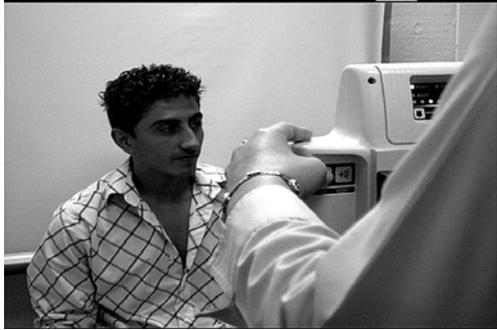


**Welcome to the United States**  
**Part 1 Worksheet Trainer's Notes**  
**Pre-Arrival Processing, the Resettlement Agency & Community Services**

*Directions: Circle the 3 key messages discussed in the DVD when you see this picture.*



Pre-arrival processing

- a. It is important to learn English while you are waiting to leave
- b. You will need to interview with a member of the processing staff
- c. Placements will be near family and services
- d. You will need medical clearance by way of an examination
- e. You will need to get proper identification
- f. The things you will need to do before you depart



Pre-arrival processing

- a. You will need to sign a promissory note to repay your IOM travel loan
- b. You are not required to pay any fees to resettle
- c. Keep your IOM bag sealed and hand it to immigration officials when you arrive in the U.S.
- d. Repaying your IOM travel loan is an important way to build credit history in the U.S.



The Resettlement Agency

- a. Others beside your Resettlement Agency may offer advice, but it may be inaccurate
- b. You will go to your new home, which may be temporary
- c. The Resettlement Agency will assist you with your resettlement process
- d. You will be met at the airport when you arrive
- e. Self-reliance is very important in the U.S.
- f. Once you are in the U.S. you can move to a different place, but no one is required to help you



Community Services

- a. Some services may be available through religious organizations, but you are not required to join their religious affiliation if you are accepting their services
- b. Community services will be available to you
- c. Dial 911 in case of a serious emergency
- d. You may be able eligible for temporary assistance programs in your area
- e. The police are there to help you, not hurt you

# Welcome to the United States

## Part 2 Worksheet Trainer's Notes

### Housing & Transportation

Directions: Circle the 3 key messages discussed in the DVD when you see this picture.



#### Housing

- a. When looking for a new place to live, it is important to considering which neighborhoods are safe
- b. Temporary housing will be provided to you
- c. You will receive orientation about housing in the U.S.
- d. Finding affordable housing may be challenging
- e. Your first home may not be your first choice



#### Housing

- a. Both the tenant and the landlord have rights and responsibilities when it comes to a rental property
- b. Your lease will tell you how much advanced notice is required before you move out of an apartment
- c. You will have to sign a lease which describes the rights and responsibilities of you and your landlord
- d. If the landlord does not pay for specific utilities, you as the tenant will have to pay them
- e. It is important to find out who covers which utilities



#### Transportation

- a. You will learn how best to get around your community
- b. Public transportation is very common and used by many
- c. Public transportation may be difficult at first, but you will learn how to use it
- d. Transportation options differ in each town and city
- e. You may have to travel long distances to get around by using public transportation, and this may take a while



#### Transportation

- a. Owning and driving a car can be very expensive
- b. By law, seatbelts have to be used while in a car in the U.S.
- c. Some areas have limited public transportation
- d. To drive in the U.S., you need a U.S. driver's license which may include many tests to earn
- e. There are many responsibilities with owning and driving a car
- f. Insurance costs may vary

# Welcome to the United States

## Part 3 Worksheet Trainer's Notes

### Employment

*Directions: Circle the 3 key messages discussed in the DVD when you see this picture.*



#### Employment

- a. You may need to take a job in a new field
- b. You will need to work with your Resettlement Agency to find a job in the U.S.
- c. Self-sufficiency is highly valued in the U.S.
- d. There is a lot of competition in the U.S. job market
- e. Recertification is often required in professional fields, and can be a lengthy and expensive process



#### Employment

- a. Employers and employees have specific rights and responsibilities in the U.S. workplace
- b. Getting a job may be complicated
- c. Time is very important in the U.S. workplace
- d. Job training programs may be available
- e. There are many different ways to find out about jobs
- f. Women and men may work together in the same jobs
- g. There are some important things to remember when interviewing for a job in the U.S.



