



Welcome to your J-1 BridgeUSA Exchange Program!

Cultural Exchange Network (Cenet) is your U.S. Sponsor.

Below is information regarding:

- Preparation for Travel
- Airport Entry and Immigration
- Random Checks by U.S. Immigration and Customs Enforcement (ICE)

Preparation for Travel

Before you leave your home country, you should take photos of and carry the following physical documents with you when you travel:

- Passport
- J-1 Visa
- DS-2019 Form
- Cenet's name and emergency contact number: 1-866-512-3638
- Your host's contact and address information
- Your housing address in the U.S. (if possible)

Airport Entry and Immigration

At your first point of entry to the United States, your first stop will be passport control. An immigration official will ask you questions and check your documents.

Common questions that may be asked:

- Why are you here?
- Where will you stay?
- When does your program start/end?

If you are asked about your visit to the U.S, you can simply state: ***"I am here on a J-1 Visa for [insert program]. My U.S. sponsor is Cenet."***

If you are having difficulty understanding their questions, please ask: ***"May I please have an interpreter?"***

Secondary screening: Sometimes officials may request a secondary screening and will instruct you to go into another room. This is a routine process. You should remain calm and respectful when answering their questions.

After you have completed the passport screening, you will proceed through customs. They may ask you about items you are bringing into the country and occasionally inspect your luggage. After passing through customs, you will need to recheck your luggage if you have a connecting flight.

If you are detained by the immigration officials and miss your connecting flight, simply explain the situation and ask the ticket agent: *“Could you please help me find the next available flight?”*

Many airlines will reschedule your flight at no additional cost if it is the same reservation and the delay was not your fault.

Random Checks by ICE

There have been reports of occasional checks by U.S. Immigration and Customs Enforcement (ICE). Should you encounter ICE while in the U.S., it's important to understand your rights and follow recommended guidelines to help navigate the situation effectively.

It is recommended that you carry copies of the following documents – including saving photos on your phone:

- Passport
- J-1 Visa
- DS-2019 Form
- Cenet's name and emergency contact number: 1-866-512-3638
- Your host's contact and address information
- Your housing address in the U.S.

If you have your documents (physical or a copy on your phone), politely let the officer know: *“I am in the U.S. on a J-1 Visa for [insert program]. Here are my documents. I can also contact Cenet, my U.S. sponsor.”*

If you do not have your documents, simply and politely explain: *“I am in the U.S. on a J-1 Visa for [insert program]. I do not have my documents with me right now, but I can contact Cenet, my U.S. sponsor for assistance.”*

During a random check you should:

- Remain calm and polite
- Speak clearly and answer honestly
- If you are unsure how to answer, ask to speak to Cenet, your U.S. sponsor
- Do not lie or provide false information
- Do not show fake documents
- Do not run or argue
- Do not claim to be a U.S. citizen if you are not

Preparation is key to ensuring a smooth and successful J-1 BridgeUSA Exchange Program. By understanding what to expect during your arrival to the United States and knowing how to respond appropriately during immigration or ICE encounters, you will be better equipped to navigate your journey with confidence. Remember - always carry the recommended documents, remain calm and respectful in all interactions, and **contact Cenet at 1-866-512-3638 if you need support at any point.**