



EMBASSY SPOTLIGHT:

CENTERS FOR DISEASE CONTROL AND PREVENTION

Did you know that the Centers for Disease Control and Prevention (CDC) have an office inside the U.S. Embassy, Luanda? Three American staff members and five Angolan employees work to improve the health system of Angola daily. One of the oldest programs CDC supports, in coordination with other US Agencies, is the President's Emergency Plan for AIDS Relief (PEPFAR). PEPFAR is working to improve HIV testing, care and treatment services in Angola. This support for the Angolan health system helps prevent the spread of HIV and ensures a better quality of life for those affected.



The CDC also provides technical assistance to the Angolan Ministry of Health in the prevention and management of epidemics such as the Yellow Fever and Malaria outbreaks in 2016, to physicians in field epidemiology, and to laboratory staff in new diagnostic methods.

The CDC works to improve the country's ability to provide quality health services and improve public health systems ensuring the health and well-being of all Angolan citizens.

You can find more information on the CDC's work in Angola [here](#).

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TOWN HALL MEETING: JULY 20 AT U.S. EMBASSY LUANDA!

Save July 20th on your calendar! We will hold a U.S. Citizens Town Hall meeting at 4:00 that afternoon at the U.S. Embassy in the Miramar neighborhood of Luanda. This will be your chance to tell us what you think, socialize with other Americans, and learn about preparing for emergencies. We would love to see you here!

If you plan to attend, RSVP to ACSLuanda@state.gov with your name and passport number.

ADJUSTING TO EXPAT LIFE

Moving abroad is a step into the unknown, no matter how prepared you think you are. In Angola, even with support, the daily challenges can seem overwhelming. How do you adjust? Like most things, there [are phases almost everyone goes through](#): the honeymoon, culture shock, initial adjustment, mental isolation, and finally adjustment and integration.

Two ways to help adjust are by joining groups such as the [American Women's Association in Angola](#) or [Internations](#), and by volunteering. By getting out into the community, you are learning the ways of your new country and how it operates. Meeting people also gives you the opportunity to ask questions and get answers about everything from where to buy something to what to do when the electricity or internet go out. You are not alone in experiencing the expat blues, and you are not alone as you adjust to a new life. When you build a network, you not only get support, you support others.

A few articles you can read about adjusting to expat life:

[Reasons for Expat Dissatisfaction](#)

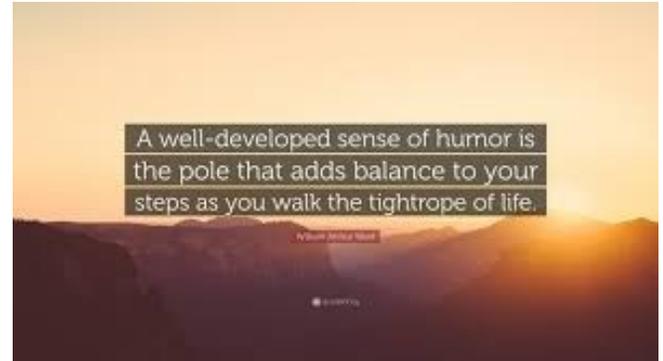
[A Blog about Expat Parenting in Angola](#)

[The Expat Ten Commandments](#)



ENDLESS PATIENCE AND A SENSE OF HUMOR

Jen Erickson, *guest contributor*



On your journey through the world as an expat, it's endless patience and a sense of humor that will see you through. Pack them carefully in your carry-on luggage, next to your passport, U.S. dollars, malaria medication, and yellow fever vaccination card. You'll need them to get through immigration, baggage claim, and customs. And that's just the first one (or three, or more) hours of your journey in Angola. This time estimate depends on the number of travelers on your flight and whether you happen to be lucky (or unlucky?) enough to be ushered to the front of the immigration line because you are traveling with a young child.

Before leaving the secured area of the airport, do one last check to make sure your patience and sense of humor are still intact. Don't worry, they're harder to break than they look. Get ready. And jump out there into the throng of people, one or two of whom may actually be looking for you. Then take a multi-sensory journey through the colorful, heaving streets of Luanda to your new home. You've made it! Whether this is your first or fourteenth expat assignment, give yourself a pat on the back. It's important to celebrate accomplishments, however mundane they may seem.

