Cape and Islands J-1 Handbook

Summer Work Travel Program 2015
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Welcome!

Welcome to Cape Cod! We are very excited that you are here and we look forward to sharing and learning with you. Cape Cod is a peninsula located about 60 miles (97 Km) from Boston MA. It is also approximately 60 miles long from Sandwich to Provincetown, with many little seaside villages along the way. Hyannis is the largest village and is the commercial and transportation hub for Cape Cod and the islands.

- **Upper Cape** - towns nearest to the bridges that lead to Cape Cod. (Sandwich, Falmouth)
- **Mid Cape** - the commercial center. (Barnstable, Hyannis, Dennis)
- **Lower Cape** - towns near the elbow of the peninsula. (Orleans, Chatham)
- **Outer Cape** - towns at the end of the peninsula and location of most of the Cape Cod National Seashore. (Provincetown, Truro, Wellfleet)
- **The Islands** -- Martha's Vineyard, and Nantucket.

**REMEMBER:**
If you have any questions or problems while you are in the United States, please remember that your U.S. SPONSOR is there to help you.

It’s important that you contact them to get their advice. Contact information is on the last page of this handbook.
J-1 Summer Work Travel Program Information

The J-1 Visa Summer Work Travel program provides opportunities for university students from other countries to come to the United States to share their culture with people they meet here and to learn about life in America. Students are able to offset the cost of participation through temporary work in seasonal jobs. Several thousand visit Cape Cod every summer and are part of the summer tradition on the Cape.

The Summer Work Travel program is administered by the U.S. Department of State’s Bureau of Educational and Cultural Affairs. The State Department designates sponsor organizations to operate the program.

The sponsor organization is the main point of contact for the students who participate in the Summer Work Travel program and the businesses that employ the students. Some of the sponsor organizations that are active on Cape Cod are: Alliance Abroad Group, CCI/Greenheart, CCUSA, CHI, CIEE, Intrax, InterExchange and Spirit Cultural Exchange

Summer Work and Travel participants or employers that need help or information should call the sponsor – they are there to help!

Arrival in the USA

Call Home!

Make all your important phone calls! You will want to call home to tell your friends and family that you have arrived safety in Cape Cod. If you have not done so already, you should also contact your local employer to let them know you have arrived and find out when you should plan on arriving at the job site. Make sure to ask about what clothing you should wear to work.

Register with SEVIS

Contact your Sponsor! Registration in SEVIS must happen within 4 days of your arrival into the United States. Failure to register in SEVIS will result in cancellation of your visa, making it illegal for you to work in the United States. Please follow your visa sponsor’s recommendation on how to register in SEVIS. Your sponsor organization is available to help you with problems or questions during your work and travel program. Please refer to your sponsor letter or DS-2019 form for contact information. Please also tell your Sponsor where you are staying and a valid US mailing address!
Obtain a Social Security Card

Work & Travel USA program participants should wait at least 5 business days after registering with SEVIS (Student and Exchange Visitor Information System) before going to a Social Security office to ensure that all government systems interfaces have been updated.

Original documentation must be provided: Passport with J-1 visa, DS-2019 form.

Employers may pay Work & Travel USA program participants when they provide a receipt from Social Security that their application has been accepted and is being processed.

Work & Travel USA program participants need to have a suitable mailing address where they can receive their Social Security card 10-14 days after filing their application.

Required Documents:

- PASSPORT WITH J-1 VISA
- I-94 ADMISSION STAMP for Immigration Status: Stamped by Customs in your passport upon arrival and shows J-1 status and entry date
- DS-2019 Certificate of Eligibility for Exchange Visitor Status by sponsor using SEVIS
- FORM: Social Security Form SS-5 Application that can be filled out and printed. The form is also available at the Social Security Office

Office Hours

- Monday, Tuesday, Thursday and Friday 9:00 AM - 4:00 PM
- Wednesday 9:00 AM - 12:00 PM

** If you are on Martha’s Vineyard or Nantucket it is much easier to go to the Hyannis office**

<table>
<thead>
<tr>
<th>Social Security Office Locations</th>
<th>Towns served:</th>
</tr>
</thead>
<tbody>
<tr>
<td>HYANNIS: 259 North Street, Building B</td>
<td>From Barnstable to Provincetown.</td>
</tr>
<tr>
<td>FALMOUTH: 48 Research Road, East Falmouth</td>
<td>This office serves Sandwich, Falmouth, Bourne, and Sagamore.</td>
</tr>
<tr>
<td>MARTHA’S VINEYARD: Oak Bluffs Public Library</td>
<td>Oak Bluffs library will have a Social Security officer on <strong>Wednesday June 10</strong> from 10:30 – 3:00 PM</td>
</tr>
<tr>
<td>NANTUCKET: Atheneum Library</td>
<td>The Atheneum Library will have a social security Officer on <strong>Monday June 1</strong>, 10:30 AM – 3:00 PM.</td>
</tr>
</tbody>
</table>
Housing Information

It is very difficult to find housing on Cape Cod during the summer months. Some employers offer housing for J1 students; many do not. So, it is important that you start to look for housing as soon as you have a confirmed job. Most importantly, you need to have secured housing BEFORE you arrive on Cape Cod. Don’t arrive in the U.S. without any pre-arranged housing. Check with your Cape Cod employer and sponsoring agency to see if they can help you locate summer housing.

