

J-1 EXCHANGE VISITOR PRE-ARRIVAL INFORMATION**PRE-ARRIVAL PROCESS
OVERVIEW****STEP 1**

Review and sign your Form DS-2019. Make sure your personal information is correct.

STEP 2

Pay your SEVIS fee online at least 1 week prior to making your visa appointment.

STEP 3

Schedule your visa appointment at a US Consulate or Embassy and pay the visa fee.

STEP 4

Attend your visa interview and receive a J-1 visa in your passport.

STEP 5

Travel to the US with your passport, DS-2019, and visa in your purse or carry-on bag.

STEP 6

Electronic I-94 Admissions Record is issued upon your arrival to the US.

STEP 7

Contact your SDSU department or dean's office to complete the J-1 Registration Process and to confirm health insurance requirements are met.

STEP 8

View the J-1 Scholar Orientation online and complete the J-1 Scholar Orientation Quiz and Certification form.

STEP 9

Begin your program at SDSU and enjoy what San Diego has to offer.

WELCOME TO SDSU

Welcome to the Exchange Visitor Program at San Diego State University (SDSU). We are pleased to have you as an exchange visitor. This information packet is designed to help you understand the purpose of the Exchange Visitor Program and to introduce you to the major requirements of the program.

The J-1 Exchange Visitor category was developed to implement the Mutual Educational and Cultural Exchange Act (Fulbright-Hays Act) of 1961. The overall purpose of the Act, and the objective of the Exchange Visitor Program, is to increase mutual understanding between the people of the United States and the people of other countries by means of educational and cultural exchanges. The Exchange Visitor Program provides foreign nationals with opportunities to participate in exchange programs in the United States and then return home to share their experiences.

The United States Department of State (DOS) has designated San Diego State University (SDSU) as an Exchange Visitor Program sponsor for students and scholars in the J-1 visa category. DOS has appointed a Responsible Officer for the program as well as Alternate Responsible Officers.

STEP 1: UNDERSTAND YOUR J-1 PROGRAM

Form DS-2019

Enclosed with this packet is a Certificate of Eligibility for Exchange Visitor Status (J-Nonimmigrant), commonly referred to as the DS-2019. The DS-2019 outlines your program information and is used to help you obtain your J-1 visa. J-2 dependents are issued their own DS-2019 forms. The information on the DS-2019 has been entered into the U.S. Department of Homeland Security's Student Exchange Visitor Information System (SEVIS).

You are required to meet all of the terms and conditions stated on the DS-2019, so please read the document carefully. Please note that entry into the U.S. is for the sole purpose of carrying out the program stated in Item 4 of the DS-2019. Once you have reviewed your personal information and read the front and back of your DS-2019, please sign and date where indicated (bottom of page 1).

Form DS-7002 (J-1 Student Interns ONLY)

If you are in the J-1 Student Intern category, you should have received Form DS-7002 Training/Internship Placement Plan along with your DS-2019. The DS-7002 outlines the specifics of your internship, including tasks, objectives, cultural activities, and knowledge, skills, or techniques you will learn while participating in our program.

Please review the document carefully, and sign and date Section 3 on page 1. SDSU's J-1 Responsible Officer and your SDSU faculty mentor should have already signed the document. Bring the signed DS-7002 with you when you attend your visa appointment.

Minimum Financial Support Requirements

Participants in the J-1 Exchange Visitor Program should provide proof of sufficient financial support to cover all expenses. Below is a breakdown of the minimum financial support requirements per month based on the type of J visa:

Type of J Visa	Amount (per month)
J-1 Research Scholar, Professor, or Short-Term Scholar	\$2,400
J-1 Student Intern (Graduate Student Abroad)	\$2,207
J-1 Student Intern (Undergraduate Student Abroad)	\$2,012
J-2 dependent (spouse)	\$800
J-2 Child (under 21 years old)	\$400 (per child)

Reporting Changes

It is **extremely important** to notify the Faculty Advancement **immediately** if any of the following changes:

- Source or amount of your funding;
- U.S. address (must report within **10** days of moving);
- Travel outside of the U.S.;
- Site of activity or an additional site of activity; and
- Completing your program early.

Please visit the Faculty Advancement website at <http://fa.sdsu.edu/immigration/j1> for the necessary forms.

