



SettleIn



Resettling in the United States?

As you prepare to resettle in the United States, there is a lot to learn. As you start your new life, here are ten key messages to know:



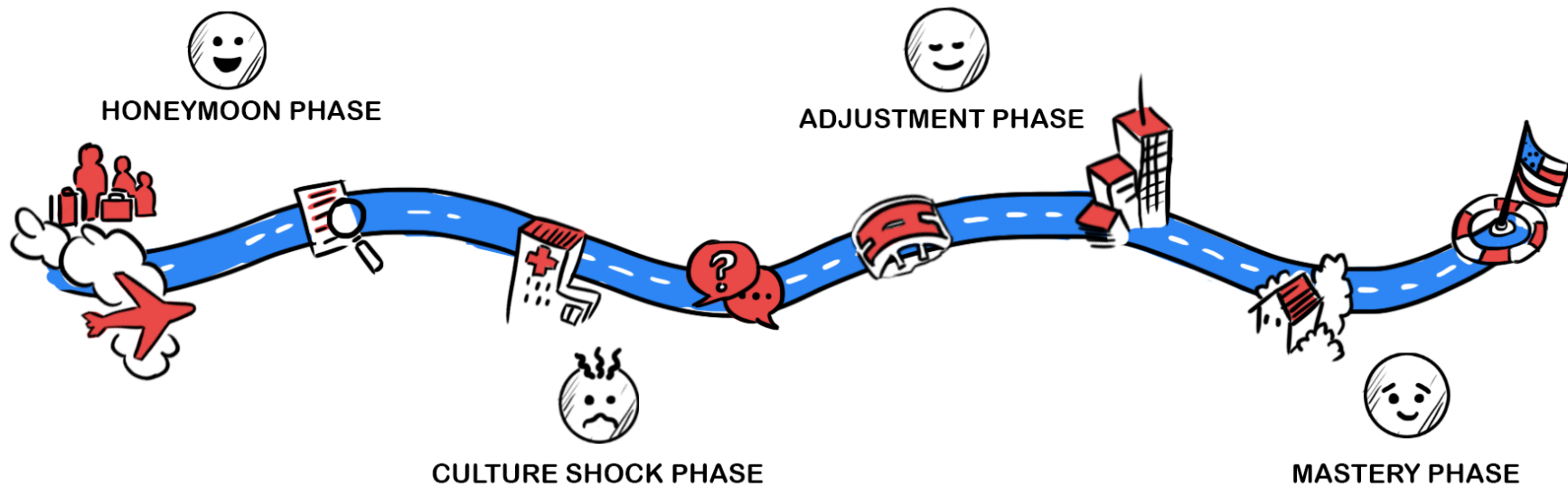
1



Someone will meet you at the airport at your final destination. Prior to departure, you will sign a Promissory Note where you commit to repay the cost of your flight to the United States.

2

When you move to the United States, it is normal to experience culture shock and face challenges. To help in your adjustment, make sure to learn English, meet new people, and explore your new community.



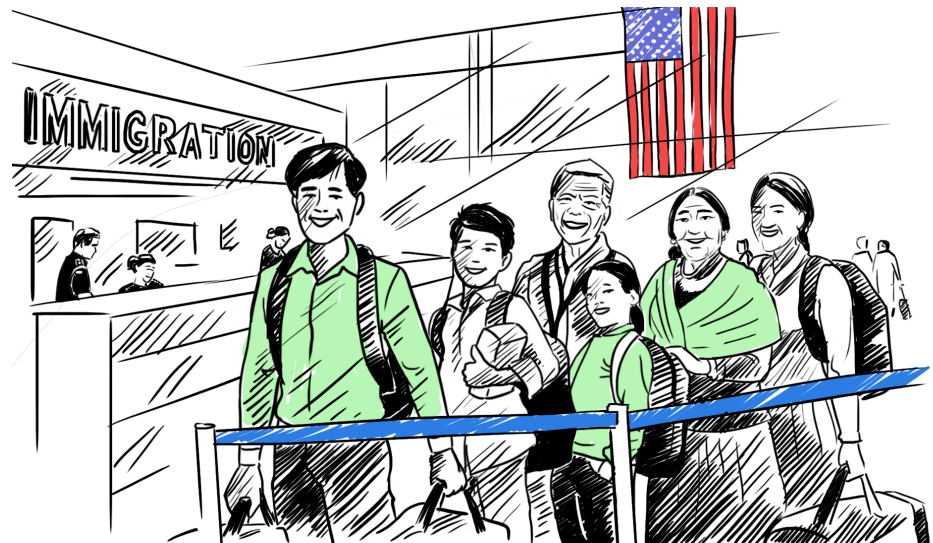
3



A local Resettlement Agency will provide basic services to meet your initial needs and refer you to additional services based on eligibility. Make the most of your time with the resettlement staff by creating a positive relationship.

4

Public assistance is limited, and support varies based on your location and family size. Do not compare your benefits to other people's benefits, as they will not be the same.



5



When you arrive in the United States, you will have housing. It will likely be an apartment and perhaps not your ideal choice, but it will be clean, affordable, and safe. Housing costs will be the largest part of your monthly costs.

6

The cost of living in the United States is high, so employment is the fastest way to achieve self-sufficiency. Taking the first job offered to you is important, even if it will likely not be in your chosen profession.



7



To get help in an emergency, dial 911 on the telephone and tell the operator what you need ("Police," "Fire," or "Ambulance") and your address or location.

8

In the United States, laws protect the rights of all people. You must learn and follow the laws. Not knowing the law does not prevent you from being punished if you break the law.



9



The healthcare system in the United States is complex. For the first 12 months, you will have health insurance coverage. Resettlement staff can help answer questions and provide additional information.

10

Protect your personal identifiable information, such as your IOM documents, passports, bank account number, and social security number. Always be cautious if asked to share confidential information in-person or online.



NOTES

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Have more Questions? Learn more at Settle In

Settle In is your best place to find trusted and accurate information about resettling in the United States. Settle In is available in multiple languages and provides videos, podcasts, and other resources on different topics about life in the United States.

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