Questions/Problems
If you find yourself without a place to stay please find a temporary room at a nearby motel and call your sponsor as soon as possible. If you have a problem locating housing or if the housing you located is not suitable, you should address all questions and concerns to your U.S. sponsoring organization. Your Form DS-2019 contains the name and telephone number of your sponsor. To locate a designated sponsor, please visit the State Department’s list of designated sponsors.

Emergency/Temporary Housing
If you arrive in Hyannis and have no transportation to your housing -- you can stay at the Hyannis Travel Inn, which is about a 10-minute walk from the Transportation Center. They generally have a special rate for J-1 students, and they are very helpful. If you arrive in the Lower Cape area and your accommodations are not yet available, you may be able to make arrangements to stay for a few nights at the Youth Hostels in Eastham, Hyannis, Truro and on Martha's Vineyard and Nantucket, based on their availability.

Temporary Hostels
Check YELP and Trip Advisor for hostels and reviews!

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Truro</td>
<td>Hosteling International</td>
<td>(508) 349-3889</td>
</tr>
<tr>
<td></td>
<td>111 N Pamet Rd</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Truro, (508)</td>
<td></td>
</tr>
<tr>
<td>Hyannis</td>
<td>Hostelling International</td>
<td>(508) 775-7990</td>
</tr>
<tr>
<td></td>
<td>111 Ocean St</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hyannis, (508)</td>
<td></td>
</tr>
<tr>
<td>Hyannis Travel</td>
<td>Hostelling International</td>
<td>(508) 775-8200</td>
</tr>
<tr>
<td></td>
<td>16 North St</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hyannis, (508)</td>
<td></td>
</tr>
<tr>
<td>Martha’s Vineyard</td>
<td>Hostelling International</td>
<td>(508) 693-2665</td>
</tr>
<tr>
<td></td>
<td>525 Edgartown Rd</td>
<td></td>
</tr>
<tr>
<td></td>
<td>West Tisbury, (508)</td>
<td></td>
</tr>
<tr>
<td>Nantucket</td>
<td>Hostelling International</td>
<td>(508) 228-0433</td>
</tr>
<tr>
<td></td>
<td>31 Western Ave</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nantucket, (508)</td>
<td></td>
</tr>
</tbody>
</table>

Before you move in:

- Before you move in, inspect the entire apartment. Note the condition of the apartment and all the amenities available.
- Check for existing damage or problems and make a list of these items. If you decide to rent the apartment, discuss your list of problems and damage with the landlord, until everyone is in agreement.
- Take pictures of your apartment (bedroom, living room, bathroom, hallway, etc.); make sure to capture any prior damage. Make sure TV, refrigerator, microwave, etc. are in working condition.
- Get your landlord’s contact information. Write down the address of the house.
- Talk to your landlord about:
• weekly rent (how much, when it’s due, how and where it’s paid)
• security deposit (if applicable)
• conditions for returning of your security deposit
• amenities available at extra cost (for example air conditioning)
• maximum amount of the people allowed to stay in one apartment
• rules and regulations of the house (visitors, smoking, etc.)

- After signing and paying a deposit, you are expected to honor your agreement. Follow all rules the landlord has posted.
- Pay your rent on time. Make sure to ask for receipt (a written note with the amount of rent/deposit, date paid and landlord’s signature) when you pay your landlord in cash. Ask for receipt each time you pay.
- Do not damage your apartment, appliances or furniture. Do not overcrowd your apartment with extra students. This is usually a violation of city building and fire codes.
- Damaging the apartment, overcrowding, not paying your rent on time or violations of housing rules could result in you not getting your deposit refunded. You can also be evicted!

Before you move out:

- Do not move out without first informing your landlord.
- Schedule a check out and make sure the apartment is clean and ready for a walk-through. Be on time for your check out as your landlord might not be able to re-schedule.
- Security deposit should be returned to you upon the inspection of the premises by your landlord, provided no damage was done to the apartment, you don’t owe the back-rent, etc.
- Take pictures of your apartment before you move out in case problems arise with the return of your security deposit.

The Islands:

It is very difficult to find housing on the islands during the summer months. Some employers offer housing for J1 students; many do not. So, it is important that you start to look for housing as soon as you have a confirmed job.

Nantucket:

Please check with your prospective employers, as many may offer employee housing at reduced rates, or have information regarding landlords who have rented to their employees in the past. Otherwise, you’ll need to look in the same places as Nantucket natives: in the classifieds section of our local newspaper “The Inquirer and Mirror” or on their associated website www.ack.net, or on the local
People who are looking for housing can post information about themselves on nantucket.net.

We do not recommend that you plan your stay on Nantucket before securing housing. If you do, the local youth hostel on Surfside Beach allows students to stay for no more than seven days while searching. They can be reached at http://www.hiusa.org/massachusetts/nantucket.

The Nantucket Interfaith Council may have some leads regarding host families. They also might be able to meet visitors at the boat, and they plan to host a welcome party. Please email Georgia Ann Snell (snellhotel@gmail.com) for more information on this topic.

There are bulletin boards in the following areas for accommodation where people post accommodation, so students can look there and post flyers also.

