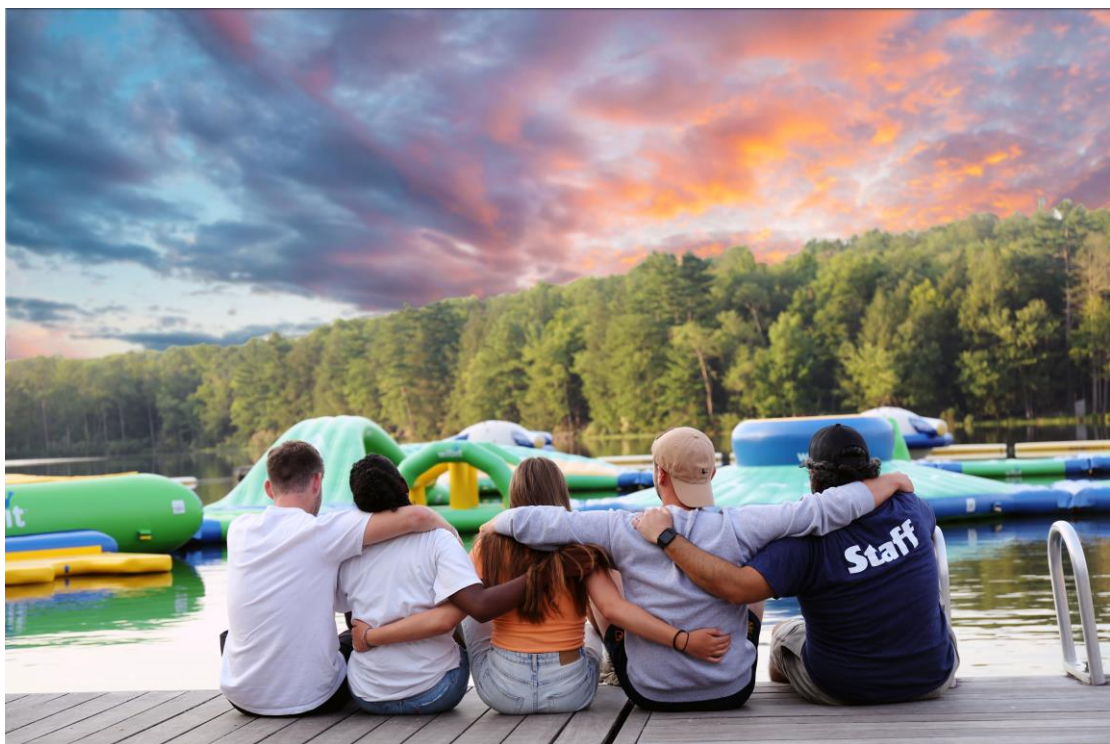




Pre-Arrival Guide





The Camp America Trainee and Intern programmes offer you an amazing opportunity to explore the US, gain practical training, and kick-start your career. Whether you're a seasoned camp counsellor who loves camp or someone new to the whole experience, choosing to do your placement at a US summer camp is the ultimate way to dive into a truly American work setting. It's not just about the amazing memories—you'll come out with a whole new set of skills to show off on your CV!

This handbook provides you with information to support your application to our programme, gives you guidance on your next steps and will help prepare you for your departure to the US.

If you have any questions then please contact us at trainee@aifs.com.

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SECTION 1

PROGRAMME INTRODUCTION

Introduction to the Trainee and Intern Programmes

The J-1 Trainee and Intern programmes exist to give recent graduates and professionals from around the world the chance to experience the vibrant culture of the US and receive career-focused training.

It is important to remember that first and foremost they are cultural exchange programmes and Camp America staff are dedicated to making sure this is at the centre of everything we do. We are required by the US Department of State Exchange Visitor Programme Regulations to operate in the spirit and intent of the legislation that created the J-1 visa.

The primary goals of the programme are:

- Mutual understanding
- Personal growth
- Cultural advancement
- Global perspective



During your time at camp and in the US you should positively and actively engage with Americans and experience the lifestyle and culture. If you feel at any time the cultural exchange component may be lacking for you, please tell us. Likewise, as you make friendships, gain valuable work and life experience, learn about the world and grow personally, please let us know, that's what the programme is all about! **Email us: trainee@aifs.com**

Your Time as a Trainee or Intern

Camps are a uniquely American experience and operate in many different business sectors making them a great choice for an international placement!

