

cenet

camp counselor

Program Orientation



Welcome to the Cenet family.

We're happy you're here. As your sponsor organization, Cenet is here to assist throughout your time as a Camp Counselor participant. We hope you find this orientation helpful - remember that you can always contact Cenet with any questions or concerns.



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A Message from our Executive Director:



Welcome! I would like to take this opportunity to congratulate you on your decision to work abroad. As many of you who have lived abroad know, not only will this experience help to expand your understanding of the world, but you will also gain considerable knowledge about your own individual strengths and weaknesses. In fact, simply accepting the challenge to work abroad inherently demonstrates qualities such as independence, self-confidence, adaptability, tolerance, and an enterprising spirit. While you are in the USA, I would like to encourage you to contact Cenet. Having spent more than 15 years living outside the United States, I am always eager to provide my own individual insight if you ever have any specific questions. We look forward to hearing from you!

Sincerely,

Robyn Walker,
Executive Director

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Pre-Arrival Preparations



Travel Preparations

- Before you accept a counselor position, you should research the area where your camp is located. This is where you will be living and working, so it is important that you understand the environment.
- Share your arrival information with Cenet and your supervisor prior to departing your home country.
- Before you leave home, plan your transportation from the airport to your camp.
- Some camps will meet you at the airport; others will not. Make sure you understand the arrangements with your camp before you leave.

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Financial Preparations

Make sure you have access to the appropriate amount of money.

- **Arrival Funds:** Minimum of \$1,000. Your first paycheck will not be available immediately. You will need money upon arrival to pay for such things as transportation from the airport, rent, housing deposit, food, and personal expenses.
- **Emergency Funds:** Minimum of \$1,500. You should have access to this additional money in case of a personal, national or international crisis during your program.

Housing

- Housing at camp can be rustic. Speak with your camp prior to your arrival to be sure you have a thorough understanding of your accommodations.
- Be prepared to share your housing with other counselors and campers.
- Ensure you understand what is provided by your camp and what you will need to bring yourself.

Transportation

- Transportation options vary among different cities in the U.S. Be sure to research available options in your community.
- Most camps provide options for off-site transportation. Transportation details specific to your program can be found on your camp contract.
- Be mindful that traffic and biking rules may differ from your country. Review the important resources below. Following these can help keep you safe!
 - [Transportation safety](#)
 - [Bicycle safety](#)

Beginning Your Program in the U.S.



Upon Arrival

You must notify Cenet within 72 hours of your arrival in the United States.

- This arrival notification allows Cenet to activate your health insurance and inform the Social Security Administration and the U.S. State Department of your entrance.
- 3 ways to submit your arrival notification:
 1. **Online activation:** login.cenet.org (preferred method)
 2. Email: camp@cenet.org
 3. Call free: 1.866.512.3638

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Host Camp

If problems arise during your program:

1. Arrange a meeting with your supervisor and try to reach a solution.
2. Even if you are upset, always remember to showcase professionalism, maturity, and respect when discussing your concerns with your supervisor.
3. If the problem is not resolved, contact Cenet.

You should not leave the host camp listed on your DS-2019 without authorization from Cenet. This may result in the termination of your program.

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In the event of an emergency or a serious problem, please contact Cenet immediately.

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Social Security Number

- After you have notified Cenet of your arrival in the U.S., please wait 5 days before applying for the Social Security Number.
- You will need to take the following documents with you to the Social Security office when applying:
 - DS-2019
 - I-94
 - Camp contract
 - Passport (valid for 6 months beyond your program's end date)
 - Program sponsor letter from Cenet
- It may take several weeks for the card to be issued. You may work while the card and number are pending. If your camp has questions about this, please have them contact Cenet.

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Health Insurance

The U.S. healthcare system is very different from most countries.

- Healthcare in the U.S. is expensive. Your insurance does not cover everything.
- Dental care, eye care, and pre-existing conditions are not covered. Consider visiting your doctor before you leave home, as well as consider getting a flu shot.
- There is a \$50 deductible (amount you must pay) per illness or injury.
- A deductible of \$350 will apply per hospital emergency room visit per covered illness or injury (waived if you are admitted to the hospital).
- You will pay for prescriptions and then make a claim to receive reimbursement.

Health Insurance

- The insurance that Cenet arranges includes testing and treatment coverage for COVID-19:
 - If you are experiencing symptoms
 - If you did not have symptoms at the time of departure from your home country
- Testing and treatment is subject to the usual \$50 deductible and \$350 hospital emergency room copay. Antibody testing is not covered.
- **Do not depart for the U.S. if you are experiencing symptoms!**

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Traveling Outside of the U.S.

If you want to travel outside of the U.S. during your program, you must obtain a travel validation from Cenet.