Now that you've taken a shower and a nap, it's time to adapt to and thrive in a new country. Expat living is an art. Some first time expats are naturals. Some long-time expats are still developing their own mode of overseas expression. Thankfully, your palette consists of a multitude of options you can use to create your expat life, including tourism, volunteering, social opportunities, new culinary delights, and language acquisition. Try new color combinations and, when your masterpiece starts looking a bit grey, add in a splash of red or fuchsia. Show your family and friends back home your art, but don't expect them to understand it. It may be a bit abstract.

And just when your creation is looking really fantastic, inevitably, it will be time to leave and do it all over again. Pack up your masterpiece; squeeze it in with that endless patience and sense of humor, which will offer it the padding it needs for the next adventure. Good luck out there!

U.S. TOURIST VISAS AND YOU

Have you ever been asked about how a foreigner gets a U.S. tourist visa? Or to write an invitation letter? To sponsor a visa applicant? There are many misconceptions out there about how U.S. tourist visas work and what you as a U.S. citizen can and cannot do for someone who wants a visa to the United States.

The United States grants two types of visas – Immigrant and Non-Immigrant. The most common Non-Immigrant visa is a tourist visa, used for trips for leisure, business meetings, and medical reasons. It generally does not cover travel for work or study. Angolans must go to the U.S. Embassy for a visa interview in order to receive a visa. (Some other nationalities can use [ESTA](#), an automated system that does not require visiting a consular section and being interviewed.)

Unlike work and study visas, tourist visas are completely between the consular section and the applicant. First, the applicant fills out this form: <https://ceac.state.gov/genniv/>. This is referred to as the DS-160 or CEAC form. Once the DS-160 is filled out, the applicant is given a code and told how to pay the MRV fee. The MRV fee pays for us to process visas (meaning no expense to the American taxpayer). Once the fee is paid, the applicant can make an appointment through [the online visa appointment system](#).

In general, visa approval or refusal hinges on two things: Is this person going to stay longer than intended, or possibly emigrate, and is this person a threat to the country and people of the United States? All applicants must satisfy their interviewer that they will not stay longer than the allowed period and are not a threat. Consular officers look for previous misuse of a visa, illegal presence in Angola, a steady job that will compel the applicant to return to Angola, and the ability to pay for the proposed trip to the U.S.

Notice what is not on the list: sponsorship or promises from others about responsibility for the prospective traveler. The applicant must qualify for the visa on his or her own merits. The consular officer may read the letter, but will not use the letter to make a decision. We understand that you want your foreign friends to visit the United States and to enjoy themselves. We, too, want people to experience America, learn about it and enjoy it, and contribute to the U.S. economy – in fact, the majority of visa applicants are approved. We also have to ensure the safety and security of American citizens and uphold U.S. law. Every case is a balancing act between the two in the consular officer's mind. If you have questions, we are always willing to answer them, just email us at ConsularLuanda@state.gov.



Consular Contact Information

By Email: ConsularLuanda@state.gov

On the web: <https://ao.usembassy.gov/> —
New address, be sure to update your bookmarks!

By Phone: (244) 222-641-000 (business hours)
(244) 923-404-209 (after-hours emergencies)

Our American Citizen Services hours are 14:00-16:30,
Monday through Thursday.

For notaries and non-emergency passport services,
please make an appointment at :

<https://ao.usembassy.gov/>.



Embassy Closure Dates

July 4	Independence Day
Sept. 4	Labor Day

STEP On It!

The **Smart Traveler Enrollment Program (STEP)** registers you with the American Embassy during your time overseas. It allows us to contact you in case someone back home asks us to, or in case of a larger emergency or other announcement. You can go into the STEP system and specify what country you'll be in on any given date. Please keep your and your family's information updated -- it may be the only way we can find you in an emergency. You can enroll and edit your information online at:

<https://step.state.gov/step/>

You may also come in to the Consular Section and update your information during normal American Citizen Services hours.

Request for Ideas

This newsletter is for American citizens in Angola. What topics would you like to be informed about? How can we make this forum as useful as possible? Please send your comments and suggestions to: ACSLuanda@state.gov.