You'll spend the majority of your time on the programme at your camp gaining work-based experience, learning the business behind the summer and experiencing an American workplace with American colleagues. You will receive structured and guided training from your camp through a detailed **TRAINING PLAN** which will be fully agreed prior to your departure. In its simplest terms your Training Plan describes the job you will be doing as a Trainee or Intern. It will build on your existing skills as well as teaching you new ones.


After you have completed your Training Plan/time with your camp you will have up to 30 days of free time to enjoy some travel and holiday in the U.S.


SECTION 2


Your Application and Programme
Payments

Your Application


By now you're probably well underway with your application but please review the timeline below so you know your next steps and what to expect:


 **Complete Application Form**
– including detailing your work and education history and sending your resume and relevant certificates.


 **Camp Placement**
– if you have a camp placement already then let them know you have applied and ask them to confirm your position by emailing us at trainee@aifs.com. If you are seeking a placement, we'll be in touch with your next steps to get your application live for suitable camps!


 **First Payment and Video Interview**
– once your camp position is confirmed we'll send you a link to make your first payment and book into an interview. This will last approx. 45 minutes and we'll talk about your motivations, your job role, life at camp and your previous work and educational experience. We'll need to see a photo ID such as your passport so make sure to have this ready. It's also a great chance for you to ask any questions you have!



 **Paperwork**
– check your emails for the documents we need from you. This will include a Police Check, Medical Form and two references. Referees should be people who have known you in a recent and supervisory capacity (think current manager/teacher), they cannot be from the organisation you are applying to be a Trainee/Intern in. If you have recently been a Camp America participant we may be able to use some of the documents you have already submitted to us!

 **Camp Placement and Training Plan**
– now it's time to complete that all important Training Plan outlining your role and the training you will receive whilst in the US. This will primarily be completed by your camp. We will send instructions and the link for them to complete after you have submitted your application or you have completed your interview with us. They will require some input from you so make sure to keep in touch with them and respond to all emails. Once complete this will be reviewed by our staff for visa compliance and may be sent back for amendments. When finalised it will be sent for electronic signatures – this will go to all listed supervisors in turn, then to our visa officer, then to you so please keep a regular check of your emails for this and sign as soon as possible.

 **Final Document Submission and Payments**
– if you have not already done so it's time to submit any outstanding documents and make your final programme payments.

 **Apply for your J-1 Visa**
– we will issue your DS2019 form electronically, along with supporting paperwork, and send you full instructions of how to book into a suitable appointment at an Embassy/Consulate close to you. You'll need to prepare for your J-1 visa interview and gather all required paperwork. You

should also take the time to review and learn your Training Plan as this will form part of your visa interview. You'll most likely need to attend an in-person interview and you'll be told on the day whether your visa has been granted. The Embassy/Consulate will then hold onto your Passport for 3-10 working days to issue your visa. This will then be sent back to you via the process you selected when booking your appointment.

Book your Flights

– once your visa has been issued you can book your flights to the US! Please make sure to speak with your camp to confirm the best date, airport and time to land; and also confirm with them how you will get to your accommodation once you have arrived. As you are entering the US on a J-1 visa you do not need to book a return flight if you would prefer not to.

Prepare for your adventure, travel to the US and start your Programme!

– you'll be emailed our Orientation materials and your Group Cover documents before you travel. Keep these safe. We will be in touch with a 6 month and final evaluation form for you to complete but please do let us know when you arrive, and if at any point you have any questions then you can contact us at trainee@aifs.com. We also love to hear how you are getting on in the US so do send us any updates you want to share!! We do also maintain an emergency number should you need this, full details are available in your Orientation booklet.

Camp America Trainee and Intern Applicant Programme Payments

We have been designated as a J1 visa sponsor by the US Department of State, and we take the roles and responsibilities of this designation very seriously. We work hard to ensure we maintain the standards of customer service and support that are outlined in the visa regulations, and while we aim to make your application process as smooth as possible, there is a lot going on behind the scenes! Payment is taken by Camp America Trainee and Intern as outlined below. You may also see deductions for this outlined in any Payment documentation received from your employer/camp.