- Please do the following at least two weeks before your departure:
 - Ask your supervisor for permission to travel
 - Send the following documents to Cenet:
 - Your original DS-2019
 - A letter of approval from your camp confirming the dates of travel
 - A self-addressed, prepaid FedEx (preferred) or UPS envelope; we will return your validated DS-2019 to you in this envelope.

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Communication with Cenet



Staying in Contact with Cenet

You must maintain contact with Cenet throughout your program. This includes, but is not limited to:

- Notifying Cenet of your arrival and housing address.
- Checking your email and responding to all messages.
- Notifying Cenet immediately of any changes in living arrangement or employment status.
- Notifying Cenet if you plan to travel outside the U.S.
- Notifying Cenet of departure arrangements.
- Submitting cultural activities to Cenet.
- Replying to all monitoring and evaluation requests.
- Contacting Cenet in the event of any issues.

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Emails from Cenet

- Email should be checked at least weekly.
- Do not unsubscribe from Cenet emails.
- Cenet will send monitoring emails every month.
- Cenet will send important messages and reminders via email.
- You must answer all Cenet emails within 10 days or by the deadline stated in the email.
- If you change email addresses, notify Cenet immediately.

Cenet must know your home address and telephone number at all times.

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Cultural Activities

- The Camp Counselor program is a cultural exchange program. Please plan to enjoy U.S. culture in your free time and share your own culture as well.
- We encourage you to engage in cultural activities as much as possible throughout your program.
- Please send us photos, short videos, or updates on your program—we want to hear from you!
- Tag Cenet in your social media posts (@cenetexchange) or use our hashtag (#mycenetstory)!

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Cultural Activities

Examples of cultural activities can include the following:

- Visiting a museum or historical site
- Attending a sports event, concert, or play
- Celebrating American holidays
- Exploring your host city
- Traveling throughout the U.S.
- Visiting national parks or other local natural sites
- And many more possibilities!

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If you need assistance finding ways to experience U.S. culture, please contact Cenet. We are happy to help you!

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Program Regulations and Expectations



Program Regulations and Expectations

- Contact Cenet upon your arrival in the United States.
- Inform Cenet of your phone number and address within 72 hours of any changes.
- Report to the camp listed on your DS-2019 and remain with this camp throughout your entire program. Failure to do so may result in termination of your program.
- Participate only at your approved camp. Second jobs are not allowed.
- Represent your country and Cenet with dignity and professionalism.
- Maintain contact with Cenet and reply to all Cenet emails.

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Program Regulations and Expectations

- Obtain the necessary authorization from Cenet before you travel outside the U.S. during your program.
- Contact your supervisor with any problems. If it continues, contact Cenet.
- Use the grace period for the intended purposes only (no working) and return home afterwards.
- Provide documentation of participation in cultural events.
- Understand that the J-1 exchange visitor program is not a way to obtain a permanent position in the U.S. or a way to immigrate.
- Cenet prohibits changes of visa status during a J-1 Exchange Visitor Program.

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Program Regulations and Expectations

- Comply with all health and safety policies issued by your home country government, the U.S. federal government, the state and local government where you will be residing, your host company, your landlord, and Cenet.
- Understand that failure to comply with health and safety policies will result in program termination and early return home at your own expense.

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General Safety Tips

- Keep your important documents in a safe place at all times.
- Carry your Cenet emergency ID card & your insurance card with you at all times.
- Save copies of your passport and your DS-2019 Form on your phone. Having these documents readily available in emergency situations can be very helpful.
- Do not keep large amounts of cash with you or in your room. A bank account is a better option for your earnings.
- Ensure you have access to at least \$1,500 in emergency funds.
- Be mindful that traffic and biking rules may differ from your country. Review Cenet's [health + safety resources](#) - following these can help keep you safe!

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Pro tip: Cenet's online guidebook is full of helpful information regarding all aspects of your program.

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Sponsor Information

- **Your Sponsor: Cenet**
 - 338 Broadway Street, Suite 620
Cape Girardeau, Missouri 63701 USA
- **Officers**
 - Robyn Walker, Responsible Officer
 - Mallory Burton, Alternate Responsible Officer
 - Caroline Eom, Alternate Responsible Officer
- **Email or Call**
 - camp@cenet.org
 - 1.866.512.3638

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Contact Information

- For questions or concerns, please email Cenet:
 - camp@cenet.org
- If you need urgent assistance:
 - 24-hour Cenet help line: **1.866.512.3638**
 - For emergencies, call: **911**
- Check out our website for additional information:
 - www.cenet.org
- We like you. Like us, too!
 - Facebook: [@cenetexchange](https://www.facebook.com/cenetexchange)
 - Instagram: [@cenetexchange](https://www.instagram.com/cenetexchange)

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Wherever you're from, we are happy you
chose to be a J-1 Exchange Visitor.
Enjoy your program!



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GOING PLACES, TOGETHER.