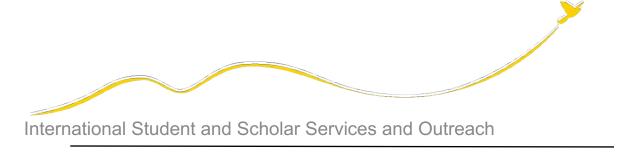
Orientation for J-1 Exchange Visitor Scholars



Welcome Orientation for New Scholars-Fall 2018



Today's Agenda

Introductions

About OIED and ISSSO

J-1 Exchange Visitor Program and Immigration

Health Care and Health Insurance

Employment in the U.S.

Getting Involved in the Community



International Student and Scholar Services and Outreach (ISSSO)

A unit of the Office of International Education and Development (OIED) – our goal is to work to support you and ensure your time at Appalachian is successful academically, professionally and personally.



Adam Julian Director, ISSSO



Karen Marshall Assistant Director, ISSSO



Lindsay Pepper Assistant Director, ISSSO



ISSSO's Role with Your Immigration

We are here to support you and assist you during your time at Appalachian and in the United States

We work for Appalachian State University, **not** the Department of Homeland Security or the U.S. Government. However, we are required to:

Keep copies of your immigration paperwork:

Passport, Visa, I-94

Report your arrival and departure

Report changes in your status:

- Address, phone number, email
- Changes of your responsibilities (new contract)
- If you work without authorization
- Travel signatures (for J and F visas only)



Do you have a question or need assistance?

International Student and Scholar Services and Outreach

Web: international.appstate.edu

Email: issso@appstate.edu

Phone: 828-262-2046

Plemons Student Union Suite 321

Monday – Friday 8-5



Important: If possible, please make an appointment via phone or email prior to coming to our office to guarantee that you will be seen when you arrive.



Exchange Visitor – What is it?

An official visa category (J-1) and program established by U.S. Department of State to "increase mutual understanding between people of the United States and the people of other countries by means of educational and cultural exchange."

Purpose is educational and cultural exchange, not employment – although incidental employment may be allowed.

A foreign national **temporarily** in the United States in J-1 status

Expectation is to return to home country at end of program



J-1 Exchange Visitor Categories

Appalachian is approved to host Exchange Visitor participants in the following categories:

- Student
- Professor
- Short-Term Scholar
- Research Scholar

Each category has different sets of rules and requirements. Changing categories requires approval from U.S. Department of State and is rarely granted.



Immigration Basics — Acronyms

- During your time in the U.S. you will encounter various government agencies with whom you will interact as you maintain your immigration status.
- CBP: Customs and Border Protection
- DHS: Department of Homeland Security
- DOS: Department of State
- **EV**: Exchange Visitor (J-1)
- ICE: Immigration and Customs Enforcement
- SEVIS: Student and Exchange Visitor Information System
- USCIS: United States Citizenship and Immigration Services







Student and Exchange Visitor Information System (SEVIS)

Online database of reporting and record keeping between Appalachian ,the Department of Homeland Security and Department of State.

All J-1 EVs and J-2 dependents have records in SEVIS

The SEVIS ID number is your unique record of participation.





Important Immigration Documents



DS-2019 — Certificate of Eligibility

Generated by program sponsor/Appalachian in SEVIS

Record of your acceptance to participate in an Exchange Visitor program in the U.S.

Determines dates you are permitted to request entry to the U.S. and when you must depart.

SEVIS number begins N001....

Your DS-2019 must always be valid and accurate during your time in the U.S.



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Naparrary of Responsible Officer as Alternate Responsible Officer

Visa



Expiration Date

Number of Entries

You <u>can</u> stay in the US after the visa expiration date as long as your DS-2019 is current. You cannot <u>enter</u> the US if your visa is expired. Your passport must always have six months of future validity from the day you request entry to the U.S.

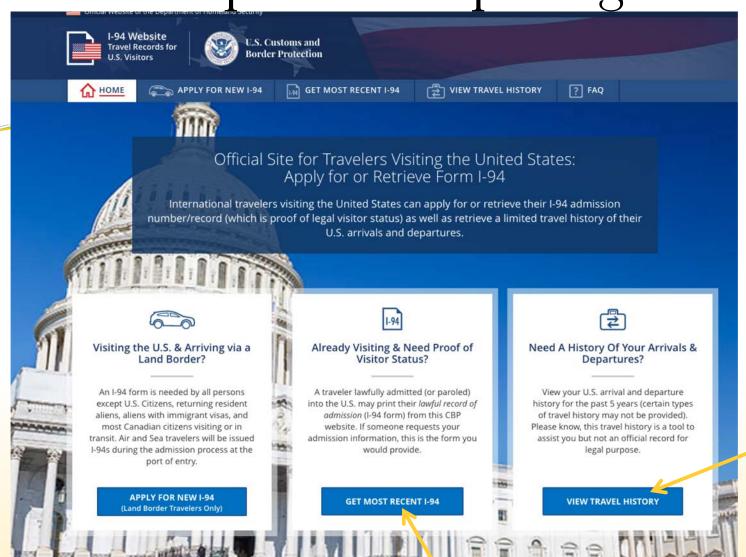
Appalachian

I-94 Document

- A record of arrival and departure
- Assigned by CBP when you arrive.
- Different each time you enter the U.S.
- Used by some employers and government agencies.
- Issued electronically unless you enter the U.S. by land or sea.



