

2017 Outer Banks J-1 Participant Handbook

My Sponsor: _____

Phone: _____

My Employer Emergency Contact: _____

Phone: _____



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Welcome to the Outer Banks!

The Outer Banks International Student Outreach Program would like to welcome you to the United States of America and the Outer Banks of North Carolina. We hope you enjoy your time here, get some great work experience, and make lasting friendships.

We are very happy that you have chosen the Outer Banks for your Work and Travel experience. The Outer Banks offers J1 students a rich and diverse American cultural and work experience with many opportunities to learn new skills and make lifelong friendships. You are probably curious about the place you will be living and working, and this guide is an attempt to address the questions that may come up throughout your stay.

If you encounter any problems throughout your time in the Outer Banks, **first** contact your SPONSOR (their phone number is listed on your DS-2019 form).

We hope you have a wonderful experience here, and we wish you all the best for your time in the Outer Banks!

About the Outer Banks

The Outer Banks is a series of barrier islands that jut out off the coast of North Carolina. From north to south: Northern Beaches, Roanoke Island & Dare Mainland and Hatteras.



These islands, now connected by a series of bridges, each have their own history, geographical features and culture creating three different and exciting vacation experiences. The Northern Beaches area is filled with towns loaded with shopping, restaurants, plenty of beach space and activity, such as Nags Head, Kill Devil Hills, and Kitty Hawk. Roanoke Island is quieter, quaint and

pedestrian friendly with a deep history dating back to the first English colony. Hatteras is even quieter still, with vast stretches of land devoted to sand dunes and sea oats. It feels a world away, relaxed for travelers looking for a little solitude.

The Outer Banks has much to offer the 40,800 residents in Dare & Currituck Counties, and Ocracoke Island as well as the 7 million visitors which visit our area each year, including over one thousand J-1 Work Travel students. We are America's Birthplace, home to four distinct lighthouses, the site of the Wright Brothers' first flight, the largest sand dunes on the East Coast - Jockeys Ridge State Park, the Graveyard of the Atlantic, Roanoke Island Festival Park, and a host of family activities including hang gliding, bird watching, museums, art galleries, drama, kayaking, fishing, windsurfing, and more!

Community Resources

Outer Banks ISOP

www.facebook.com/groups/outerbanksinternationalstudents/



Our Website: www.obxisop.com Our email: obxisop@gmail.com

Student Orientations - Summer 2017:

Join us for student orientations! You can apply for your social security card and meet sponsors, local law enforcement, community groups, emergency management and more. Come have breakfast with us!

May 23rd, May 30th June 6, 13, 20, and 27

9am-12pm Outer Banks YMCA (MP 11) 3000 S Croatan Hwy, Nags Head

Outer Banks Chamber of Commerce

Stop by the Chamber to learn more about what's going on in the Outer Banks and pick up brochures of things to see and do.

www.outerbankschamber.com

101 Town Hall Drive, Kill Devil Hills

Outer Banks Visitors Bureau

www.outerbanks.org

5230 N Croatan Hwy, Kitty Hawk AND 57190 Kohler Rd, Hatteras

His Dream Center Church

205 E Baltic Street, Nags Head (252)441-4448

Free dinners for J-1s every Thursday night at 6pm

The center is open to students 9am to 9pm every day and has free Wifi.

Transportation to local attractions also available, and they have a limited number of free bikes for students!

Corolla Chapel

1136 Corolla Village Road, Corolla (252)453-4224

The Corolla Community Chapel hosts a weekly free meal for J1 students Thursday evenings beginning in June, and organizes cultural events throughout the summer. Call the Chapel or check the ISOP website for details!

Transportation



Important Note:

There is no public transportation available in the Outer

Banks. Most J1 students share the cost of taxis, share rides with co-workers, or use bikes to get around. This is especially important to keep in mind when considering housing options: 5 miles may not seem far, but it is if you have to walk or bike.

Hitchhiking is dangerous and illegal in the state of North Carolina. You should not accept rides from someone you do not know unless they are a licensed transportation provider (such as a taxi driver).

Airports

There is no scheduled air service directly to the Outer Banks. Norfolk International Airport (ORF) is the closest airport to the Outer Banks, and is located 60 miles from Kitty Hawk, NC.