Failure to notify Faculty Advancement of these changes may result in termination of your participation in the exchange program and legal permission to stay in this country.

STEP 2: PAY YOUR SEVIS FEE

Now that you have your DS-2019, the next step is to pay your SEVIS fee. The SEVIS fee is a **one-time fee** that all J-1 visa applicants must pay. The fee covers the SEVIS system, which is the Department of Homeland Security's web-based data collection and monitoring system. This fee **does not** apply to your J-2 spouse or child, as they are covered under your SEVIS fee payment. To pay the SEVIS fee, please visit <https://www.fmifee.com/i901fee/index.html>.

The SEVIS fee is **\$220 (USD)**, and is separate from the visa application fee and the visa reciprocity issuance fee. Please pay the SEVIS fee **at least 1 week prior to scheduling your visa appointment**.

STEP 3: SCHEDULE YOUR VISA APPOINTMENT

Once the SEVIS fee has been paid, you may proceed with scheduling your visa appointment with a U.S. embassy or consulate. It is highly recommended that you schedule your visa appointment at a U.S. embassy or consulate in your home country, as they are more familiar with your country's background and may have better access to information. Please visit www.usembassy.gov to locate an embassy or consulate near you.

In order to schedule your appointment, visit the U.S. Department of State's Consular Electronic Application Center website at <https://ceac.state.gov/ceac/> and click on the "DS-160, Online Nonimmigrant Visa Application" link. You will need to complete the application, upload a current photo, and pay the **\$185 (USD)** visa application fee when you schedule your visa appointment.

You may also be required to pay the visa reciprocity fee. Note this fee is based on your country of nationality. Visit <https://travel.state.gov/content/travel/en/us-visas.html> for more information.

STEP 4: ATTEND YOUR VISA INTERVIEW

At the date and time of your interview, you will need to bring the following:

- Passport
- Form DS-160 Nonimmigrant Visa Application confirmation page
- Visa application fee payment receipt
- Form DS-2019
- Form DS-7002 Training/Internship Placement Plan (J-1 Student Interns ONLY)
- Evidence of financial support
- Invitation letter from your SDSU host department
- Anything else that the embassy or consulate requested

During the interview, please listen closely to the questions, answer directly and most importantly answer truthfully. You are ineligible for a temporary (nonimmigrant) visa if you **do not have a clear and definite intent to return to your country of citizenship or legal permanent residence**. Any statement that would cast doubt on the firmness of intent to return home would likely lead to the denial of your nonimmigrant visa.

STEP 5: TRAVEL TO THE US

Your arrival to the U.S. must be within **30 days** of your start date. Note that you cannot enter the U.S. with your J-1 visa more than **30 days** prior to your start date. If your arrival is delayed, please let your SDSU contact know so that we can determine whether an amended DS-2019 is needed.

When you travel to the U.S., you should have your DS-2019 and passport with your J-1 visa stamp in your purse or carry-on luggage, as you will need to present these documents to the Immigration Inspector at the first U.S. port of entry. The DS-2019 should be returned to you after inspection.

STEP 6: REVIEW YOUR I-94 ADMISSIONS RECORD

Upon entry to the U.S., you will be assigned an admissions number, which is referred to as the I-94 Admissions Record. Your I-94 record may be retrieved electronically at <https://i94.cbp.dhs.gov>. If you are traveling via a land border, please read the information located on the I-94 CBP homepage, as an additional step is required.

It is your responsibility to check the I-94 electronic record to make sure you were admitted into the U.S. under the correct visa status and timeframe. If there are any issues, please contact Faculty Advancement immediately.

STEP 7: MEET WITH YOUR SDSU REPRESENTATIVE

As soon as you arrive to San Diego, you **must** contact your SDSU host department or dean's office to arrange a time to complete your immigration paperwork. When you meet with your contact, you will need to complete the J-1 Registration Form and provide the following:

- U.S. residential address
- U.S. telephone number
- DS-2019
- J-1 visa
- Passport with entry stamp
- I-94 admissions record

If you have dependents arriving with you, please provide copies of their documents as well.

