

PRE-ARRIVAL INFORMATION FOR J-1 EXCHANGE VISITORS AND DEPENDENTS

Tammi Johnson
Manager, International Student, Scholar & Faculty Services (ISSFS)
International Programs Office (IPO)
University of Idaho
875 Perimeter Drive, MS 1250
Moscow, ID 83844-1250

Email: tammir@uidaho.edu
TEL: (208) 885-8945
FAX: (208) 885-2859

Purpose of this form and attached pamphlet

This information is intended to provide Exchange Visitors with pre-arrival information to ensure that they understand the nature, objectives and requirements of their programs, to facilitate their arrival, and to help them derive the maximum benefit from their experience in the United States and at the University of Idaho (UI).

Immigration Law

Please understand that resources and information may be available at the University's International Programs Office, however you are solely responsible for complying with U.S. immigration law requirements while in the United States for you and any dependents that accompany you to the U.S.

University Policies and Procedures

While at the University of Idaho, you will also be subject to and required to comply with all of the University's policies and procedures, including the University's policies on research and intellectual property. Non adherence of University policies may result nullifying your invitation or position by the University at any time.

Travel and Entry Into The U.S.

Enclosed is your Form DS-2019, Certificate of Eligibility for Exchange Visitor (J- 1) Status. If you are outside the U.S., you should read page 2 of the DS-2019 and sign the bottom of page 1 before giving it to the U.S. embassy or consulate to apply for your J-1 Exchange Visitor visa. The consular officer will return both pages of the form to you after signing it and issuing your visa.

After you land in the U.S., you will go through U.S. Customs. U.S. Customs will stamp your passport and will enter your information into the Department of Homeland Security SEVIS system, verifying your arrival.

Keep photocopies of your DS-2019, passport and visa stamp and put your documents in a safe place. Previously, an Departure form called the I-94 card was issued, which was stamped to signify your arrival and when you depart the U.S., it is turned in to the Port of Departure. Because this form is still needed to apply for a Social Security Number (SSN), a driver's license, to complete an I-9 employment form, etc., you will need to go online to www.cbp.gov/I94 to print out this form before you check in with the International Programs Office.

These forms are your only proof of J-I status. You may need them later for such purposes as extending your permission to stay in the U.S., work authorization, and re-entry to this country after temporary trips abroad during the period of validity indicated in section 3 of the DS-2019.

Health Care

In general health care in the U.S. is very expensive. Each individual is responsible for paying his or her own costs. In the U.S., individuals and their families are responsible for their own health care costs, unlike many countries where the government pays health care costs for citizens and, sometimes, for visitors. For

the international Exchange Visitor, purchasing health insurance for the duration of the visit is the only way to protect against the high cost of unexpected medical emergencies.

In the **U.S.**, certain kinds of non-emergency elective health care, such as ***eye care and dentistry, frequently are not covered*** by most insurance plans and may be quite expensive. To the extent possible, the Exchange Visitor should take care of those needs before leaving home or bring additional funds to cover these expenses.

If you are receiving pay from the University of Idaho, then you may qualify for the UI insurance benefits, which do include eye & dental care. Please be sure that this is discussed with your department before purchasing other insurance benefits. Note that the University insurance will not cover Medical Evacuation and repatriation, so you would still be required to purchase an additional insurance plan to cover these two requirements.

Health Insurance

Exchange Visitors are required, as a condition of their J-1 status in the U.S., to carry health insurance for themselves and their accompanying family members in J status. By government regulation, minimum insurance coverage must provide the following:

- \$50,000 per accident or illness (including maternity).
- A deductible not to exceed \$500 per accident or illness
- Co-payment amount not greater than 25 percent (%). Insurance pays at least 75% of the charges
- Repatriation coverage of at least \$7,500
- Medical evacuation coverage of at least \$10,000

Failure to comply with the government's health insurance regulation will result in termination of the Exchange Visitor's program. The three links provided below are U.S. insurance companies that meet the requirements for J-1 health insurance or you can find another:

<http://www.hginsurance.com>; <http://www.psiservice.com>; or <http://www.betins.com>

REQUIRED UPON YOUR ARRIVAL AT THE UI

Check-in is required in order to validate your program with the Department of Homeland Security. Upon your arrival, you are required to check-in with an International Scholar advisor at the International Programs Office (IPO), located on the main campus in Moscow. Those not located at the Moscow campus will work with administrative staff at the outreach centers to process paperwork. **Regular orientation times for those on the Moscow campus are scheduled at 9:00 am on Thursdays.** Other arrangements can be made if you are arriving earlier in the week and need to start your program. At check in, we will:

- Make copies of all of your documents (DS-2019, passport, visa and I-94 card) and those of any dependents who have traveled with you.
- Provide your Vandal Number (V#) to you (if it hasn't already been issued before your arrival) so that you can get a UI Identification Card (Vandalcard), set up your UI e-mail account and UI computer access, as well as allow you to apply for on-campus housing.
- Ask you to fill out a short form with information for your file at IPO.
- Give you information about the UI, Moscow and the surrounding area to help you acclimate to your surroundings.

We are located at 901 Paradise Creek Street, in the Living Learning Center, Building #3, Ground Floor. We hope you have a wonderful experience at the UI and ask that you please contact Tammi Johnson at tammir@uidaho.edu should you have any questions or concerns at any time.

Welcome to the University of Idaho!