Additional nearby airports are Newport News/Williamsburg International Airport (PHF) which is 2.5 hours away, Richmond, Virginia (RIC), which is 2.5-3 hours; and Raleigh-Durham (RDU), 3.5 hours. Washington Dulles Airport (IAD) is 4.5 hours from the Outer Banks. Greenville, NC (PGV) is 2 hours to the West.

Bus

The nearest bus station is in Elizabeth City, approximately 50 miles from Kitty Hawk. Greyhound provides service to Elizabeth City from major cities and airports: <https://www.greyhound.com>

Shuttle and Taxi Services

If you are arranging your own transportation from the airport or bus station, try to coordinate with other students arriving on the same day to split costs. A 10% to 15% tip is customary.

Taxis from Norfolk Airport:

There is an extensive list of taxi companies on the Norfolk International Airport website:

<https://www.norfolkairport.com/taxi-cab-companies>

James River Transportation:

<http://jamesrivertrans.com/norfolk-airport-shuttle-service/>

Toll free 1- (866) 823-4626. Norfolk local 1- (757) 963-0433.

Need A Ride:

Any time to Norfolk/Elizabeth City

Contact Name: Derry

Phone Number: 1-(252)548-1544

email: needaride2013@gmail.com

Gary Stewart:

Transportation to Norfolk airport or bus station in Elizabeth City
1(757) 404-2772

Dawn Goninan:

13-passenger van available for transportation to Norfolk Airport and Elizabeth City.

Phone: 1(252)207-3309

Email: dawngoninan@gmail.com

Outer Banks Taxi Companies:

Coastal Cab: (252)449-8787

Atlantic Cab: (252)255-5555

Lady Jane: (252)256-2276

Bicycle and Pedestrian Safety

USE A LIGHT AT NIGHT!!



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 there is no sidewalk, 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 North Carolina law a bicycle operator is subject to the same traffic laws as an automobile driver. 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. ** It's the Law! ****
- Use hand signals to indicate when turning.

In case of an accident involving personal injury, notify the police and later obtain a copy of the police report. This is important for insurance purposes: Medical costs for severe injuries could easily be in excess of your J-1 required insurance, and you may be liable for these costs if you cannot prove that you are completely innocent of causing the accident.

For more information on pedestrian and bicycle laws in North Carolina, visit WatchForMeNC.org and stay in touch with the Outer Banks Bicycle Pedestrian Coalition at www.obxbpsc.com or www.facebook.com/obxbps

Housing



Housing Resources

If you have not already secured housing before you arrive, here are some resources you can consult.

Employers: Ask your employer or future coworkers for suggestions. Many employers either provide housing, are happy to help you arrange housing, or have recommendations.

Outer Banks International Students Facebook Group: This is a great place to find roommates, and landlords often post when they have available housing.

www.facebook.com/groups/outerbanksinternationalstudents/

Outer Banks ISOP Landing Pads

If you need temporary housing when you first arrive in the area, a number of local hotels and motels have signed on to provide reduced rates. The list of these properties is available on our website and Facebook page.

outerbanks.craigslist.org: There is no cost to place an ad on Craigslist, so it is common to find affordable housing here. Some postings are for unfurnished or year-round rentals, so read them carefully! Take someone with you when you go to meet people you've contacted online!

Classified Advertisements: Local newspapers include the Outer Banks Sentinel, the Outer Banks Voice, Island Free Press (Hatteras and Ocracoke Island), and the Coastland Times.

Outer Banks Housing Laws

Before signing a lease, you should make sure that the apartment or room complies with local zoning laws. If it does not, even if you have a written lease, you could find yourself being evicted.

If you are planning on renting an apartment, you can check with the Dare County Zoning Office at (252) 475-5870 before signing a lease to

determine if the owner has complied with all the zoning laws.

Signing a Lease

A lease or rental agreement is a legally binding agreement between you as the renter and your landlord. All persons sharing a rental should sign the lease or rental agreement.

If you rent or sublet, you should make sure you and your landlord both sign a rental agreement, and keep a copy for yourself.