This process should be completed as soon as you arrive in the U.S., and must be within **30 days** of your start date. **Please note that your SEVIS record must be validated no more than 30 days after your start date.** If you cannot arrive within **30 days** of your start date, please let your SDSU contact know so that we can adjust your start date.

During this time, you will also provide evidence that you meet the minimum health insurance requirements.

STEP 8: J-1 ORIENTATION & QUIZ

After you complete the J-1 Registration Form and provide your immigration documents, your immigration representative will send the form and copies of your documents to Faculty Advancement for processing. Once it is received by Faculty Advancement, you will receive an email with instructions on how to complete the **mandatory** J-1 orientation requirements.

Below are the steps you will need to complete upon arriving to the U.S.:

1. View the J-1 Scholar Orientation for SDSU at: <https://youtu.be/7W5AVK17CVk>
2. Complete the "J-1 Scholar Orientation Quiz & Certification Form" located on the J-1 Exchange Visitor Program page of the Faculty Advancement website at: <http://fa.sdsu.edu/immigration/j1>. The form is located under the "Arrival Information" section.

- Email the completed J-1 Scholar Orientation Quiz & Certification Form to Faculty Advancement at vanessa.campos@sdsu.edu **within 7 days of receiving the email notification.**

Note that J-1 orientation is mandatory. Your J-1 SEVIS record will not be activated and your J-1 registration will not be considered complete until the J-1 orientation requirement is met. Once you complete the steps, you will receive an email confirming that you have met the orientation requirements and that your SEVIS record has been activated.

STEP 9: MAINTAIN YOUR J-1 STATUS

Below please find information that you will need during and after your J-1 Exchange Visitor Program. For additional information, please contact Faculty Advancement or visit <http://fa.sdsu.edu/immigration/j1>. For questions unrelated to immigration, please contact your college immigration representative or your faculty mentor/supervisor.

Health Insurance Requirements

As participants of the J-1 program, you and your dependents (if applicable) are **required** to have health insurance, and medical evacuation and repatriation coverage for the entire length of your stay at SDSU. Please note the following:

- You must consider insurance requirements when making your budget projections.
- We recommend travel insurance that will cover your first month at SDSU, until other health coverage becomes effective.
- You and your accompanying dependents (if applicable) must be enrolled in and provide your SDSU host department proof of adequate health insurance coverage **within 30 days of arrival.**
- You may enroll in medical evacuation and repatriation insurance upon your arrival for individual or family coverage. Please contact your SDSU host department when you arrive for more information.

The minimum health insurance requirements that you must meet include **all** of the following:

- \$100,000** per accident/illness;
- Repatriation benefits in the amount of at least **\$25,000**;
- Medical evacuation expenses in the amount of **\$50,000** and;

- A deductible not to exceed **\$500** per accident or illness.

If you choose to use a health insurance plan from your home country, the insurance must:

- Meet the **minimum** health insurance requirements.
- Backed by the full faith and credit of the government in your home country.
- Have written documentation **in English** of dates of coverage and explanation of benefits, including daily U.S. rate of hospitalization and proof of amount of coverage in U.S. dollars. Please note, you will be **required** to sign a Health Insurance Memorandum of Understanding stating that you have been informed about the insurance requirements and that you will maintain them for yourself and your family during your stay at SDSU.

Failure to maintain health insurance could result in the termination of your J-1 status as well as jeopardize any possibility of participation in the SDSU Exchange Visitor Program in the future.

Also, please be aware that non-American health plans may require that you pay medical bills first and be reimbursed directly by your insurance company later.

The SDSU International Student Center is available to assist you with obtaining health insurance and can answer any questions you may have related to health insurance matters. Please email isc.reception@sdsu.edu or call (619) 594-1973 for assistance.

Maximum Time in J-1 Categories

Depending on your J-1 visa category, you are restricted on how long you may be in the U.S. for your J-1 program. The table below outlines the minimum and maximum times in which a person may be in a particular J-1 category. Please refer to Box 4 Exchange Visitor Category on your DS-2019 form to identify which category you are classified under.

