



## APRIL 2024 NEWSLETTER

### TAX FILING IS DUE IN APRIL

All Exchange Visitors who were in the USA during 2023 must file a tax return with the IRS. We recommend using [Sprintax](#) to assist with filing your taxes. Please note that Turbo Tax is not complaint if you're a non-resident, which most Exchange Visitors are.

Read our tax blog [here](#).

### SEVIS REMINDER

All exchange visitor SEVIS records must contain accurate information. If you have updated your phone number, e-mail address, or housing address, you must update your SEVIS record through LifeTRAVELED's website.

### MEDICAL INSURANCE TIP

If you have a small illness or injury and need care, we recommend first using Teladoc to speak with a doctor. This service is provided at no cost with your medical insurance plan. Review your insurance card e-mail for instructions!

### CULTURAL ACTIVITIES

#### Earth Day

April 22nd is Earth Day, an annual national event celebrating the USA's natural wonders and highlighting efforts for environment protection. Many communities are hosting events such as trash pick-ups, tree plantings, and festivals. LifeTRAVELED will be hosting events in Orlando and Denver. Look for events in your city, with your host employer, or create your own volunteer effort!

#### National Park Week

Coinciding with Earth Day, National Park Week is April 20 - 28th. There are over 400 National Parks across the USA for you to discover - from [Hawai'i Volcanoes National Park](#) in Hawaii to [Grand Teton](#) in Wyoming to [Mammoth Cave Nation Park](#) in Kentucky. On April 20th, visitors may enter National Parks free of charge.