Schedule of Payments

Own Placement Programme Payment: £700 (US\$875)

Discounted to £400 (US\$ 500) if a previous Camp America participant

Seeking a Placement Programme Payment: £1000 (US\$1250)

Discounted to £700 (US\$ 875) if a previous Camp America participant

PAY TO CAMP AMERICA TRAINEE & INTERN

<p>£300/US\$375</p>	<p>First Instalment - paid after application submission. This gets our team working on your application including completing your interview, confirming your references and reviewing your Police Check and medical form.</p>
<p>£300/US\$375* *ONLY PAYABLE if seeking a placement through Camp America Trainee and Intern*</p>	<p>Placement fee – paid to confirm placement. This covers our specialist placement support services and access to camps. We will be there every step of the way to help you find the BEST camp for you!</p>
<p>£400/US\$500* *DISCOUNTED TO £100/US\$125 If a previous Camp America participant*</p>	<p>Final Instalment - this confirms your position on the programme, enables us to issue your visa paperwork and support you through the visa process.</p>

INCLUDED

Group International Accident and Sickness Coverage - all participants are included in the mandatory Group International Accident & Sickness coverage arranged for the American Institute for Foreign Study, Inc while on the programme. This includes the 30 day travel periods before and after your programme dates, please email us to arrange coverage dates.

Please note: Pre-existing conditions are not covered and you may need to purchase additional coverage at your own cost to meet your individual needs.

Additional Third-Party Costs

POLICE CHECK

<p>APPROX £55/US\$70</p>	<p>Pay to Police Check authority. Once you have confirmed your placement and completed our interview you will be sent instructions to apply for your Police Check. If you have successfully participated on the Camp America programme within the last 12 months and completed a Police Check we may be able to accept this.</p>
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MEDICAL FORM

<p>VARIES</p>	<p>Pay to doctor, variable cost. Everyone is required to submit a Camp America Trainee and Intern medical form which needs to be completed by a doctor.</p>
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VISA APPOINTMENT

<p>US\$185* *set by US Embassy, subject to change and is non-refundable*</p>	<p>Pay to American Embassy. Once you have completed the application process, submitted your documents and your Training Plan has been agreed, you will receive your all-important Visa paperwork which will include detailed instructions about how to book a suitable visa appointment at an appropriate American Embassy.</p>
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FLIGHTS

<p>VARIES</p>	<p>Pay to Travel Agent, variable. Once you have your visa and you have confirmed your start date and arrival plans with your camp you will need to book your flights to the US!</p>
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OTHER COSTS TO CONSIDER

Living Costs - you are responsible for your living and travel costs while you're in the US. You will receive payment for your position which you will know before you travel. You may also receive some meals and accommodation support from your camp. You should expect to cover any social events, trips on days off, food costs and other general living costs and will need to budget accordingly.

SECTION 3

Training Plan, Employer
Responsibilities and Your Rights

Training Plan Basics

! Your **TRAINING PLAN** (DS-7002 Form) outlines your role and the training you'll get. It's an important part of your programme and is submitted to the Embassy in support of your visa !

It will mainly be completed by camp, with guidance from you and Camp America. It will detail your job duties, skills gained, work hours, pay, other benefits (like transport and housing), deductions and also your cultural opportunities.

It will be split in phases, each covering different skills to help you learn and experience various parts of your organisation.

You should follow your plan during your entire time as a Trainee/Intern.

Training Plan Timeline


- If you apply with a camp they'll get a **link and instructions** to complete the Training Plan as soon as your application is submitted. If you don't have your camp yet we'll send this as soon as you confirm a position.
- **Camp should start working on your Training Plan straight away.** Do keep in touch with them throughout the application process to help them complete this as quickly as possible!
- Camp **submit your plan to our office for review**, we will check it meets the visa requirements and request updates if needed.
- Once your **plan is agreed it's time for everyone to review and electronically sign!** Your plan will be emailed from Adobe to all of your camp supervisors listed on the plan, in order, then to our nominated visa officer and finally to you. Check for an email from Adobe and action ASAP!! **Note – you won't get to this stage if you have NOT completed your paperwork** (references, Police Check, medical form, payments).
- We'll then issue your **Certificate of Eligibility/DS-2019 visa form** and you can book your Embassy appointment. Make sure to review your Training Plan in detail so you understand your role and responsibilities and to prepare you for any questions at your visa interview.