The rental agreement should include the terms you are agreeing to:

- Rental amount
- When the rent is due
- The dates the rental agreement begins and ends
- The amount of the housing deposit and if it is refundable or not
- The conditions for having the housing deposit returned
- If utilities are included in the rent or if there is an additional charge for some or for all of the utilities

Security Deposits

All states allow landlords to collect a security deposit when a tenant moves in. Security deposits are usually one month's rent. Your rental agreement should clearly state the conditions for having your deposit returned.

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 10 days of arrival in the USA. Failure to check-in within 10 days will result in Program Termination. Termination means student's status in SEVIS will be inactive, student 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.

Apply for Social Security Card

If you do not validate yourself in SEVIS within the 72 hour required timeframe after 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).

Outer Banks Social Security Office

There is a temporary office set up at J1 student orientation where you can apply for your card. The office is open the last two Tuesdays in May and every Tuesday in June from 9am to 4pm. You can attend a student orientation while you wait for your application to be processed!

Located at Outer Banks YMCA (MP 11) 3000 S Croatan Hwy, Nags Head

Elizabeth City Office

If you are unable to apply at the temporary office in Nags Head, you will need to go to the permanent office in Elizabeth City, approximately 50 miles from Kill Devil Hills.

1865 WEST CITY DRIVE

ELIZABETH CITY, NC 27909

Social Security Phone (Local): 1-866-572-2819

Social Security Office Hours: Monday, Tuesday, Thursday and Friday: 09:00 AM - 03:00 PM; Wednesday: 09:00 AM - 12:00 PM

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

- Your passport with J-1 Visa
- I-94 Arrival/Departure Record (you can get yours here on-line at: CBP.gov/194)
- DS-2019 Certificate of Eligibility for Exchange Visitor (J-1) status
- It will be a much faster process if you have the application completed in advance. The application is available here: www.ssa.gov/forms/ss-5.pdf

After applying, SSA will give you a letter stating that you have applied. Give a copy of this letter to your employer. **You may begin working before you receive your Social Security Card.**

It is illegal for an employer to withhold your wages because you don't have your SS Card yet. You must be paid for the time you work, regardless of whether or not you have been assigned a SS number.

Open a Bank Account

To keep your money safe, you should open a bank account (checking or savings). Search different bank branches in the area to find "Free Student Accounts"

DO NOT keep large sums of cash on your person or at your apartment. If you receive a debit card when opening a bank acct., DO NOT give your PIN (personal identification number) to anyone, and keep your card in a safe place with you at all times!

Some local banks include:

- [PNC Bank](#)
- [Yadkin Bank](#)
- [BB&T](#)
- [First South Bank](#)
- [Towne Bank](#)
- [OBX Bank](#)



Cultural Attractions/Things to Do

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

- Visit the [Wright Brothers National Memorial](#) in Kill Devil Hills where you can see a replica of the first airplane and learn about the history of flight.
- Climb to the top of one of the many beautiful and historic lighthouses in the Outer Banks: [Cape Hatteras](#), [Currituck Beach Lighthouse](#), or [Bodie Island Lighthouse](#).
- Get a hangliding or paragliding lesson at [Jockey's Ridge State Park](#) and take in the view of the beach from above!
- Visit the [Lost Colony](#) and learn about the early history of the Outer Banks and its first European settlers, and then see the Queen Elizabeth II at Roanoke Island Festival Park.
- Explore [Whalehead in Historic Corolla](#) and learn about life in the Outer Banks in the 1800s.
- Catch a fish at [Jennette's Pier](#) in Nags Head
- Learn about the wildlife of coastal North Carolina at the [Outer Banks Center for Wildlife Education](#).
- Check out the latest movies at R/C Theaters in Kill Devil Hills, Movies 4 in Avon, or North Beach Movie Diner in Corolla.
- Play a game of mini golf at one of the many courses throughout the Outer Banks.
- Watch the 4th of July Fireworks, most towns sponsor their own show!
- Take in a live music event, find a calendar at www.outerbankslivemusic.com
- Make sure to try some Carolina barbecue, local Outer Banks seafood, and delicious hushpuppies!
- Go shopping for deals at the outlets in Nags Head.
- Take the ferry to [Ocracoke Island](#).
- See the wild horses of Corolla at Carova Beach.
- Visit the sharks at the [North Carolina Aquarium on Roanoke Island](#)
- Take in an [Outer Banks Daredevils](#) baseball game in Kill Devil Hills.
- There are numerous water sports companies where you can take surf, stand-up paddle-boarding, kite-boarding, wind-surfing, hang-gliding, kayaking, and other fun lessons!
- With 125 miles of beaches in the Outer Banks, there is always a new one to explore! Remember to bring water and sunscreen!