- Federal and Main street
- Hatch’s package store
- The Grain Bakery

REMEMBER THAT CAMPING IS NOT ALLOWED ON NANTUCKET!!!!

Martha’s Vineyard

As in Nantucket, please check with your prospective employers, as they may offer employee housing at reduced rates, or have information regarding landlords who have rented to their employees in the past.

Otherwise, you’ll need to look in the same places as anyone else on Martha’s Vineyard: on the Chamber of Commerce website, www.mvy.com, on the homepage box entitled Vineyard Buzz you’ll find a link to both seasonal employment and housing; in the classifieds section of our local newspaper “The MV Times” or on their associated website http://www.mvtimes.com/classifieds/apartments-rooms-170/ or the Facebook page entitled Martha’s Vineyard Housing Rentals.

We do not recommend that you plan your stay on the island before securing housing. If you do, the local youth hostel in Edgartown allows students to stay for no more than 7 days while searching. They can be reached at http://www.hiusa.org/massachusetts/vineyard-haven/marthas-vineyard
Safety & Security

Each town on Cape Cod has its own Police Department and Fire Department. They are always ready to
serve you. You do not need to pay for their services, and you can trust them.

Calling the Police:
In an emergency, dial 911.  
Non Emergencies: dial 311

If you prefer to speak with a police officer in a non-emergency situation, you can visit any police station;
there is always a representative at the front desk. Also, please call your sponsor support team if you
need advice.

Cape Cod’s regional government also has a Human Rights Commission. If you think that you have been
involved in an act of discrimination, contact Elenita Muniz at hrc@barnstablecounty.org or contact your
sponsor.

<table>
<thead>
<tr>
<th>Barnstable Police Department</th>
<th>Chatham Police Department</th>
<th>Dennis Police Department</th>
<th>Eastham Police Department</th>
<th>Falmouth Police Department</th>
<th>Harwich Police Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>491 Main St Hyannis, MA (508) 534-9397</td>
<td>249 George Ryder Rd, West Chatham, (508) 945-1213</td>
<td>90 Bob Crowell Rd, South Dennis, (508) 394-1313</td>
<td>2550 State Hwy, Eastham, (508) 255-0551</td>
<td>750 Main St, Falmouth, (508) 548-1212</td>
<td>183 Sisson Rd Harwich, MA (508) 430-7541</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Orleans Police Department</th>
<th>Provincetown Police Department</th>
<th>Truro Police Department</th>
<th>Sandwich Police Department</th>
<th>Wellfleet Police Department</th>
<th>Yarmouth Police Department</th>
</tr>
</thead>
</table>

Nantucket Police Department:
- 4 Fairgrounds Rd, Nantucket (508) 228-1212

Martha’s Vineyard Police Department:
- Edgartown : 72 Peases Point Way South, Edgartown (508) 627-4343
- Oak Bluffs: 2 Oak Bluffs Ave, Oak Bluffs (508) 693-0750
- Tisbury: 32 Water St, Vineyard Haven (508) 696-4240
Healthcare

Health Insurance

All Summer Work Travel students have insurance in effect which covers the exchange visitor for sickness or accident while they are participating in the program. There are various plans available and the U.S. healthcare system can be particularly difficult for foreign visitors to navigate. The student’s visa sponsor can help the student if they have questions about the plan that they have purchased.

Hospitals

<table>
<thead>
<tr>
<th>Falmouth Hospital</th>
<th>Cape Cod Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Ter Heun Drive, Falmouth, MA 02540</td>
<td>27 Park Street; Hyannis, MA 02601</td>
</tr>
<tr>
<td>508-548-5300</td>
<td>508-771-1800</td>
</tr>
</tbody>
</table>

Urgent Care & Walk-in Care Locations

<table>
<thead>
<tr>
<th>UPPER CAPE</th>
<th>Stoneman Outpatient Center</th>
<th>CareWell Urgent Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rogers Outpatient Center</td>
<td>2 Jan Sebastian Way (Route 130), Sandwich, MA 02563 (774)-338-5000</td>
<td>484 Massachusetts 134, South Dennis, MA 02660 (508) 694-7908</td>
</tr>
<tr>
<td>5 Industrial Drive, Mashpee, MA 02649 (508) 539-6170</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MID-CAPE

<table>
<thead>
<tr>
<th>Mid Cape Medical Center</th>
<th>Cape Cod Medical Center</th>
<th>Fontaine Medical Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>489 Bearses Way, Hyannis, MA 02601 (508) 771-4092</td>
<td>65 Route 134, Dennis, MA (508) 394-7113</td>
<td>525 Long Pond Drive, Harwich, MA (508) 432-4100</td>
</tr>
</tbody>
</table>

LOWER CAPE

<table>
<thead>
<tr>
<th>Orleans Medical Center</th>
<th>Outer Cape Health Services</th>
<th>Outer Cape Health Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>225 Route 6A at Bayberry Square, Orleans, MA (508) 255-9577</td>
<td>49 Harry Kemp Way, Provincetown, MA 02657 (508) 487-9395</td>
<td>3130 Route 6 at Briar Way, Wellfleet MA 02667 (508) 349-3131</td>
</tr>
</tbody>
</table>

Nantucket

Nantucket Cottage Hospital Walk-in Care Clinic: 57 S. Prospect St, Nantucket (508) 825-8100

Most visitors will go to the hospital, rather than making an appointment with a doctor. Doctors here often see only their own patients, and it takes a long time to be added to a doctor’s patient list. Many
year-round Nantucket residents had to wait six months to a year to be added to a doctor’s patient list! Find out more about the hospital at www.nantuckethospital.org.