U.S. Department of State				OMB APPROVAL NO. 1485-0170 EXPIRATION DATE: 05-31-2024 ESTIMATED BURDEN: 1.5 hours	
TRAINING/INTERNSHIP PLACEMENT PLAN					
SECTION 1: ADDITIONAL EXCHANGE VISITOR INFORMATION					
Trainee/Intern Name (Surname/Primary, Given Name(s) (must match passport name))			E-mail Address		
Trainee		Example		exampletrainee@example.com	
Program Sponsor		Program Category			
American Institute For Foreign Study - Trainee Program		Trainee			
Occupational Category		Current Field of Study/Profession		Experience in Field (number of years)	
Education, Social Sciences, L		Education		5	
Type of Degree or Certificate		Date Awarded (mm-dd-yyyy) or Expected		Training/Internship Dates (mm-dd-yyyy)	
Bachelor's		XX-XX-XXXX		From XX-XX-XXXX To XX-XX-XXXX	
SECTION 2: HOST ORGANIZATION INFORMATION					
Organization Name			Phase Site Address		Suite
Example Company			123 Main St		
City		State	ZIP Code	Website URL	
City		ST	Zip	www.ExampleCompany.com	
Employer ID Number (EIN)		Exchange Visitor Hours Per Week		Compensation	
X-XXXXXX		20-40		Stipend <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If yes, how much? \$200 per week Non-Monetary Compensation <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If yes, value? \$300 per week	
Workers' Compensation Policy			Does your Workers' Compensation policy cover exchange visitors? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, exempt <input type="checkbox"/> No, but equivalent coverage		
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If yes, Name of Carrier			Example Carrier		
Number of FT Employees Onsite at Location		Annual Revenue			
X-X		<input checked="" type="checkbox"/> \$0 to \$3 Million <input type="checkbox"/> \$3 Million to \$10 Million <input type="checkbox"/> \$10 Million to \$25 Million <input type="checkbox"/> \$25 Million or More			
SECTION 3: CERTIFICATIONS					
Trainee/Intern - I certify that:					
1. I have reviewed, understand, and will follow this Training/Internship Placement Plan (T/IPP);					
2. I am entering into this Exchange Visitor Program in order to participate as a Trainee or Intern as delineated in this T/IPP and not simply to engage in labor or work within the United States.					
3. I understand that the intent of the Exchange Visitor Program is to allow me to enhance my skills and gain exposure to U.S. culture and business in a way that will be useful to me when I return home upon completion of my program.					
4. I understand that my internship/training will take place only at the organization listed on this T/IPP and that working at another organization while on the Exchange Visitor Program is prohibited.					
5. I will contact the Sponsor at the earliest available opportunity regarding any concerns, changes in, or deviations from this T/IPP.					
6. I will respond in a timely way to all inquiries and monitoring activities of my sponsor.					
7. I will follow all of my sponsor's guidelines required for my participation in my program.					
8. I will contact the U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA) at the earliest possible opportunity if I believe that my sponsor or supervisor (as set forth on page 3, section 4), is not providing me with a legitimate internship or training, as delineated on my T/IPP; and					
9. I declare and affirm under penalty of perjury that the statements and information made herein are true and correct to the best of my knowledge, information and belief. The law provides severe penalties for knowingly and willfully falsifying or concealing a material fact, or using any false document in the submission of this form.					
Printed Name of Trainee/Intern			Example Trainee		Date (mm-dd-yyyy) XX-XX-XXXX
Signature of Trainee/Intern _____					

DS-7002
12-2020

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Important Items to Discuss with your Camp

 **Job Role and Training** – it sounds obvious but make sure to discuss this with camp so you know what you'll be doing day to day and where you will be working! As a Trainee/Intern you should be receiving professional training to develop your skillset and will be expected to work on-site and with others. Think about your career goals and what you want to learn, you can then work with camp to include this in your Training Plan.