Distances to Major Cities and Attractions:

You may want to explore beyond the Outer Banks while you are here. Please be sure to have your employer approve any time off, and let them know if you are delayed getting back. All travel times are from Kitty Hawk/Southern Shores by car.

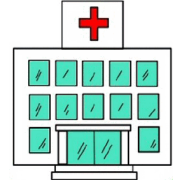
- Virginia Beach: 130km, 1.5 hours
- Richmond, Virginia: 270km, 3 hours
- Washington, DC: 430km, 5 hours
- New York City: 690km, 7.5 hours
- Myrtle Beach, SC: 500km, 5.5 hours
- Orlando, FL: 1250km, 11 hours

Beach Safety

- When red flags are flying, swimming is prohibited. Lifeguards are authorized to levy large fines against swimmers who ignore these warnings.
- Fireworks are illegal in the Outer Banks. Self-contained fire pits with covers are allowed on the beach, but must be removed every evening and leave no debris on the beach. **PERMIT REQUIRED**
- Help keep our beaches clean by removing all trash from the beach before you leave.
- Unattended items (canopies, umbrellas, nets, poles, grills, etc.) should not be left on the beach overnight and should not obstruct traffic or pedestrian movement during the day.
- Please refill any holes you dig on the beach. Open holes are a safety concern for vehicles and people.
- Please stay clear of the dunes. The dunes protect homes from flooding and are home to nesting birds, turtles, and vegetation.



Medical Care



The U.S. health care system is probably quite different from what you are used to in your home country. Your insurance is provided through your sponsor, and you should contact your sponsor if you have any questions about insurance coverage.

Urgent Care Clinics

The quickest and most convenient way for you to get medical treatment for non-emergency situations is to go to a walk-in clinic or urgent care center. Benefits of these facilities include:

- They are open on weekends and often in the evenings
- The wait is usually much shorter than an emergency room
- The cost is less than visiting an emergency room
- You do not have to make an appointment nor have a relationship with the doctor to be seen and treated

Outer Banks UrgentCare Nags Head	252-261-8040
Outer Banks UrgentCare, Southern Shores	252-449-7474
Albemarle Physician Services Sentara, Kitty Hawk	252-261-9000
Sentara Kitty Hawk Medical Care, Kitty Hawk	252-255-6000

Emergency Rooms

Emergency rooms and hospitals are for life-threatening situations. If you feel your life is in danger, go directly to the closest hospital for treatment and contact your sponsor as soon as possible. Ambulances are for medical emergencies only.

Outer Banks Hospital, Nags Head	252-449-4500
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When do you call 911?

If you have an emergency and need assistance from the police, fire department, or ambulance, dial 911. Do not call this number if it is not an emergency.

The following are examples of when to call 911:

- A fire
- A crime, especially if it is in progress
- A car crash, especially if someone is injured
- A medical emergency

The non-emergency dispatch number for Corolla is (252)232-2216, and (252)473-3444 for all other towns.

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

You must be 21 years old to drink alcohol legally in the United States. If you are under 21, and are found with alcohol, you may be arrested and subject to fines. In addition, if you purchase alcohol for persons under 21, you can be arrested and subject to fines. Drinking alcohol in public areas is also illegal in many places. You will be subject to fines if found guilty. Many bars, restaurants, and liquor stores will only accept a driver's license or non-driver identification card from the Department of Motor Vehicles as proof of age.

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. Americans often choose a "designated driver" when going out with a group of friends. This person agrees to not drink alcoholic beverages and drives the rest of the group to and from their destination.