#### Employment

- a. Changing jobs and careers is okay and common
- b. Work ethic is very important in most U.S. workplaces
- c. Willingness to work is very important
- d. Training on the job is not uncommon
- e. Types of jobs may differ
- f. Over time, you may be able to move up in the workforce
- g. While working, you may have the opportunity to practice and improve your English



#### Employment

- a. It is common for both parents to work in the U.S.
- b. Childcare may be necessary to working parents in the U.S.
- c. There are different types of childcare available
- d. Childcare is usually not free, and may be very expensive
- e. You may decide to leave your children in the care of someone outside your family while at work
- f. Some parents work opposite shifts so the other parent can stay home to care for the children

# Welcome to the United States

## Part 4 Worksheet Trainer's Notes

### Education, Healthcare & Money Management

*Directions: Circle the 3 key messages discussed in the DVD when you see this picture.*



#### Education

- a. Public education is free for children ages 5-18 and required for those 6-16 years of age
- b. Education is available everyone and is non-discriminatory
- c. Learning English is very important
- d. Education can continue throughout your entire life
- e. English classes may be available to you at different times and on different levels
- f. Skills-building programs may be available



#### Education

- a. School attendance is very important and students are expected to make up for any missed work
- b. Discipline in most schools includes detention, suspension or expulsion
- c. Diverse children study and play in classrooms together
- d. Thinking and analyzing is the common way of learning
- e. Parental involvement in a child's education is expected
- f. Enroll your children in school shortly after arrival
- g. ESL classes are offered in most schools



#### Healthcare

- a. Interpreters should be available to you
- b. Different types of healthcare will be available depending on where you are
- c. You should not wait until someone is very sick before going to a doctor
- d. A medical exam after arrival is necessary
- e. Healthcare can be very expensive so you should try to get it through your place of employment
- f. Health insurance is very important



#### Money Management

- a. Try to set aside money each month for your travel loan
- b. Saving money and smart shopping will be important
- c. It will be essential to learn how to budget your money
- d. The use of credit cards can be dangerous and it is important to make monthly payments
- e. People in the U.S. often take pride in finding good, used items at bargain prices
- f. Saved money should be placed in a bank
- g. Try to buy things you need before things you want

# Welcome to the United States

## Part 5 Worksheet Trainer's Notes

### Cultural Adjustment & Rights and Responsibilities

*Directions: Circle the 3 key messages discussed in the DVD when you see this picture.*



#### Cultural Adjustment

- a. Seek mental health services if needed
- b. All refugees experience at least some stress when resettling
- c. Feelings of anxiety and frustration is normal
- d. Maintaining a balance between your home culture and your new culture will be helpful and important
- e. You will need to learn about U.S. customs and values
- f. Mental health is as important as physical health to many in the United States



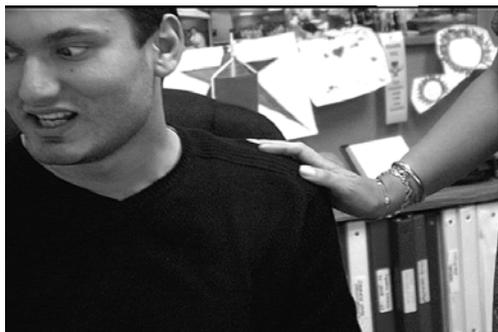
#### Cultural Adjustment

- a. Changes in family roles is common and is one of the hardest things about resettlement
- b. Gender role changes are common
- c. Sometimes the wife earns more money than the husband
- d. Life in the U.S. can be hard for youth because they may be expected to act differently in and out of the home
- e. The elderly sometimes feel isolation or loneliness



#### Rights & Responsibilities

- a. You are free to express your ideas and opinions and to follow the religion of your choice, or none at all
- b. Refugees are entitled to many of the same rights as everyone else living in the U.S.
- c. It is illegal to abuse or beat your spouse
- d. Laws in the U.S. are non-discriminatory
- e. Some laws in your home country or country of asylum will be different from those in the U.S.
- f. There are laws to protect children in the U.S.



#### Rights & Responsibilities

- a. There are laws in the U.S. about automobile safety
- b. Sexual harassment in the workplace is illegal
- c. It is illegal to drive a car under the influence of alcohol
- d. Some criminal acts may make it difficult or impossible for you to become a U.S. citizen
- e. Disciplinary methods of children may differ in the U.S.
- f. Sexual relations with minors (under 18 years) is illegal
- g. After 1 year you can apply for Legal Permanent Residency