrian Safety

Safety is a shared responsibility!

When you're walking:

- Look for cars in all directions--including those turning left or right or backing up--before crossing the street or parking lot.
- Obey all pedestrian traffic signals.
- At night, walk in well-lit areas, carry a flashlight, or wear something reflective to be more visible
- Cross the street where you have the best view of traffic. At bus stops, cross behind the bus or at the nearest crosswalk.
- Always walk on the sidewalk; if a sidewalk is unavailable, walk facing traffic and as far from the roadway as you can.

When you're bicycling:

- Wear a helmet. It could save your life.
- Under New York State law a bicycle operator is subject to the same traffic laws as the driver of a car. Obey all traffic signals and stop at "Stop" signs and red lights.
- Ride *in the direction* of traffic and as far to the right as practicable.
- Use front and rear lights and reflectors at night and be as visible as possible.
- Use hand signals to indicate when turning.



Cultural Attractions/Things to Do

Check our Facebook page regularly for updates regarding events and Welcome Orientations.

Make sure that you take some time to explore the beautiful Lake George area and all the region has to offer. Here are a few suggestions to keep you busy!

Hiking Trails

<https://www.lakegeorge.com/hiking/>

<http://www.visitlakegeorge.com/recreation/hiking>

<http://www.lglc.org/>

There are many trails to choose from. Enjoy breathtaking views of Lake George and the surrounding Adirondack Mountains. Be sure to check the weather before your adventure, wear appropriate footwear and always carry water and snacks with you. Never hike alone!

Swimming

Million Dollar Beach, Lake George

Shepard Park Beach, Lake George

Roger's Memorial Park Beach, Bolton Landing

Boat cruises

Lake George Steamboat Co.

<http://lakegeorgesteamboat.com/>

Lake George Shoreline

<http://lakegeorgeshoreline.com/>

Bolton Boat Tours

<http://www.boltonboattours.com/>

Kayak and Paddleboard Rentals

Kayak Lake George

<http://www.kayaklakegeorge.com/>

Lake George Kayak Co.

<http://www.lakegeorgekayak.com/>

Patty's Water Sports

<http://www.pattyswatersports.com/>

River Rafting and Tubing

Tubby Tubes

<http://www.tubbytubestubing.com/>

Adirondack Tubing Adventures

<https://adktubing.com/>

Museums

Fort William Henry Museum and Ghost Tours

<http://www.fwhmuseum.com/>

Lake George Historical Association

<https://www.lakegeorgehistorical.org/>

Bolton Historical Museum

<http://boltonhistorical.org/museum/museum.html>

The Hyde Collection <http://hydecollection.org/>

The Chapman Historical Museum

<http://chapmanmuseum.org/>

Adirondack Museum <https://www.theadkx.org/>

The Wild Center <http://www.wildcenter.org/>

Many more museums located in Saratoga and Albany, NY.

Horseback Riding

Saddle Up Stables

<http://www.ridingstables.com/>

Bennett's Riding Stable

<http://www.bennettsridingstable.com/index.html>

Ruggerio's

<http://www.paintedponyranch.com/>

Ziplines

Adirondack Eagle Adventure

<http://adkeagleflyer.com/>

Adirondack Extreme Adventure Course

<https://adirondackextreme.com/>

Shopping

Outlets:

<http://www.adirondackoutletmall.com/>

Mall:

<https://www.shopaviationmall.com/>

Walmart Supercenter:

<https://www.walmart.com/store/2116/queensbur>

[y-ny](#)

Sponsor and Dept. of State Contacts

Department of State

24 Hour HELPLINE 1-866-283-9090

jvisas@state.gov

Alliance Abroad Group

Austin, Texas

512-904-1157 supportinfo@allianceabroad.com

American Institute for Foreign Study (AIFS)

Stamford, Connecticut

203-399-5107

American Work Experience (AWE)

Greenwich, Connecticut

203-661-9352 info@aweusa.com

CENET Cultural Exchange Network

Cape Girardeau, Missouri

1-866-512-3638

summer@culturalexchangework.org

Council on International Educational Exchange (CIEE)

Portland, Maine

1-888-268-6245 contact@ciee.org

CSB International, Inc.

Bay Shore, New York

1-877-669-0717

Cultural Homestay International (CHI)

San Rafael, California

1-800-432-4643 chiwendy@chinet.org

Sponsor and Dept. of State Contacts Continued

Educational Resources Development Trust (ERDT)

Santa Monica, California
310-450-4624

GeoVisions

Portsmouth, New Hampshire
603-363-4187

Greenheart Exchange

Chicago, Illinois
1-866-684-9675
workprogram@greenheart.org

InterExchange, Inc.

New York, New York
1-800-621-1202
worktravel@interexchange.org

International Cultural Exchange Organization (ICEO)

Gold River, California
916-985-4826

Intrax Work/Travel

San Francisco, California
1-888-224-0450
iwtsupport@intraxinc.com

Sponsor and Dept. of State Contacts Continued

Janus International Hospitality Student Exchange

Boca Raton, Florida
804-589-1924

Spirit Cultural Exchange

Oak Park, Illinois
1-800-390-0978
support@spiritexchange.com

The Foundation for Worldwide International Student Exchange (WISE)

Dyersburg, Tennessee
770-579-0567

United States, Inc.

Hot Springs, Arkansas
501-321-2000

United Work and Travel, a Division of APEI

Owings Mills, Maryland
1-866-446-2872

Sources

Thank you to the following organizations for permission to re-print material.

CIEE: www.ciee.org/wat

Greenheart Exchange: www.cci-exchange.com

CENET: www.culturalexchangenetwork.org

CDC: www.emergency.cdc.gov

Department of State: www.j1visa.state.gov

J1 Branson ISOP: www.bransonJ1.com

Lake George Regional Chamber of Commerce:
www.lakegeorgechamber.com

Old Orchard Beach Seasonal Workforce: www.oobj1.com

Ocean City Seasonal Workforce Committee Student
Handbook: www.ocworkforce.com

Outer Banks International Student Outreach Program:
www.obxisop.com

The Information in this guide is accurate to the best of our knowledge as of January 2018. The Lake George Region Student Connection cannot be held responsible for any incorrect information.

Please Contact Your Sponsor for any support you may need. If your sponsor's contact information is not listed above, please visit Department of State's website to find sponsor contact information:
<http://j1visa.state.gov/participants/how-to-apply/sponsor-search/>

For more information, please visit
www.LGStudentConnection.com or email
LGStudentConnection@yahoo.com

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Thank you for your generous donations!