Martha’s Vineyard
Vineyard Medical Services:
364 State Rd, Vineyard Haven (508) 693-4400

Island Health Care:
245 Edgartown-Vineyard Haven Rd, Edgartown (508) 939-9358

Tick Tips
Ticks are small parasitic insects that can spread disease. There are different types of ticks on Cape Cod. If you find a tick attached, remove immediately.

How to avoid ticks when outdoors:
* Wear tick repellant
* Take a shower as soon as you can after coming indoors
* Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin
* Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks

How to Remove a Tick
1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don’t twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.
**Beach Safety**

Stretching the entire length of Cape Cod's Atlantic shoreline from Chatham to Provincetown, the National Seashore operates ocean beaches through six towns along this coast. Called the "outer beach" by locals, the surf-washed sands and ocean rollers are bordered by a continuous sweep of sandy cliffs and windswept dunes. Of course the National Seashore isn't the only place to enjoy a beautiful beach.

The Cape has more than 150 saltwater and freshwater beaches, offering something for everyone. Sunburn, heat stroke and dehydration are the 3 most common problems for people enjoying the summer beaches on Cape Cod or anywhere. The summer in Cape Cod tends to be warm. The nights can get down to 50 F though so be sure to have some long sleeve clothing with you. The average summer temperature is 85 F. The temperature in the United States is measured in Fahrenheit instead of Celsius: 32 F = 0 C 68 F = 20 C 95 F = 35 C

**Tips to remain cool during hot weather:**

1. Drink plenty of fluids
2. Replace salt and minerals (sports drinks like Gatorade or Powerade)
3. Wear appropriate clothing, UVA/UVB protection sunscreen, sunglassers and a hat.
4. Pace yourself

**Heatstroke or sunstroke:**

Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to failure of the body's temperature control system. If you suspect someone has heatstroke, call 911 and help cool the person down: **Do not give the victim fluids to drink.**

Fan air over the patient while wetting his or her skin with water from a sponge or garden hose. Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature. Immerse the patient in a shower or tub of cool water, or an ice bath.

**Hurricane Emergency Plans**

The Atlantic hurricane season is June 1 to November 30. The National Hurricane Center issues, when necessary, hurricane watches and warnings. Due to population density during the summer months, Cape Cod may recommend going to a shelter before a hurricane watch is issued.

- **Tropical Storm** – a storm with winds 39-73 mph
- **Hurricane** – a warm core tropical cyclone in which maximum sustained surface winds exceed 73 mph
- **Hurricane Watch** – when hurricane conditions are possible and may threaten an area for the following 36 hours
- **Hurricane Warning** – when winds, high water, and rough seas are expected in 24 hours or less with winds of 74 mph or higher
When a hurricane hits land, it brings very strong winds – more than 75 miles an hour! Rain, high waves, flooding, and sometimes tornados can occur. Even places far inland from the ocean may feel the impact of a hurricane with rain and flooding.

Leave your local housing immediately when a hurricane emergency is called and go to the nearest Shelter. Keep your phone on if you have one: details will be given to you on how to get there.

Bring your documents (passport, DS-2019) with you. You will be permitted to take only one back-pack or carry-on with you, so please bring only the items that are necessary to you (prescriptions, change of clothes, laptop, and small electronics). You will be instructed to leave your luggage at your rental unit or with your employer, because you cannot take it with you during the evacuation (you are permitted to take only a back-pack or small carry-on). Please make sure your luggage that is left behind is properly labeled with your identification clearly on it.

SHELTER LOCATIONS

Barnstable Intermediate School
895 Falmouth Road, Barnstable

Cape Cod Regional Technical School
351 Pleasant Lake Avenue, Harwich

Dennis-Yarmouth High School
210 Station Avenue, South Yarmouth

Falmouth High School
874 Gifford Street, Falmouth

Nantucket High School
10 Surfside Road, Nantucket

Nauset Regional High School
100 Cable Road, Eastham

Sandwich High School
365 Quaker Meetinghouse Road, Sandwich

Tisbury Elementary School
40 W William St, Vineyard Haven, Martha’s Vineyard
Evacuation orders will be issued over local radio and television stations, on the Internet at http://www.bcrepc.org/. Police and other emergency officials may also notify people.

Call your sponsor for assistance and concerns. Stay in touch with your family. Contact your sponsor and family before the arrival of the storm and let them know you will be at a local shelter during the storm.

Wages

**What is a “Wage?”** A wage is payment or compensation earned by an employee for work performed under an employer’s direction, or with the employer’s knowledge or consent. Generally, wages are paid as currency (U.S. Dollars) representing a length of time worked.