In North Carolina you can get a DWI for riding a bicycle while intoxicated, and the fines are just as costly.

Smoking

Americans are likely to be much less tolerant of smoking than people in other countries. It is illegal to smoke in many public places, so look around you before you light up; No Smoking signs are usually posted in a clear, visible location. Smoking is restricted in office buildings, restaurants, and public transportation, among other places.

Severe Weather, Hurricane & Flood



Awareness Information

- Weather on the Outer Banks can be unpredictable and at times dangerous. Thunderstorms, hail, tornadoes, and high winds can occur on short notice.
- Tropical weather events, storms and hurricanes, often provide more notice before they arrive on the Outer Banks.
- Each year, the Atlantic hurricane season lasts from June 1st to November 30th.
- A hurricane WATCH means that hurricane conditions are possible in the specified area of the WATCH, usually within 48 hours.
- A hurricane WARNING means hurricane conditions are expected in the specified area of the WARNING, usually within 36 hours.
- It's always a good idea to keep a close eye on the weather!

Weather forecasts and alerts can be found at www.nws.gov or on the radio or TV.

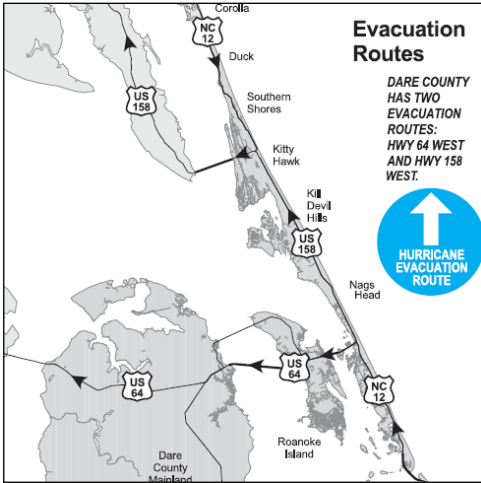
Prepare for a Hurricane

- Assess your risks and know your community's vulnerability to a hurricane by contacting the Emergency Management Office (252-232-2115) for the town of Corolla and (252)475-5655 for all other areas of the Outer Banks.
- Review needs and working condition of your emergency equipment, such as flashlights, battery-powered radios, etc.
- Know evacuation routes ahead of time.
- Monitor weather reports hourly as a hurricane nears.
- Download the ReadyNC app on your smart phone for pre and post storm information.
- If you have internet access, you can monitor the storm information at either www.darenc.com or www.currituckgovernment.com
- Local radio stations: 92.1, 93.7, 94.5, 94.9, 95.7, 96.3, 97.1, 98.1, 98.7, 99.1, 100.5, 102.5, 104.1, 104.6 and 105.7.
- Local television stations: WTKR 3, WAVY 10, WVEC 13.
- Contact your sponsor if you have any questions or need assistance.

Evacuation

- If an evacuation is called, you are **REQUIRED** to leave. Leave as soon as possible (if possible, in daylight) and avoid flooded roads. Ferry service is suspended in gale-force wind (39-54 miles per hour), Emergency Service Vehicles may not be able to respond to emergency calls when winds reach 50 mph, and bridges may close, please take this into consideration.
- Inland Shelter locations will be broadcast on local radio, television and cable channel 20 as a storm approaches. **There are no shelters in Dare County, Currituck County, or Hyde County, all shelters are far inland.**

- Evacuation routes typically become congested as a storm approaches, so evacuating early is important.



Call your sponsor and employer for assistance and concerns. Stay in touch with your family. Contact your employer and family before the arrival of the storm and let them know you will be evacuating the Outer Banks.

Shelters

- Shelters should be your last resort. They are typically crowded and uncomfortable and have very little privacy.
- If you do have to go to a shelter, have a kit ready consisting of items such as a blanket, pillow, medications, snack foods, personal hygiene items, and a telephone charger if needed.
- For safety and shelter accountability, it is very important to follow checkout procedures when leaving a shelter. Do not leave the shelter unless escorted by shelter personnel.
- If your sponsor, employer or family cannot transport you to a shelter, Dare or Currituck County Emergency Management can assist you if given adequate notice.
 - Dare (252)475-5655
 - Currituck (Corolla only) (252)252-2115
 - Hyde (252)542-0806

Wages and Compensation



Check with your employer to learn how often you will be paid. Most students get paid weekly or every other week. Typically you will receive a paycheck that you deposit into your bank account. Some employers may offer the option of direct deposit, which means that your salary will be deposited directly into your account.