Remember that NO MORE than 20% of your tasks should be general admin/office-based. The rest should be more hands-on or related to your core job role.

It is common in the off-season for camp offices to relocate or have a smaller team. Some may also offer opportunities to work remotely. If this is your camp's policy, then note that as a Trainee/Intern you can only work remotely within the US; and this must be for no more than 40% of the time (e.g. 2 days out of 5). Please keep us updated with any changes to your place of work during your programme.

Some questions to ask: What's your job title, what are your responsibilities, who will you be working with, who is in your team, will this change throughout the year?


 **Work Hours** – all Trainee and Intern positions must be full-time and a minimum of 32 hours a week to meet Department of State regulations. Camp America Trainee and Intern strongly recommend a maximum of 55 working hours a week.

Speak to camp about your working hours, what time will you expect to start and finish each day, will this change throughout the year, will you be expected to do overtime? As with all jobs some flexibility will be required but you should agree your core hours at interview, this will be listed on your Training Plan.

 **Compensation, Benefits and Deductions** – you will be paid for your role, knowing how much you will be paid and how often is important to confirm with camp so you can plan! You should be paid at least the minimum wage, approx. USD 24,000 for a 12-month programme, you'll also need to pay tax so make sure to keep this in mind (further information on this is available in our Orientation materials).

You should also discuss with camp if you will be receiving any other benefits such as accommodation allowances, food, uniform, transport etc. Note that any agreed benefits may then be shown as deductions from your salary, this is legal and regularly done in the US even if it takes your salary under the minimum wage.

Once agreed your stipend (salary) and non-monetary compensation (benefits such as costs of meals, accommodation etc) will be listed on your Training Plan. Camp will be expecting to answer these questions so make sure to ask – what will your basic salary be and will there be any deductions. You should understand the full details of payment before you sign your Training Plan! if you're unsure or have any questions then you can also contact us for guidance.


 **Accommodation** – it's important to discuss this so you know exactly where you'll be staying for the whole of your time in the US, you should receive support from camp to arrange your housing. It's usually part of your compensation/benefits. If housing is not provided then they will be expected to supplement your salary to assist with your housing costs.

Most camps will have accommodation on site that you'll be able to stay in throughout the summer and in the off-season too, others may relocate staff to other facilities. Make sure to ask where you will be staying, what the facilities are like (they may be basic but expect bathroom/kitchen etc), will you move, will you be sharing with others etc.

It's very unlikely, however if you do need to arrange your own accommodation for any part of your programme then it's important that you find a safe and suitable place to live. Housing costs vary greatly, but you'll need to consider:

- Deposit - could be approx. USD 1000-3000, is this required and when?
- Utilities (electricity, gas, water) – are these included, how much will they be? Could be up to USD 300 per month.
- Transport – how will you get to your camp? Bus, car etc, approx. USD 100-300 per month.
- Food – budget at least USD 100-150 per week for meals.

You should still speak with camp to get their suggestions and support, they may be able to recommend an area to live or have connections. Here are some sites which you may also find useful: <https://www.nestpick.com/>, <https://4stay.com/>, <https://www.airbnb.com/>, <https://www.apartmentsearch.com/>, <https://www.homestay.com/>, www.facebook.com (there is usually a local page for Apartments/Rooms to Rent).

 **Employer Responsibilities** – your camp have agreed to follow both Camp America Trainee and Intern and the U.S. Department of State regulations for your J-1 programme. These are in place to support you during your time in the US.


These include:

- Complying with all relevant State and local Department of Labor Regulations governing minimum wage and overtime.
- Not displacing full/part time/temporary/permanent American workers or filling a labour need – Trainee/Intern positions should primarily exist to

assist the Trainee/Intern in achieving their agreed objectives for participation.