**Minimum Wage** under Massachusetts Law requires employers to pay workers full state minimum wage before tips.

<table>
<thead>
<tr>
<th>Jurisdiction</th>
<th>Basic Combined Cash &amp; Tip Minimum Wage Rate</th>
<th>Maximum Tip Credit Against Minimum Wage</th>
<th>Minimum Cash Wage</th>
<th>Definition of Tipped Employee by Minimum Tips received (monthly unless otherwise specified)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Massachusetts</td>
<td>$9.00</td>
<td>$6.00</td>
<td>$3.00</td>
<td>More than $20</td>
</tr>
</tbody>
</table>

Transportation

Boston to Cape Cod

CapeFLYER weekend passenger train service from South Station Boston to Buzzards Bay and Hyannis is provided by the Cape Cod Regional Transit Authority, from Memorial Day to Labor Day. Visit their web site at www.capeflyer.com for schedule information.

Logan Express transportation services from Logan International Airport (BOS) and South Station Boston to Sagamore, Hyannis and Provincetown, is provided by the Plymouth & Brockton Bus Lines. Visit their web site at www.p-b.com for schedule information.

Transportation services from Boston to Bourne and Falmouth is provided by Peter Pan Bus Lines. Visit their web site at http://peterpanbus.com/tickets/bus-ticket-information/terminal-listings/#MA for schedule information.

Transportation on Cape Cod

The Cape Cod Regional Transit Authority is the Cape’s public transportation system, providing year round fixed route transportation services in all fifteen towns of Cape Cod, and additional summer services. The Cape Cod RTA’s trip planner on their web site has an unlimited monthly pass program, utilizes an electronic fare system, along with the NextBus technology for next bus and schedule information. The Cape Cod RTA also provides a general public door-to-door Dial-A-Ride Transportation service that can be used for any purpose, and operates Monday through Saturday with limited service on Sundays. A Boston Hospital Transportation service provides transportation to 16 Boston Hospitals Monday through Friday. This is a ride by appointment service that is open to Cape Cod residents and visitors. For more information visit www.capecodrta.org, or call them at 800-352-7155, or visit their Information Booth at the Hyannis Transportation Center.

Bicycles

Biking is a popular mode of transport on Cape Cod however the roads can be very dangerous. Barnstable County Commission with the police officers have a bike safety campaign throughout the summer. There will be several areas where seasonal workers can obtain bike lights, which are crucial to keeping you safe on the Cape’s unlit roads. Check with your employer, local police, local library and the RTA for a free bike light. Some housing may provide bikes to students, or they can be bought cheaply at various stores or yard sales.

Taxis

Cape Cod
Central Cape Taxi: 508-775-5555
Cape Cab: 508-487-2222
Town Taxi: 508-771-5555
Dennisport taxi 508-394-1550
Hyannis Taxi: 508-775-0400

Nantucket
Taxi Stands:
Hyline and Main Street
Val’s Cab & tours: 508-228-9410
AAA Taxi: 508-901-1825

Martha’s Vineyard
Admiral Taxi: 508- 693-2020
Alpha Taxi: (508) 693-8399
BlueFish Taxi: (508) 627-7373
Transportation to the Islands

Transportation to Martha’s Vineyard and Nantucket Islands is provided by the Steamship Authority, visit their website at [www.steamshipauthority.com](http://www.steamshipauthority.com) and Hy-Line Cruises, visit their website at [www.hylinecruises.com](http://www.hylinecruises.com). Also, via Cape Air - visit their website at [flycapeair.com](http://flycapeair.com).

Nantucket Transportation

People are not encouraged to bring their own cars when visiting Nantucket. From May-October, we have a seasonal bus service, the NRTA. Go to [www.nrtawave.com](http://www.nrtawave.com) for information on routes and pricing, if you are on island you can get real-time updates on the location of the buses: live.nrtawave.com.

Taxi cabs are also readily available, though they can be a bit expensive, especially when travelling from the airport or the outskirts of the island. Be sure to book ahead on holidays and peak summer season. [http://www.nantucketchamber.org/Taxis](http://www.nantucketchamber.org/Taxis)

Most students ride bikes everywhere. See more info on this in the next section.

Nantucket Bicycling Information

One of the best ways to tour Nantucket is by bicycle! The island is only 14 miles long by 3.5 miles wide and a dedicated cyclist can bike around the entire island in a day.

You can rent or buy a bicycle from any of these businesses: [http://www.nantucketchamber.org/Bicycling/RentalsSales](http://www.nantucketchamber.org/Bicycling/RentalsSales)

A list of our local bike paths (route numbers correspond to the picture below):

1) Surfside Bike Path
2) Milestone Bike Path
3) Cliff Road Bike Path
4) Eel Point/Dionis Beach Bike Path
5) Old South Road Bike Path
6) Madaket Bike Path
7) Polpis Bike Path
8) Fairgrounds Road Bike Path
9) Milestone Connector Bike Path
10) Nobadeer Farm Road Bike Path
11) Hummock Pond Road Bike Path
12) Bartlett Road Bike Path
Martha’s Vineyard Transportation

Buses and Shuttles

Martha’s Vineyard offers a comprehensive bus system Vineyard Transit Authority (VTA) that connects all towns, Edgartown, Oak Bluffs, Vineyard Haven, Aquinnah, Chilmark, and West Tisbury. Frequency of service varies with the season, but buses run regularly year-round and are a great cost-effective way to see the beauty of the Island. You can pay as you go, or purchase 1-day, 3-day, or 1-week bus passes on the buses, at the Steamship Authority or at the Edgartown Visitors Center, which also sells 1-month and annual passes.