J-1 Category	Min. Program Duration	Max. Program Duration
Professor	3 weeks	5 years
Research Scholar	3 weeks	5 years
Short-Term Scholar	1 day	6 months
Student Intern	3 weeks	1 year

A change of category is **not** permitted after the DS-2019 is issued. Additionally, unauthorized employment is a violation of program status. **Your participation in the SDSU program is subject to termination if you engage in employment outside of SDSU.**

J-1 Student Intern Evaluations (Student Interns ONLY)

If you are in the J-1 Student Intern category, you are required to go through an evaluation before you complete your program. For programs less than six months, one evaluation is required. This evaluation will occur towards the end of your program. For programs lasting more than six months, two evaluations are required—a mid-point evaluation and a final evaluation. Your SDSU faculty mentor/supervisor will complete your evaluation and discuss the results with you in person.

12-Month Bar (Research Scholars & Professors ONLY)

The 12-Month Bar is important to make note of if you are in the J-1 Research Scholar or Professor category, and especially if you have previously been in J-1 or J-2 status.

The 12-Month Bar indicates that you are ineligible to begin an exchange visitor program in the Research Scholar or Professor categories if you were physically present in any J status for all or part of the **12 months** before your J-1 program is set to begin. Exceptions to this rule exist for J-1 transfers and those who have been present in J status in the Short-Term Scholar category.

24-Month Bar (Research Scholars & Professors ONLY)

The 24-Month Bar on repeat participation pertains only to exchange visitors in the Research Scholar or Professor categories who want to return to the U.S. on another J-1 in the Research Scholar or Professor category. This does not apply to anyone in the Short-Term Scholar category.

If you fall under the Research Scholar or Professor categories, regulations require that you wait **24 months** before you may re-enter the US to participate in another J-1 program under the Research Scholar or Professor categories. Please note this 24-Month Bar will be in effect regardless of the duration of your program.

Two-Year Home Country Residence Requirement (212e)

Certain J-1 scholars and their family members may be subject to the Two-Year Home Country Residence Requirement (Two-Year Home Rule). Unlike the 24- and 12-Month Bars, the Two-Year Home Rule is specific to the individual and not the J-1 category in which they are in. If you are subject to the Two-Year Home Rule, you must return to your home country or

country of permanent residence for at least 2 years after completing your education or cultural program before you can change or adjust to a certain nonimmigrant (H, L, K) or immigrant status.

There are three ways in which you may be subject to the Two-Year Home Rule:

- **Government Funding** - If any of your financial support comes from government funding (the U.S., your home country, or a government funded international organization), you are subject to the Two-Year Home Rule.
- **Exchange Visitor Skills List** – This Department of State’s Exchange Visitor Skills List identifies the fields of specialized knowledge and skills that are deemed necessary for the development of an exchange visitor’s home country. If your area of specialization is listed under your country’s name on the Skills List, you are subject to the Two-Year Home Rule.
- **Medical Education or Training** – If you come to the US for graduate medical education or training, you are subject to the Two-Year Home Rule.

When you attend your visa appointment, the consular officer will review your documentation and will annotate whether you are subject or not subject to the Two-Year Home Rule on your DS-2019. This annotation will be made at the bottom left hand corner of your DS-2019. You may also find this information on your J-1 visa stamp.

If you are subject to the Two-Year Home Rule, you may have the option of applying for a waiver. The U.S. Citizenship and Immigration Services office accepts waiver applications and issues a decision whether you may waive this requirement. Contact Faculty Advancement if you are unclear as to whether you are subject to the Two-Year Home Rule or if you would like to apply for the waiver.

Social Security

If you will be earning income during your J-1 program, you must have a Social Security number (SSN). If you will not be earning income in the U.S., you are still eligible to apply for an SSN. J-2 dependents are ineligible for an SSN. To apply, you must visit the Social Security Administration office in Downtown San Diego. **Please wait 10 days after your initial entry to the US and 5 days after completing the J-1 registration process before visiting the Social Security Administration office**, as your SEVIS record must be validated prior to your visit.

The information for the office is below:

Social Security Administration
109 West Ash St.
San Diego, CA 92101
Open Monday through Friday 9:00 AM to 4:00 PM
No appointment necessary

When you apply for SSN, please bring the following:

- Your original passport with visa stamp;
- Your original DS-2019; and
- A copy of your I-94 admissions record from the CBP website; and a
- Copy of your SDSU invitation letter (if applicable)

For more information on applying for SSN, please visit <https://www.ssa.gov/ssnumber/>.

