



# Exchange Day Alumni Engagement

## WAYS FOR PROGRAM ALUMNI TO SHARE YOUR STORY

### OPTION 1

**Step 1:** Post a photo of yourself from your J-1 exchange in the USA on Facebook or Instagram. If you don't have one digitally, you can take a digital photo of a printed photo and post that. Ideal photos include those that show you with American friends, photos of you at your job in the USA, or photos of you in iconic or famous locations in the USA.

**Step 2:** Caption the photo with the name of your exchange program, the location where the photo was taken, the year it was taken (the year you did your program). Then write Proud J-1 from [your home country]. Lastly, MAKE SURE TO END YOUR POST WITH OUR HASHTAG:

#CelebrateExchangeDay

Example:

J-1 Summer Work & Travel. Glacier National Park, Montana. 2005. Proud J-1 from Bulgaria!

#CelebrateExchangeDay

**Step 3:** Tag your current location by tapping "add location" on Instagram or "check in" on Facebook. It's important to include this so we know where you live now.

**Step 4** (optional): Tag friends from your exchange experience that you connected with on Instagram or Facebook.

**Step 5:** Post!

### OPTION 2

If you do not have any photographic evidence of your J-1 experience in the USA:

**Step 1:** Take a photo of yourself holding a sign with the name of your home country on the left, the name of the place in the USA where you did your J-1 exchange, and an arrow pointing from your home country to the location in the USA.

Example:

Ireland ---> Cape Cod, Massachusetts

**Step 2:** Upload the photo to Instagram or Facebook, and caption the photo with the name of your exchange program, the location where the photo was taken, the year it was taken (the year you did your program). Then write Proud J-1 from [your home country]. Lastly, MAKE SURE TO END YOUR POST WITH OUR HASHTAG: #CelebrateExchangeDay





Example:

J-1 Summer Work & Travel. Glacier National Park, Montana. 2005. Proud J-1 from Bulgaria!  
#CelebrateExchangeDay

**Step 3:** Tag your current location by tapping "add location" on Instagram or "check in" on Facebook. It's important to include this so we know where you live now.

**Step 4 (optional):** Tag friends from your exchange experience that you connected with on Instagram or Facebook.

**Step 5:** Post!

### OPTION 3

**Step 1:** Post a photo of yourself from your exchange abroad on Facebook or Instagram. If you don't have one digitally, you can take a digital photo of a printed photo and post that. Ideal photos include those that show you with international friends or photos of you in iconic or famous locations in the country where you were staying.

**Step 2:** Caption the photo with the name of your exchange program, the location where the photo was taken, the year it was taken (the year you did your program). Lastly, MAKE SURE TO END YOUR POST WITH OUR HASHTAG: #CelebrateExchangeDay

Example:

Fulbright English Teaching Assistant. Budapest, Hungary. 2012. #CelebrateExchangeDay

**Step 3:** Tag your current location by tapping "add location" on Instagram or "check in" on Facebook.

**Step 4 (optional):** Tag friends from your exchange experience that you connected with on Instagram or Facebook.

**Step 5:** Post!