- Providing orientation including information about rules, work schedules, time-off policies, regulations and education regarding pertinent cultural differences and the definition of, and penalties for, sexual and physical abuse of children.
- Assigning duties to each Trainee/Intern that are consistent with the agreed Training Plan.
- Providing continuous on-site supervision and mentoring of Trainees/Interns by experienced and knowledgeable staff and having sufficient resources/staff to provide the agreed training programme.
- Ensuring that Trainees/Interns obtain skills, knowledge, and competencies through structured and guided activities such as classroom training, seminars, rotation through several departments, on-the-job training, attendance at conferences, and similar learning activities, as appropriate in specific circumstances.
- Providing sufficient opportunities for cultural exchange, visits to places of cultural interest, and engagement with American people both inside and outside place of work.
- Ensuring that all participants regularly work with and alongside Americans.

If you do have any issues or concerns whilst participating in your programme then please contact Camp America Trainee and Intern by calling: 1-866-222-2074 or emailing: trainee@aifs.com.

 **Your Rights** – this pamphlet <https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/temporary-workers.html> informs you of your rights and protections in the US. Please take the time to read this prior to your visa interview.

SECTION 4

Applying for your J-1 Visa

Overview of the Visa Process - read your emailed visa guide too!!

! Check your **EMAILS** - your Certificate of Eligibility (DS-2019), signed copy of your Training Plan and visa booking instructions will be emailed to you !

Remember you'll need to have completed our application process including submitting your paperwork (references, medical form, Police Check, payments) and signed your Training Plan before you can apply for your visa.

Step 1: Check your **Certificate of Eligibility (DS-2019) form** to make sure your name, date of birth, and nationality match your passport. If corrections are needed please contact trainee@aifs.com as soon as possible. Print, then sign, date (US format) and write the city/town (at time of signing) at the bottom of the page.

Step 2: Read through your **Training Plan (DS7002) form** and make sure all details are correct including listed dates for the start of your phases.

Step 3: Complete the **Non-Immigrant Visa Application (DS-160 Form)**. The DS-160 form is available online at: <https://ceac.state.gov/genniv/>.

Step 4: Book your **J1 VISA appointment** and make your **VISA payment**:
<https://ais.usvisa-info.com/> <https://ais.usvisa-info.com/>.

Step 5: Print your '**i-901 SEVIS fee receipt**' (also known as the Notice of Action):
<https://www.fmjfee.com/> (see below for further information). <https://www.fmjfee.com/i901fee/index.html>

Step 6: Attend your Embassy Interview with these items:

- Your **Passport**
- **Certificate of Eligibility for J-1 visa** (DS-2019 form) which you will have signed and dated
- **Training Placement Plan** (DS-7002 form) which you will have signed
- **Non-Immigrant Visa Application (DS-160) Confirmation Page**
- A printout of the Embassy's '**Confirmation of Your Appointment**' email (you will have received an automated email from the U.S. Embassy once the booking is confirmed containing two barcodes). You can also print this out from your Visa Appointment booking account through 'Print Instructions'.
- **Receipt that you paid the Visa Appointment Fee** (you will have received this confirmation within an email when you made the appointment booking). You are also able to print this receipt when logged into the U.S. Embassy booking site.
- **1 U.S. style Visa Passport photo** (2x2 inches)
- **I-901 SEVIS fee receipt**
- **Letter of Support** from Camp America Trainee and Intern

Visa Interview

As part of your visa application it is likely that you'll be asked to attend the Embassy/Consulate for an **in-person interview**. The key to a successful interview is to be honest and be prepared with all documents. Check our list!

At this stage you should be very familiar with your **Training Plan** and if not, it's time to get familiar. Be prepared to answer questions about your position at camp, the different phases you will be undertaking and the knowledge you will be gaining. You should also understand how your current education/professional experience is being used in your Training Plan, how your Training Plan will build on this skillset and what you will have learned at the end of your programme to set you up for your future career in your home country.

Here's a reminder of the **criteria** you need to be eligible for the Trainee and Intern programmes, you have already shown us you meet this but it is likely that Consular Officer will also ask you questions about this:

- ✓ **TRAINEE** - have a degree or professional certificate from a post-secondary academic institution outside of the US (e.g. Undergraduate Degree, Masters) and at least one year of related work experience outside of the US **OR** have at least five years of work experience in a similar area to the one that you are seeking to train in.
- ✓ **INTERN** - currently enrolled full-time in studies at degree/equivalent level or higher **OR** have graduated from degree/equivalent level or higher studies within 12 months of your start date in the US.