If you will be opening a U.S. bank account, you may be asked for your SSN. Please note that you do not need an SSN in order to open a U.S. bank account. You will, however, need to obtain an Individual Taxpayer Identification Number (ITIN) from the Internal Revenue Service (IRS). You may apply for an ITIN by completing Form W-7 on the IRS website. For more information visit www.irs.gov and search for Form W-7.

California Driver's License

If you will be in California for more than a couple months, and intend to drive a car, it is recommended that you obtain a California driver's license. In order to obtain a driver's license, you must have an SSN. If your J-2 spouse would like to obtain a California driver's license, they will need to obtain a letter from the Social Security Administration indicating that they are ineligible for an SSN. A Social Security document (SSN or letter of ineligibility) must be obtained prior to applying for a driver's license.

If you would like to apply for a driver's license, and you have already obtained an SSN, you will need to prepare for the driving exam and behind-the-wheel test, which are both required by the California Department of Motor Vehicles (DMV). Note that in order to take the behind-the-wheel test, you must make an appointment and you must bring your own car. For specific information about the DMV tests, please visit <http://www.dmv.ca.gov/portal/dmv>.

Income Tax

If you have earned income from any U.S. source (the U.S. government, a U.S. foundation, or a U.S. employer), you must complete and file income tax forms by April 15 each year. At the time of hire, the SDSU Center for Human Resources will

refer you to the Audit and Tax Analyst at SDSU, who will determine the amount of tax to be withheld from each paycheck, if any. You will receive a W-2 form and/or Form 1042-S that you must include when you file your tax return.

Income tax filing forms are available on the IRS website at <http://www.irs.gov>. You may also wish to contact a licensed tax expert to assist you with your filing. **Failure to file an income tax return may affect your departure from the U.S. and your eligibility to return.** For more information, please contact Faculty Advancement.

For questions, please contact
Vanessa Campos
vanessa.campos@sdsu.edu



The Exchange Visitor Program

WELCOME BROCHURE

Bureau of Educational and Cultural Affairs
United States Department of State

The Department of State welcomes you to the United States. We are pleased to receive you as an exchange visitor. As an Exchange Visitor Program participant, you will acquire an experience in the United States, and as an ambassador of your country you will help educate the American people about your home country and culture.

This brochure will help you understand the purpose of the Exchange Visitor Program, provide you with information on contacting the Department of State, and introduce you to some of the major requirements of the Exchange Visitor Program regulations.

THE EXCHANGE VISITOR PROGRAM

THE U.S. DEPARTMENT OF STATE administers the Exchange Visitor Program under the provisions of the Mutual Educational and Cultural Exchange Act of 1961, as amended. The Act promotes mutual understanding between the people of the United States and other countries by means of educational and cultural exchange. The Exchange Visitor Program provides foreign nationals opportunities to participate in exchange programs in the United States with the expectation that on completion of their exchange program, they will return home to share their experiences.

Sponsors – The U.S. Department of State designates U.S. organizations such as government agencies, academic institutions, educational and cultural organizations, and corporations to administer exchange visitor programs. These organizations are known as sponsors. Sponsors screen and select exchange visitors to participate in their programs based on the regulations governing the exchange activity and stated in 22 CFR Part 62. Sponsors provide exchange visitors pre-arrival information, an orientation, and monitor activities throughout their exchange program. Sponsors offer or identify cross-cultural activities that will expose exchange visitors to American society, culture, and institutions. You are encouraged to participate in activities that provide them with an opportunity to share their language, culture, and history with Americans.

Responsible Officers – Sponsors appoint individuals as responsible officers and alternate responsible officers to advise and assist exchange visitors. These officers issue the Certificate of Eligibility (Form DS-2019), and conduct official communications with the Department of State and the Department of Homeland Security (DHS) on your behalf. Your sponsor's role is to help you manage your program. If problems arise or you have questions, your sponsor is there to help you. Should you have any questions about the regulations or any aspect of your exchange program, your initial and primary contact is your sponsor. Unless provided specific contact information by your sponsor you should contact the person whose name and telephone number can be found on your Form DS-2019.

