

### PROGRAM REMINDERS

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#### SEVIS

While on the Exchange Visitor Program, SEVIS must be up to date at all times. If any of your information changes, you must update SEVIS through LifeTRAVELED's website within three days.

#### TAX SEASON

If you were in the USA during 2023, you have tax filing obligations. Review LifeTRAVELED's [blog](#) for important tax season information.

#### ALUMNI NETWORK

Join the Department of State's Exchange Alumni network to connect with other alumni, access educational resources, and learn about grant opportunities.

### CULTURAL ACTIVITIES

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#### VOLUNTEERING

We encourage all exchange visitors to join at least one volunteer event during their program to give back to the community that welcomed them and learn about American volunteerism. Marathons are a great volunteering opportunity, as they are present in many cities, are one day events, and have great energy! You can read about the marathon volunteering experience on our [LA Marathon](#) and [NYC Marathon](#) blogs.

Here are some upcoming events:

April 15 - Boston Marathon in Massachusetts  
[Volunteer Registration](#)

April 27-28 - Rock 'n' Roll Running Series in Nashville  
[Volunteer Registration](#)

April 18-21 - runDisney Springtime Surprise Weekend in Orlando  
[Volunteer Registration](#)

June 1 - Ironman Kohala Coast in Hawaii  
[Volunteer Registration](#)

August 18 - Ironman Louisville in Kentucky  
[Volunteer Registration](#)

November 18-20 - Philadelphia Marathon in Pennsylvania  
[Volunteer Registration](#)