Buses may be boarded at stop or flagged en route in safe places (i.e. not in an intersection or on a curve).

<table>
<thead>
<tr>
<th>Blue Fish taxi</th>
<th>Stagecoach Taxi</th>
<th>Mopeds &amp; Bikes</th>
</tr>
</thead>
<tbody>
<tr>
<td>71 Airport Rd</td>
<td>Ph: 508-627-4566</td>
<td>Ride-On Mopeds and Bikes: 9 Oak Bluffs Ave, Vineyard Haven, 508-693-2076</td>
</tr>
<tr>
<td>Ph: 508-627-7373</td>
<td></td>
<td>Adventure Rentals: 19 Beach Rd, Vineyard Haven (508) 693-1959</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anderson’s Bike Rentals: 23 Circuit Ave Ext, Oak Bluffs (508) 693-9346</td>
</tr>
</tbody>
</table>

Bicycles

Martha’s Vineyard is extremely bicycle friendly. With designated bicycle paths throughout the island, and bicycle tours that showcase the beauty and intrigue of the Island, two wheels may be all you need. There are also bicycle dealers, bicycle rentals, and bicycle repair shops available on Island to meet all your two-wheeled needs.

Bank Accounts

The following national banks have locations all over Cape Cod.

<table>
<thead>
<tr>
<th>TD Bank</th>
<th>Hyannis</th>
<th>Hyannis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centerville</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1708 Falmouth Rd</td>
<td>307 Main St</td>
<td>226 Falmouth Rd</td>
</tr>
<tr>
<td>Centerville, MA</td>
<td>Hyannis, MA</td>
<td>Hyannis, MA</td>
</tr>
<tr>
<td>(508) 771-1332</td>
<td>(508) 862-0800</td>
<td>(508) 778-7182</td>
</tr>
</tbody>
</table>
Bank of America

**Hyannis**  
291 Barnstable Rd.  
Hyannis MA

**South Yarmouth**  
1326 Main St  
South Yarmouth

**Yarmouthport**  
125 Main Street  
Yarmouth Port MA

**Chatham**  
168 Old Harbour Rd.  
Chatham MA

**Cotuit**  
3856 Falmouth Rd.  
Marstons Mills MA

**Orleans**  
30 S Orleans Rd  
(Rte. 28 & Cove Rd)  
Orleans MA

**Nantucket**  
61 Main Street  
Nantucket MA

**South Dennis**  
430 Route 134  
South Dennis MA

**Falmouth**  
871 East Main Street  
Falmouth MA

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Nantucket ATM & Bank Locations

**Downtown:**
- Bank of America 61 Main Street
- Cape Cod Five Cents Savings Bank, Zero Main Street
- Hingham Institution for Savings, 55 Main Street
- Nantucket Bank, 2 Orange Street
- Pacific National Bank (Bank of America), 61 Main Street
- The Pacific Club (Bank of America ATM), 15 Main Street
- Steamship Authority Terminal (Bank of America ATM), Steamboat Wharf

**Out of Town:**
- Cape Cod Five Cents Savings Bank, 112 Pleasant Street
- Nantucket Bank, 104 Pleasant Street & 1 Amelia Drive
- Nantucket Memorial Airport, 14 Airport Road
- Pacific National Bank (Bank of America), 15 Sparks Avenue
- Stop & Shop (Bank of America ATM), 31 Sparks Avenue
- ‘Sconset Market, Siasconset

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Martha’s Vineyard

<table>
<thead>
<tr>
<th>Bank of America ATM</th>
<th>Post Office Square</th>
<th>Edgartown</th>
<th>Santander Bank</th>
<th>Edgartown</th>
<th>Edge town</th>
<th>Cape Cod Five Cents Savings Bank</th>
<th>13 Beach Street Ext</th>
<th>Vineyard Haven</th>
<th>508-693-4815</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Edgartown National bank</strong></td>
<td>257 Edgartown-VH Rd.</td>
<td>Vineyard Haven</td>
<td>19 Main St</td>
<td>Edgartown</td>
<td>508-693-0095</td>
<td>508-627-9400</td>
<td>13 Beach Street Ext</td>
<td>Vineyard Haven</td>
<td>508-693-4815</td>
</tr>
<tr>
<td></td>
<td>57 Circuit Ave,</td>
<td>Oak Bluffs</td>
<td>75 Main St</td>
<td>Vineyard Haven</td>
<td>508-696-0974</td>
<td>508-696-4400</td>
<td>13 Beach Street Ext</td>
<td>Vineyard Haven</td>
<td>508-693-4815</td>
</tr>
<tr>
<td></td>
<td>2 S Water St or</td>
<td>Edgartown</td>
<td>Oak Bluffs Ave</td>
<td>Oak Bluffs</td>
<td>508-693-0095</td>
<td>508-696-4400</td>
<td>13 Beach Street Ext</td>
<td>Vineyard Haven</td>
<td>508-693-4815</td>
</tr>
<tr>
<td></td>
<td>257 Upper Main</td>
<td>Edgartown</td>
<td></td>
<td></td>
<td>508-693-0095</td>
<td>508-696-4400</td>
<td>13 Beach Street Ext</td>
<td>Vineyard Haven</td>
<td>508-693-4815</td>
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<td></td>
<td>508-627-1140</td>
<td>508-693-0095</td>
<td>508-696-4400</td>
<td>508-693-0095</td>
<td>508-693-4815</td>
</tr>
</tbody>
</table>
Tax Information

All summer work/travel participants must pay state, federal and local taxes (approximately 10-14%). However, you have the right and opportunity to complete forms obtained from the Internal Revenue Service (IRS) so that you can get most of the taxes refunded to you at the end of the tax (calendar) year that you worked.