Exchange Visitor – An exchange visitor is a foreign national selected by a sponsor to participate in an exchange visitor program and who is seeking to enter or has entered the United States temporarily on a J-1 visa.

Spouse and dependents - Some categories of the Exchange Visitor Program permit a spouse and/or unmarried children, under 21 years of age, to accompany an exchange visitor to the United States. These individuals may apply for J-2 visas with the permission of your sponsor.

REGULATIONS – RULES

IT IS IMPORTANT THAT YOU understand and abide by the Exchange Visitor Program regulations, U.S. laws and sponsor rules. Regular contact with your sponsor will help you keep current with any change which may affect your J-1 visa status. Some requirements of the Federal regulations and where to find them are indicated below.

Register with your sponsor – Your Form DS-2019 was created in a computerized system known as the Student and Exchange Visitor Information System (SEVIS). This System is administered by the Department of Homeland Security and is used to collect and maintain information on the current status of non-immigrants and their dependents in the sponsor's program during their stay in the United States.

When you arrive in the United States, you must contact your sponsor to ensure that your data in SEVIS is accurate and updated. Failing to maintain your status could result in serious consequences and may affect your ability to remain in or return to the United States.

Activities and Program Provisions – You entered the United States in a specific program category, and are required to engage in that category and the activity listed on your Form DS-2019. You must comply with the specific program provisions of the regulations relating to your exchange category.

Insurance – You are required to have medical insurance in effect for yourself (J-1), your spouse and any dependents (J-2) for the duration of your program. Some sponsors provide the required insurance for their exchange visitors. Other sponsors may allow you to make your own arrangements or may help to identify insurance carriers. Consult with your responsible officer before the start of your program.

(a) Minimum Insurance Coverage – Insurance shall cover: (1) medical benefits of at least \$100,000 per person per accident or illness; (2) repatriation of remains in the amount of \$25,000; and (3) expenses associated with medical evacuation in the amount of \$50,000.

(b) Additional Terms – A policy secured to fulfill the insurance requirements shall not have a deductible that exceeds \$500 per accident or illness, and must meet other standards specified in the regulations.

(c) Maintenance of Insurance – **Willful failure on your part to maintain the required insurance throughout your stay in the United States will result in the termination of your exchange program.**

Maintenance of Valid Program Status – You are required to have a valid and unexpired Form DS-2019. Sponsors may terminate an exchange visitor's program for violating U.S. laws, Exchange Visitor Program regulations, or the sponsor's rules governing their particular program.

Required Notifications to Sponsors – You must immediately inform your sponsor if you change your address (residence) or telephone number, or complete or withdraw from your exchange visitor program early. Doing so assists your sponsor in complying with their notification and reporting requirements to the U.S. Department of State and the Department of Homeland Security. Failure to keep your sponsor informed could result in the termination of your program status.

Current Regulations – The Exchange Visitor Program regulations are located in the Code of Federal Regulations, (22 CFR, Part 62) and can be found at the J-1 Visa website: <http://j1visa.state.gov/sponsors/current/regulations-compliance/>.

Contacting the Department of State – The Exchange Visitor Program is administered under the oversight of the Deputy Assistant Secretary for Private Sector Exchange, Bureau of Educational and Cultural Affairs (ECA).

Bureau of Educational and Cultural Affairs
U.S. Department of State
State Annex SA-5, Fifth Floor
Washington, DC 20522-0505

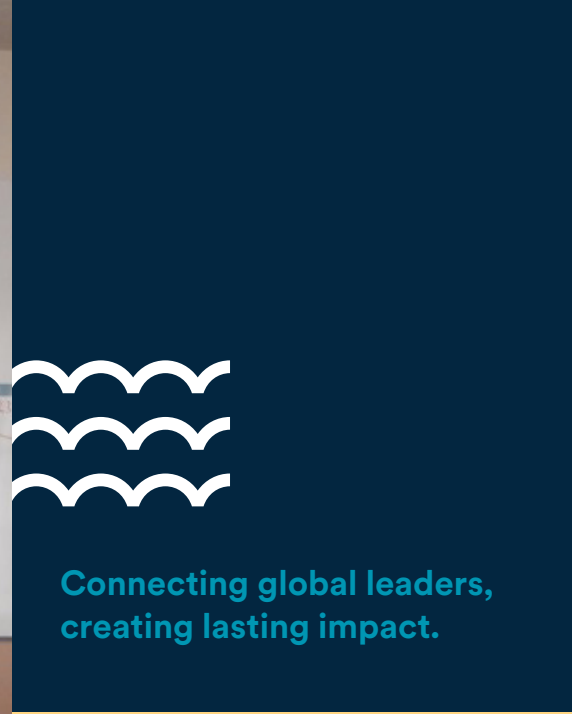
Report Abuse or Exploitation – If you are mistreated and/or your rights are violated, and your sponsor is not providing the help you need, contact the Department of State for assistance:

J-1 Visa Emergency Hotline: 1-866-283-9090.*

This line is for use by exchange visitors and third parties in the case of urgent situations. *A Department of State representative is available 24 hours a day.

Regular Communications or questions: jvisas@state.gov.

This e-mail address is to communicate non-emergency issues, questions, and concerns.



Exchange Visitor Program

Welcome Brochure

Welcome to the U.S. Department of State's Exchange Visitor Program, BridgeUSA.

During your exchange program, you will have the unique opportunity to experience life in the United States. You will not only serve as an ambassador of your home country helping to educate the American people about your country and customs, but you will experience American culture first-hand. You will also enhance your skills and expertise and make connections and memories that will last a lifetime.

This brochure will help you understand the purpose of the Exchange Visitor Program, provide you with information on contacting the U.S. Department of State, and introduce you to some of the major requirements of the Exchange Visitor Program regulations.



BridgeUSA

The Mutual Educational and Cultural Exchange Act of 1961 promotes mutual understanding between the people of the United States and other countries by means of educational and cultural exchange.



The Exchange Visitor Program

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Responsible Officers

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j1visa.state.gov/sponsors/current/regulations-compliance/

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When you arrive in the United States, you must contact your sponsor to ensure that your data in SEVIS is accurate and updated. Failing to maintain your program status could result in serious consequences and may affect your ability to remain in or return to the United States.

- **Activities and Program Provisions** – You entered the United States in a specific program category and are required to engage in the activity listed on your Form DS-2019. You must comply with the specific program provisions of the regulations relating to your exchange category.
- **Insurance** – You are required to have medical insurance in effect for yourself (J-1), your spouse, and any dependents (J-2) for the duration of your program. Some sponsors provide the required insurance for their exchange visitors. Other sponsors may allow you to make your own arrangements or may help to identify insurance providers. Consult with your responsible officer's sponsor before the start of your program.

Maintenance of Insurance

Willful failure on your part to maintain the required insurance throughout your stay in the United States will result in the termination of your exchange program.

Maintenance of Valid Program Status

You are required to have a valid and unexpired Form DS-2019. Sponsors may terminate an exchange visitor's program for violating U.S. laws, Exchange Visitor Program regulations, or the sponsor's rules governing their particular program. If your program is terminated, you are expected to immediately depart the U.S.

Required Notifications to Sponsors

You must immediately inform your sponsor if you change your address (residence), telephone number, email address, or complete or withdraw from your exchange visitor program early. Doing so assists your sponsor in complying with their notification and reporting requirements to the U.S. Department of State and the Department of Homeland Security. Failure to keep your sponsor informed could result in the termination of your program.

Contacting the U.S. Department of State

The Exchange Visitor Program is administered under the oversight of the Deputy Assistant Secretary for Private Sector Exchange, Bureau of Educational and Cultural Affairs.



Helpful Links:

For questions on applying please visit:

j1visa.state.gov/participants

j1visa.state.gov/wp-content/uploads/2022/01/EV-TRIFOLD.pdf

Resources and Common Questions for Exchange Visitors:

j1visa.state.gov/participants/current

j1visa.state.gov/participants/common-questions/

Questions or concerns about your exchange program?
Contact the sponsor listed on your Form DS-2019.

Still have questions AFTER speaking with your sponsor?
Email Jvisas@state.gov

Remaining concerns or need emergency assistance?
Call the J-1 Visa Emergency Hotline at [1-866-283-9090](tel:1-866-283-9090)

The U.S. Department of State does not tolerate any form of retaliation and fully supports your request for assistance.

If you or someone else is in immediate danger, call 911!