

Introducing U.S. Embassy's New Consular Chief

Greetings –

First, thank you for taking the time to read the ACS Activity. We here in the Consular Section in Ulaanbaatar appreciate your time and hope that you find this quarterly newsletter useful. Our goal is to keep you up to date on items of interest including how to access consular services such as applying for a new passport to emergency preparedness best practices. If you have ideas for content or tips for your fellow Americans residing in or visiting Mongolia, please don't hesitate to contact us.

Second, an introduction. My name is Brian Wingate and I will be serving as the Chief of the Consular Section until the end of 2021. Prior to my time in Ulaanbaatar, I have had the privilege of serving in Egypt, Mexico, Croatia, and Haiti and February 2020 will mark my ten-year anniversary as a Foreign Service Officer. I look forward to getting to know Mongolia, its people, and all of you over the next two years.

Your American Citizen Services team and I are committed to providing you with the highest quality service possible. As such, we recently expanded our counter hours for passport acceptance, consular reports of birth abroad, and notarial services from one afternoon a week to two. We hope that this change will make it easier for many of you who live outside of Ulaanbaatar to more conveniently access these services.

Even here in Mongolia it hard to miss media coverage of the upcoming 2020 general election back home. Remember, the Consular Section is here to help you vote. As part of the Federal Voting Assistance Program we are here to serve as a resource for you to register to vote absentee with your state back home and to assist in returning your voted ballot. For more information on how to register to vote absentee please visit www.fvap.gov. Keep in mind that registration deadlines vary state to state. Do not hesitate to contact us for assistance.

Finally, watch this space for upcoming visits by your consular team to your city. The American Citizen Services team plans to continue its outreach efforts throughout Mongolia in 2020 and we may be coming to your town. We hope to meet you and hear your unique perspective about the challenges faced by American citizens in Mongolia and your ideas about how we may be able to assist.

Best regards for a prosperous 2020!

Brian Wingate
Chief, Consular Section
U.S. Embassy, Ulaanbaatar



Contact your Embassy

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Ulaanbaatar, 14190 Mongolia
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ACS Phone: **+976 7007-6118**
Fax: +976 7007-6014

American Citizens' Services hours:
Every Tuesday 1-3pm (except on U.S.
& local holidays. Appointments needed.)

E-mail: **UlaanbaatarACS@state.gov**
Web: **<https://mn.usembassy.gov>**
Facebook: **USEmbMongolia**
Twitter: **USEmbMongolia**

Talesmag

assists expats

If you haven't written about your experience living as an expat in Mongolia, please consider doing so. The Talesmag website helps those who are considering moving to this beautiful country. Also, if you are pondering life in another country, you can read what others wrote about it from their own first hand experience. It's a handy tool that only stays relevant if we take the time to write about our experiences for others.

<https://www.talesmag.com/>

Click on "Real Post Reports" on the top bar to search by location.

Flu Season

Mongolia's flu season is November through April. If you haven't received a flu immunization for the Northern Hemisphere, then contact your local healthcare provider.

Tips to reduce the risk of getting the flu:

1. **Wash your hands** Handwashing is by far the most effective way to avoid illness. Washing hands with soap and plenty of water for 30 seconds after using the restroom, before eating, and after visiting public areas can help keep you from getting sick.
2. **Get enough sleep** Getting less than 6 hours of sleep at night significantly impacts the immune system. Adults need a minimum of 8 hours of sleep and children need more to support a healthy body. At early signs of illness, increased sleep can help you fight off a cold or flu sooner. Take time to get good rest.
3. **Support your Immune system** Zinc, Vitamin C, Vitamin D, and B6 are known to improve immune function helping your body quickly address illness. In Mongolia, fresh colorful vegetables and fruits are scarce during winter, plus lack of sun exposure and northern latitude also contribute to lower absorption of Vitamin D. Supplementing these vitamins and minerals can be helpful. Particularly increased doses of Zinc and Vitamin C at the early onset of an illness, with rest, can shorten the time you are sick.

What to do this winter?

Staying in Mongolia this winter, look no farther than exploring the Gobi on camel back.

Come to Ulaanbaatar and ski for the weekend. Start a bowling league with friends every Friday night to enjoy a bit of competition and commodore throughout the cold months. Ice skating, dog sledding, chili cook off competitions with friends. Khuvsgul Lake has an Ice Festival to see in early March. You can also see the Thousand Camel Festival in early March in Umnugobi. If you don't already, go to a matinee movie or check out the local children's theater.

If you are seeking an international vacation, look into flying direct to:

- * Beijing or Hong Kong, China
- * Seoul or Busan, South Korea
 - * Tokyo, Japan
- * Bangkok, Thailand
- * Berlin, Germany

Check out the winter timetable
(effective until March 2020):

<https://miat.com/timetableimg.php?s=winter&lang=en>

Voting season is upon us!

Are you registered?

Getting registered while living overseas is EASY!

Federal Post Card Application (FPCA) is a great way to register to vote, request a ballot, or update your contact information.