Taxes you will not have to pay:
• Social Security
• Medicare
• Federal Unemployment

After receiving your first paycheck, make sure the 3 above taxes have not been taken out of your paycheck. If you see any deductions under words “FICA”, “SS” or “Soc Sec”, or “Medicare” or “Med”, or “FUTA”, then the employer has made a mistake. You should speak to the employer about this since the law is different for J-1 students and the employer may be unaware that you are exempt from these three taxes. Go to www.irs.gov. for IRS Publication 519 which explains this exemption.

W-4 Form
When you begin your job, the employer will ask you to complete a W-4 Form (Employee’s Withholding Allowance Certificate) to ensure that you are not overtaxed. If you do not fill out the W-4 properly, you may have to pay more tax in the future. The following instructions on filling out your W-4 Form are from the IRS Publication 515, “Withholding of Tax on Nonresident Aliens and Foreign Corporations.”
• Check only “single” marital status on Line 3 (even if you are married or divorced).
• Claim only one withholding allowance on Line 5.
• Write “Nonresident Alien” or “NRA” on the dotted line on Line 6.
• Do not claim “Exempt” withholding status on Line 7.

Tax Refunds
Everyone who earns income in the USA is required to file a tax return after the end of the calendar year. Your tax return will reflect your earnings for the previous year, the amount of taxes you paid and the total amount of taxes owed or refunded.

To file your tax return you will need your W-2 Form and Form 1040NR-EZ. At the beginning of the year following your summer work/travel program, your employer will send you a W-2 Form (required by law to mail it to you by February 15).

Make sure you provide your employer with your correct address in your home country before you leave the USA so that they can mail the W-2 Form to you. After you receive your W-2 Form, complete a 1040NR-EZ tax form. You can obtain the 1040NR-EZ form (with instructions) at the US Embassy in your home country or on the Internet at www.irs.gov. You must file your tax return no later than April 15. Once you have completed the form, mail it to:

United States Internal Revenue Service Center, Philadelphia, PA 19255 USA
Local Information and Activities

There will be several welcome events for students all over the Cape in June. Please check with your employers or your sponsor for all the details. Also, you are encouraged to join Face Book groups to find out about events and activities in the area.

<table>
<thead>
<tr>
<th>Events</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Events</td>
<td>Check with your Sponsor and Employer</td>
</tr>
<tr>
<td>Free Church events, dinners and lunches</td>
<td>Hello Summer J1 FB</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.facebook.com/groups/442913945727201/">https://www.facebook.com/groups/442913945727201/</a></td>
</tr>
<tr>
<td></td>
<td>J-1 Assistance</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.facebook.com/j1assistance">https://www.facebook.com/j1assistance</a></td>
</tr>
<tr>
<td>Social Security Visit to the Islands</td>
<td>Check with your Sponsor and Employer</td>
</tr>
<tr>
<td>Local Events and Festivals</td>
<td><a href="http://www.CapeCodChamber.org">www.CapeCodChamber.org</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.CapeCodTravelGuide.com">www.CapeCodTravelGuide.com</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.insidecapecod.com">http://www.insidecapecod.com</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://nantucket.net/events/">http://nantucket.net/events/</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://mvol.com/events/">http://mvol.com/events/</a></td>
</tr>
<tr>
<td></td>
<td>Provincetown WorldFest</td>
</tr>
</tbody>
</table>
Local Places to Know

The Upper Cape is actually the area that you encounter first and is in fact the most southern part of the Cape. Bourne, Sandwich, Sagamore, Falmouth, Mashpee, Cotuit, Osterville, Centerville and Marstons Mills are considered to be part of the Upper Cape. Falmouth is the home of the famous Woods Hole Oceanographic Institution and several other research organizations. It is also one of the main places to catch a ferry over to Nantucket or Martha’s Vineyard.

The Mid-Cape area features many beautiful beaches, including warm-water beaches along Nantucket Sound, e.g. Kalmus Beach in Hyannis. Hyannis and Hyannisport are the economic engines of Cape Cod with a large shopping complex Cape Cod Mall and many chain stores. It is also one of the few areas you will find “fast food” restaurants.

The Lower Cape is the narrower portion of the cape, where it bends sharply to the north. This section includes the towns of Harwich, Brewster, Chatham, and Orleans. Orleans is where you go for groceries, pharmacies and many great specialty shops.

The Outer Cape: Here you will find the towns of Eastham, Wellfleet, Truro, and Provincetown. This area includes the Cape Cod National Seashore. This national park comprising much of the outer Cape including the entire east-facing coast, is home to some of the most popular beaches in the whole United States such as Coast Guard Beach and Nauset Light Beach in Eastham.

