



# Things You Need to Know About Resettling in the United States

*Welcome to the United States!*

## Reception and Placement (R&P) Program

**Your resettlement agency and its partners will help you to meet your immediate basic needs.** The resources available to you will depend on a variety of factors. Early employment and wise budgeting of money are crucial for your early self-sufficiency.

**The cost of living and availability of public support varies throughout the United States.** The help we can offer won't be the same from one place to another. Your friends in one U.S. location may get certain benefits, but this does not mean that you will get the same benefits.

**The Sacramento and Northern Virginia metro area are very expensive places to live.** It is very difficult to find reasonably-priced housing in those places for you and your family. To settle in those places, you will need more help than a resettlement agency can give you. We recommend that you only move there if you are reuniting with family who can help you and your family with ongoing financial support and housing.

**If you move out of the city or town we helped you settle in, there may be changes to your resettlement benefits.** If you decide not to go to the location we have found for you, this may also affect the benefits you get. The resettlement agency in the new location may not be able to provide the same level of services and/or help. Before planning to move, be sure to discuss the idea with your resettlement agency.

**If you worked for or with the U.S. Government, you do not get preferential treatment** in terms of R&P services received in your new community.

**You do not need to pay anyone - friends, relatives, or any agency - to sponsor you in the United States.**



## Employment

**Finding employment will be one of your first goals.** You and your family should also begin to learn English. Try to accept the first job that becomes available. Being in a workplace provides an excellent opportunity to practice speaking English. The sooner you begin working, the sooner you will be able to pay your own living expenses. For the family to become self-sufficient, you may find that both the husband and other adult family members must work.

**You may be eligible for an employment program or help with finding a job wherever you live in the U.S.** Your resettlement agency may be able to help you find an employment program.

**It may take longer than you expect to find a job.** Also, full-time or permanent positions may be harder to get at first.

**Your first jobs in the United States are not likely to be in the same profession or field as your job back home.** Previous employment with the U.S. military or government does not guarantee any job in the United States. Your first job may be an entry level non-professional job, and may even be temporary or part-time.

To get a job in your field, you have to establish a work history in the U.S., be fluent in English, and you may have to get re-certified. Until then, entry level work is the best way to build experience.

## Cultural Adjustment

**Your first year in the United States will be a period of adjustment.** You will be living in a new community, adhering to new laws, working in a new job, and making new friends.

For the first few months, your resettlement agency will help you build your new life. They will do their best to help you become economically self-sufficient as soon as possible.

**The United States is made up of people of different racial and ethnic backgrounds.** Resettlement agencies that help refugees are also diverse. Your case workers may be of any race, religion, ethnicity, or gender, and they have your best interest in mind.



For more information about living in the U.S. go to: [Settle In Facebook](#) and [settleinus.org](#).



## Housing, Clothing, and Furnishings

**The initial help you get with housing, household supplies, and furniture is very basic.** Clothing and furniture may be used, secondhand, or very inexpensive. But all items provided will be clean and hygienic.

**Resettlement agencies provide basic household items.** Those items do NOT include TVs, radios, telephones, DVD players, computers, vacuums, bicycles, cars, or air conditioners. These items may be available if the agency receives them as donations from other sources.

**Apartments are the most accessible and affordable housing for many Americans.** You should expect for your first home in the United States to be in an apartment.

If you are single, your resettlement agency may place you with other single people of the same gender. This will help you better afford living expenses.

If you choose to, you may move after you start working and can afford the housing of your choice. You must respect any lease agreement you may have signed.

**There are housing shortages in some locations.** If your U.S. tie cannot provide housing, we urge you to consider the cost and availability of housing in the area where you want to be.

## Health Care



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**Public health care coverage is limited.** It may take weeks to see a doctor for a routine appointment. But if you have critical health need or an emergency, you can get help quickly. Your health care options will improve after you have a job and can afford to buy private medical insurance.

**It is common to get help with mental health or psychosocial services in the United States.** You should take use these services if you think that they would help you. Your resettlement agency will assist you in finding appropriate behavioral health services.