[https://www.fvap.gov/
r3/fpca/state](https://www.fvap.gov/r3/fpca/state)

Recommended Mailing Deadlines for the U.S. 2020 General Election



October 5
on a ship at sea



October 13
outside the U.S.



October 27
stateside

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2020 Primary Elections by state and territory

This chart lists the 2020 state primary election dates in all the states, the District of Columbia and U.S. territories; primary runoff dates (if applicable); states with U.S. Senate races; number of U.S. Representative seats up for re-election.

The General Election is Tuesday, November 3, 2020.

State	Presidential Primary	State Primary	Runoff Primary (if necessary)	General Election	
				U.S. Senate	U.S. Representative
Alabama	March 3	March 3	March 31	Yes	7
Alaska	–	August 18	–	Yes	1
American Samoa	–	–	–	–	1 Delegate
Arizona	March 17	August 4	–	Yes	9
Arkansas	March 3	March 3	March 31	Yes	4
California	March 3	–	–	No	53
Colorado	March 3	June 30	–	Yes	7
Connecticut	April 28	August 11	–	No	5
Delaware	April 28	September 15	–	Yes	1
District of Columbia	June 2*	June 2	–	–	1 Delegate
Florida	March 17	August 18	–	No	27
Georgia	March 24	May 19	July 21	Yes	14
Guam	–	August 29	–	–	1 Delegate
Hawaii	–	August 8	–	No	2
Idaho	March 10	May 19	–	Yes	2
Illinois	March 17	March 17	–	Yes	18
Indiana	May 5	May 5	–	No	9
Iowa	–	June 2	–	Yes	4
Kansas	–	August 4	–	Yes	4
Kentucky	May 19	May 19	–	Yes	6
Louisiana	April 4	November 3	–	Yes	6
Maine	March 3	June 9	–	Yes	2
Maryland	April 28	April 28	–	No	8
Massachusetts	March 3	September 1***	–	Yes	9
Michigan	March 10	August 4	–	Yes	14
Minnesota	March 3	August 11	–	Yes	8
Mississippi	March 10	March 10	March 31	Yes	4
Missouri	March 10	August 4	–	No	8
Montana	June 2	June 2	–	Yes	1
Nebraska	–	May 12	–	Yes	3
Nevada	–	June 9	–	No	4
New Hampshire	February 11***	September 8	–	Yes	2
New Jersey	June 2	June 2	–	Yes	12
New Mexico	June 2	June 2	–	Yes	3
New York	April 28	June 23	–	No	27
North Carolina	March 3	March 3	May 12	Yes	13
North Dakota	–	June 9	–	No	1
Ohio	March 17	March 17	–	No	16
Oklahoma	March 3	June 30	August 25	Yes	5
Oregon	May 19	May 19	–	Yes	5
Pennsylvania	April 28	April 28	–	No	18
Puerto Rico	March 29*/June 7**	June 7	–	–	1 Resident
Rhode Island	April 28	September 8	–	Yes	2
South Carolina	February 29*	June 9	June 23	Yes	7
South Dakota	June 2	June 2	–	Yes	1
Tennessee	March 3	August 6	–	Yes	9
Texas	March 3	March 3	May 26	Yes	36
Utah	March 3	June 30	–	No	4
Vermont	March 3	August 11	–	No	1
Virgin Islands	–	August 1	–	–	1 Delegate
Virginia	March 3	June 9	–	Yes	11
Washington	March 10	August 4	–	No	10
West Virginia	May 12	May 12	–	Yes	3
Wisconsin	April 7	August 11	–	No	8
Wyoming	–	August 18	–	Yes	1

* Presidential Preference Primary - Democratic

** Presidential Preference Primary - Republican

***Primary dates are subject to change

Note: Election information is current as of October 2019. Check your state election website or FVAP.gov for additional details and updates.

Travel Warnings

ACS Liaisons

If you are interested in becoming a liaison, please send your contact information to:

ulaanbaatarACS@state.gov

<i>Location:</i>	<i>Posted on:</i>
Level 2: Exercise Increased Caution in:	
Turkey	September 5, 2019
China	January 3, 2019
Germany	June 19, 2019
France	April 1, 2019
India	March 8, 2019
Philippines	April 9, 2019
Russia	April 9, 2019
Hong Kong	September 6, 2019
United Kingdom	April 22, 2019

Liaisons are needed in these areas:

- Bayan-Ulgii
- Bayankhongor
- Dornogovi
- Khentii
- Sukhbaatar
- Tuv
- Umnugobi
- Uvurkhantai
- Zavkhan
- Baganuur District

<i>Level 1: Exercise Normal Precautions in:</i>	
Japan	December 20, 2018
Kazakhstan	April 3, 2019
Poland	December 27, 2018
South Korea	December 19, 2018

For additional information, visit:
<https://travel.state.gov/content/travel/en/international-travel.html>



Photo Courtesy of Khuvsgul Ice Festival

Mongolia boasts beautiful landscapes and mountainous views. You are welcome to send your photo submissions for future newsletters to:

ulaanbaatarACS@state.gov

Please include your name and the location of the photo.