After you receive your first paycheck, review it to ensure there are no errors. If you have questions about your paycheck, speak with your employer. Remember that you do not pay Social Security and Medicare taxes – if these were deducted in error, speak with your employer.

Minimum Wage

There is a minimum wage that employers in the U.S. are required to pay. In North Carolina, the minimum wage is the same as the United States federal minimum wage, \$7.25. Please note that the wage for some positions earning tips (for example waiter or waitress) may be less than the minimum wage.

Overtime

At times, there may be opportunities to work additional hours. In the state of North Carolina companies 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.

Second Jobs

In many areas of the Outer Banks there are lots of opportunities for students to get second jobs. Remember that your first job is your primary responsibility, and 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.**

Taxes

Generally, your employer pays your taxes directly to the government for you, by taking the money out of your paycheck. This is called "withholding," and approximately 10-15% of your salary will be withheld for federal income tax. Some of this money may be refunded to you at the end of the year when you report your taxes.

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.

Police Department

If you are caught committing any crime, you will be arrested.

Your case would 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.**

In the event of an emergency Dial 911

Outer Banks Law Enforcement

Dare County and Currituck County are made up of many different towns, each of which has its own police department. Each police department exists to serve you with the highest standards of professionalism, courtesy, and integrity. Their primary mission is protecting the lives and property of Outer Banks citizens and visitors.



Phone Numbers

Local Police, Fire, Ambulance

EMERGENCY ONLY- Police, Fire, Ambulance	911
Non-Emergency Police	252-473-3444
Sheriff's Office (Currituck County)	252-453-2121
Sheriff's Office (Main)	252-232-3771
Fire Marshall (Dare County)	252-475-5750
Emergency Management (Currituck County)	252-232-2115
Emergency Management (Dare County)	252-475-5655
Carolinas Poison Control	800-848-6946

General Services

Public Works (Currituck County)	252-232-2504
Public Works (Dare County)	252-475-5880
Dare County Center	252-475-9270
Currituck County Center	252-232-2262

Sponsor and Department of State Contacts

Department of State

Summer Work Travel Helpline 1(866)283-9090 (24 hours)

jvisas@state.gov

ASSE International – ASPIRE Worldwide

Emergency Number: 1(888)327-7473

worktravel@aspireww.com

AAG (Alliance Abroad Group)

CCI Greenheart

Emergency Number: 1-866-788-7801

Non-Emergency Number: 1-866-684-9675

CCUSA

1-888-449-3872

workexperience@ccusa.com

CENET: Cultural Exchange Network

summer@culturalexchangenetwork.org

24-hour phone: 1(866)512-3638

CICD

Non-Emergency: (206)957-7112

24-Hour Emergency Line: (206)683-3100

CIEE

contact@ciee.org

1(888)-268-6245, for emergencies follow the prompts to reach the 24-hour emergency line

IENA, International Exchange of North America

(347)560-1789

info@iena.org

Interexchange

worktravel@interexchange.org

1(800)621-1202, for emergencies follow the prompts to reach the 24-hour emergency line

Intrax

1(888)224-0450

You will be prompted to input the first four letters of your state (NCAR, or 6227)

Spirit Cultural Exchange

1-800-390-0978

**For emergencies, dial extension 399.

United Work and Travel, a division of APEI

1-866-IGO2USA (1-866-446-2872)

Sources

In assembling this guide, we have included information from the following sources. Our thanks for permission to re-print material.

The Outer Banks Visitors Bureau: www.outerbanks.org

The Outer Banks Chamber of Commerce: www.outerbankschamber.com

Watch for me NC: www.watchformenc.org

Corolla Ocean Rescue: www.corollaoceanrescue.com

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

Virginia Beach International Student Outreach Program: www.vbisop.org

CIEE: www.ciee.org/wat

CCI Greenheart: www.cci-exchange.com

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