We would also recommend preparing documentation and being read to answer questions on:

- Your **education and work history**, if you have your education transcripts and certificates readily available, please take them to your appointment with you.
- **Financial statements** – you must have the funds to be able to support yourself for the entire duration of your stay in the US and the Embassy may request evidence to support this, for example financial statements so please be prepared to show this if requested.
- **Proof of return** – you must show the Embassy that you have reason to return to your home country after your Training Programme has ended. Proof of job or enrolment in a study course when you return are the best options. If this is not possible then proof of on-going payments – car, property etc, or confirmation of family members in your home country also show your intent to return.

It seems like a lot of information to remember, but please do be prepared as it will help your interview go as smoothly as possible and really it's only you telling the Consular Officer about your experience, programme and future plans.

Please remember to bring all necessary documents with you to your Interview for a smooth time at the Embassy.



Example Questions:

- Why do you want to go to the US?
- Tell me about your qualifications? Where did you study? What subject did you study?
- Tell me about your work history, where did you work/where do you currently work?
- What are your future career plans?
- Tell me more about the programme you are applying to?
- What will you be doing in the US? How many hours will you be working? What compensation will you be receiving whilst in the US?
- How much was the fee for your programme?
- Who is covering your expenses while on this programme?
- Where are you staying in the US?
- What cultural activities are you going to participate in?

You'll find out the outcome of your application at your appointment. If you're successful the Consular Officer will take your Passport so they can issue your visa!!

You'll be notified by the Embassy when your Passport/visa are ready to be returned to you via the method you selected when you booked your appointment. Check your visa appointment booking site if you're unsure. It usually takes a few days to receive an update from the Embassy and then 3-10 days for your documents to be ready.

Important Considerations

- **J-2 Visa Applications (Spouses and Dependents)** – if you are married and/or have children (unmarried under 21) that are planning to accompany you to the US please make sure you have informed us when you apply. They will need to apply for a J-2 visa. We'll send you further guidance on this if it is relevant to you. Please note we will need the following information from you and any J-2 visa applicants, make sure to submit this to us ASAP.
 - Emailed request from you as the J-1 applicant detailing all J-2 visa applicants and their relationship to you. Contact trainee@aifs.com.
 - All J-2 applicants biographical details, emergency contact, and email address.

- J-2 applicants will be contacted and will need to agree to our Terms and Conditions.
- A copy of J-2 applicants valid passport.

Camp America Trainee and Intern will need to confirm acceptance of any J-2 visa applicants. They will then need to follow the same steps listed above to receive their J-2 visa.

- **Home Country Physical Presence Requirement** – unless you meet the State Department criteria it is unlikely that you will be subject to the two-year home presence requirement, however final determination of this is made by the Consular Officer who processes your visa and they can add this at their discretion. Please review your visa once received.

Please see this link for criteria for this requirement:

<https://travel.state.gov/content/travel/en/us-visas/study/exchange/waiver-of-the-exchange-visitor/eligibility.html>

Please note that to 'repeat' participation on a Trainee programme or move from an Intern to a Trainee programme you will need to reside outside of the US for two years before reapplication.

SECTION 5

Conclusion



We hope you are excited to start your time as a Trainee/Intern in the US!

Camp America are here to support you with any help you need prior to your departure to the US and once you have arrived. This Pre-Arrival Information Handbook is your start to understanding your programme and role as a Trainee/Intern and how to complete your application!

Please now also take the time to review our detailed Orientation Handbook for further tips and advice about life in the US and to get you ready for your travel.

We recommend downloading and saving this document so you can refer to it at a later date if needed. If you have any questions about any of the content in this booklet then please contact us at trainee@aifs.com.

Remember, you are taking part in a cultural exchange and will be developing your professional skills during your time in the US. Prepare accordingly and show America what you and your country have to offer and what your camp can learn from you, as well as what you can learn from them!

