

## **PRACTICUM PREPARATIONS**

If you have been accepted for the Practicum, you need to read the following instructions carefully.

### **U.S. Visitor Visa (B-1)**

Each applicant for a visitor visa must pay a nonrefundable US\$100 application fee to U.S. embassy in your country. The embassy tells where to pay the fee. You need a completed and signed nonimmigrant visa application, Form DS-156 and a passport with a validity date at least six months beyond the applicant's intended period of stay in the United States. Officially you must be able to demonstrate that you have evidence of funds to cover expenses in the United States so be sure you take the SIFAT scholarship letter with you. You should also be able to demonstrate professional, family, financial, and community ties to their home country. Useful documents to present include: employment letters, leave authorization, bank statements, extracts of birth and marriage certificates, and the SIFAT visa and acceptance letters. Supporting papers from your sponsoring organization would be helpful.

Generally, applicants may be denied if they are unable to show "sufficient economic ties" to ensure return to your home country. You should be able to state why SIFAT training will help you in your work when you return home.

### **I-94 Arrival / Departure Record Card**

**I-94 Card** must be completed by all aliens with nonimmigrant visa. Print legibly with pen in ALL CAPITAL LETTERS in English. When completed, present this to U.S. Immigration and Naturalization Service Inspector at the port of entry.

Keep this card attached to your passport. You must surrender it when you leave the U.S.; failure to do so may delay your entry into the U.S. in the future. You can stay here only until the date written on this form; to stay past this date is a violation of the law. A nonimmigrant who accepts unauthorized employment is subject to deportation.

### **Previous U.S. Visit**

If in your previous visit you filed I-539 Application to Extend and had left the country without the result of the application, this will delay your future entry into the U.S. You will be held in the immigration office until your record is cleared. Having duplicate copies of all these immigration documents with you could help. For any problem encountered at the port of entry, you can ask the assistance of the supervisor.

### **Baggage Allowance**

You can carry on **one bag plus one personal item** per passenger and can check **two bags** per passenger free of charge. Each bag must weigh 50 pounds (22.5 kg) or less and not exceed 62 inches when you total length plus width plus height.

Please note that you will be acquiring books, tapes and other materials during the training. Give allowance for these.

### **Cultural Presentation**

We will have a special “International Night” for the community. Please bring any musical instrument commonly used in your culture (if you can fit it in your luggage), tapes or CDs. Guitar, drum and keyboard are available here if you need them. This will accentuate the richness of the program. Please bring your national dress for this special occasion which can also be used for graduation, group photographs and church wear.

Invitations will be distributed to churches, institutions and schools. So please prepare for this special occasion that the Americans would be thrilled to see. They are very much interested to see you sing, dance and do skits.

### **Health**

Please [download the medical certificate here](#). Print and have it done before you leave your country. Then take it with you and submit upon arrival at SIFAT.

Before coming, have a thorough medical exam. If you are taking medication (insulin, anti-hypertension tablets, and so on), please remember to bring an adequate supply with you good for 10 weeks. Medicines are expensive in America.

### **Clothing**

Fall in Alabama is cool. Use light jackets and wear casual clothes in all classes and meals. You can use tennis shoes (rubber shoes) or any walking shoes in the campus. Would be great to use your national dress on Sundays for church services and other occasions.