Nantucket: It is an island, a town and a county with 82 miles of beaches. Originally the island was the whaling capital of the world. Today, the year round population swells from 10,000 to 56,000 over the summer months. The Whaling museum is worth a visit.

Martha’s Vineyard: The largest island in New England, with six main communities, including Edgartown, Oaks Bluff and Vineyard Haven. Popular tourist attractions include the Aquinnah cliffs, lighthouses and Cranberry Lands. Most accommodation is located around the commercial center of Vineyard Haven, the lively town of Oaks Bluff, and in the historic Edgartown area.

<table>
<thead>
<tr>
<th>Fun Facts about Cape Cod</th>
</tr>
</thead>
<tbody>
<tr>
<td>• First landing of the Pilgrims in Provincetown in the New World on November 11, 1620</td>
</tr>
<tr>
<td>• There are more lighthouses here than any other county in the U.S.</td>
</tr>
<tr>
<td>• Provincetown’s Pilgrim Monument, at 252-feet, is the tallest all-granite structure in America</td>
</tr>
<tr>
<td>• Cape Cod Potato Chips—some say the world’s BEST – is a great place to visit for a tour.</td>
</tr>
<tr>
<td>• The paper bag was first created in Dennis, Cape Cod</td>
</tr>
<tr>
<td>• Cape Cod is one of the biggest barrier islands in the world</td>
</tr>
<tr>
<td>• The Wampanoag Indians were the original inhabitants of Nantucket Island and has the largest concentration of Native American place names in the country.</td>
</tr>
<tr>
<td>• The Pockanocket tribe is the first known inhabitant of Martha’s Vineyard. They changed their name to Wampanoag &amp; members still live on the island today.</td>
</tr>
</tbody>
</table>
Libraries
The library is a great way to get easy access to numerous resources. Nearly all branches supply free internet, reference services and access to a huge selection of: books, CDs, DVDs, Government Publications, Magazines, Newspapers, and more. To obtain a resident Cape Cod library card, please bring ID to any branch showing proof of residency (letter sent to your address, such as your social security card letter).

**Eldredge Public Library, Chatham:** Sections on investment information, local authors, books on Cape Cod and Chatham, and good information on searching the internet.

**Falmouth Public Library:** One of the first libraries on the Internet, find access to CLAMS (Library Loan), a good list of books for children, and a weekly HAPPENINGS schedule.

**The Hyannis Public Library:** There are 5 internet terminals available to the public here. 401 Main Street, Hyannis.

**Yarmouth Town Libraries:** Computer and Internet services, story hour calendar, a history of the libraries in town.

**Nantucket:** Atheneum Library has many events including free English classes in the evenings.

**Martha’s Vineyard:** Edgartown, Oak Bluffs and Vineyard Have all have public libraries.

Free WIFI
For a longer list of Cape Wi-Fi spots, go to: [www.capecodonline.com/wifi](http://www.capecodonline.com/wifi)

- Cape and Islands ferry terminals, ferries: The Steamship Authority, Hy-Line and Island Queen in Falmouth have Wi-Fi on their ferries and in their terminals.
- Mashpee Commons: A large retail complex in Mashpee, Mashpee Commons has free Wi-Fi in its outdoor areas.
- Cape Cod Community College, West Barnstable.
- Willy’s Gym, Route 6, Eastham
- Bookstores like Barnes and Nobles and Borders in Hyannis
- Coffee shops like the following:
  - Rendezvous, Main Street Hyannis
  - Nirvana, Barnstable Village
  - Wired Puppy, Provincetown
  - Hot Chocolate Sparrow, Orleans
  - Chatham Coffee Company, North Chatham
  - Espresso Love, Edgartown, Martha’s Vineyard
Sponsor Contact Information

**Alliance Abroad Group, L.P.**
Phone: +1 866.622.7623
Email: supportinfo@allianceabroad.com
Website: www.allianceabroad.com

**GeoVisions**
Phone: +1 888-830-9455
Email: info@geovisions.org
Website: www.geovisions.org

**Camp Counselors USA/Work Experience USA (CCUSA)**
Phone: +1 888.449.3872
Email: info@ccusa.com
Website: www.ccusa.com

**InterExchange, Inc**
Phone: +1 800.597.3675
Email: workabroad@interexchange.org
Website: www.interexchange.org

**CCI/Greenheart**
Phone: +1-866-684-9675.
EMERGENCY ONLY: 1-866-788-7804
Website: www.ccigreenheart.org

**Intrax**
Phone: +1 888.224.0450
Email: iwtsupport@intraxinc.com
Website: www.intraxworktravel.com

**CIEE**
Phone: +1.888.268.6245
Email: contact@ciee.org
Website: www.ciee.org/WAT

**Spirit Cultural Exchange**
Phone: +1 800-390-0978
Email: support@spiritexchange.com
Website: www.spiritexchange.com

**Cultural Homestay International (CHI)**
Phone: +1 800-432-4643
Email: chimain@chinet.org
Website: www.chinet.org

**United Work & Travel, a Division of APEI**
Phone: +1 866-IGO2USA (446-2872)
Email: Students@unitedworkandtravel.com
Website: www.unitedworkandtravel.com

If your Sponsor Organization is not on this list, you can find them here:

[J-1 Visa Designated Sponsor Organizations](#)