https://i94.cbp.dhs.gov



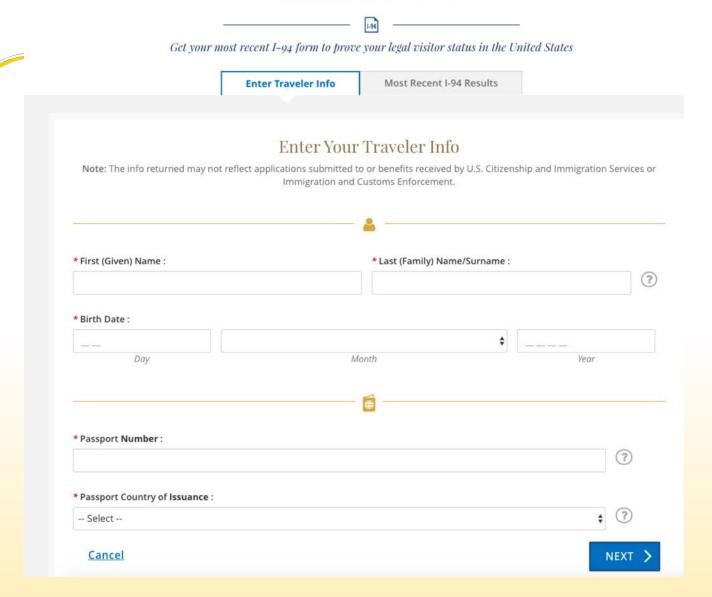
All I-94 Numbers Ever Issued

L L

Most Recent I-94

Retrieving Your I-94 Number

Get Most Recent I-94



I-94 Number

Most Recent I-94

Admission (I-94) Record Number: 29595827356

Most Recent Date of Entry: 2018 June 09

Class of Admission : J1 Admit Until Date : D/S

Details provided on the I-94 Information form.

Last/Surname:

First (Given) Name :

Birth Date:

Passport Number: 17AT04375

Country of Issuance: France

Your I-94 Number

Class of Admission

Duration of Stay

GET THIS TRAVELER'S TRAVEL HISTORY



212 (e) - Home Residency Requirement

Known as 212 (e) - Requires EVS to be physically present in home country for a total of two years before allowed to change U.S. immigration status to H, L, or any immigrant categories

EVs are subject if one or more of the following are true:

- Program financed by the U.S. government or home country government or international organization
- Home country considers your field of research necessary to its development and national interests.
 - Exchange Visitor Skills List
 - 212 (e) designation listed on your visa issued by U.S. embassy or consulate



Bars on Repeat Participation in EV Program

12 Month Bar	24 Month Bar
Professors and Research Scholars	Professors and Research Scholars
Present in the U.S. for more than 6 months on Exchange Visitor Program	Completes a full five year program or leaves before five year period is over
Must be absent from U.S. for 12 months or in another status before returning as Professor or Research Scholar	Must be absent from U.S. for 24 months or in another status before returning as Professor or Research Scholar
May return to U.S. as Short-term Scholar	May return to U.S. as Short-term Scholar



How to maintain your J-1 status

- Comply with health insurance requirements
- Attend Exchange Visitor orientation
- Depart the United States within 30 days following program end date
- Engage ONLY in activities listed on DS-2019
- Do not engage in authorized employment
- Comply with all local, state, and federal laws
- Maintain passport validity for six months into the future
- Report any change in physical address within 10 days
- Request program extensions or transfers one month prior to the end date of your DS-2019



Maintaining your J-1 Status

Failure to maintain valid J-1 status can result in the termination of your visa and jeopardize your ability to enter the United States in the future.

It is **YOUR RESPONSIBILITY** to ensure that you maintain valid J-1 status. We are here to help if you have any questions.





J-1 Program Termination

Exchange Visitors who fail to comply with all J-1 regulations are subject to termination from their J-1 program.

Reasons may include:

- Unauthorized employment in the U.S.
- Failure to maintain health insurance
- Violation of rules and regulations of the Exchange Visitor program and/or Appalachian State University
- Engaging in activities not allowed by your EV category or DS-2019



J-1 Visa Revocation

Department of State now requires consular officers to prudentially revoke non-immigrant visas of individuals arrested for (not convicted) of driving under the influence or similar arrests/convictions that occurred within the previous five years.



Family Members - J-2 Dependent Information

Dependents are spouses or children of J-1 Exchange Visitors on J-2 visas

Each J-2 dependent is issued his or her own DS-2019 and must maintain health insurance while SEVIS record is active.

Each J-2 dependent is also subject to 212 (e) home residency requirement if J-1 is subject

A J-2 child is not eligible to be dependent at age 21



Family Members - J-2 Dependent Information

Work for J-2 Dependents:

- Eligible to apply for work authorization with USCIS with form I-765
- For instructions and the application visit uscis.gov

School and Study:

- Dependents under the age of 18 are permitted to attend primary and secondary school in the U.S.
- Adult dependents are permitted to study full or part-time



Traveling





Travel Outside the U.S.

To re-enter the U.S. during your EV program you must present CBP with:

- A valid and active DS-2019 with travel signature from ISSSO staff
- A passport that is valid for at least 6 months into the future from the date you return to the U.S.
- A visa that is valid on the date that you enter the U.S. (Canadians are exempt)

In addition, please carry with you a copy of your invitation letter and or contract from Appalachian.

Make sure all documents are in your carry-on luggage, not in your checked bags.

Travel Inside the U.S.

During your time in the U.S. please carry the following documents with you when traveling:

- Passport
- Copy of I-94 record
- DS-2019
- Any state issued IDs or drivers license if applicable



Out-of-country requests for J-1 EVs

J-1 Exchange Visitors are sometimes allowed to depart the U.S. for a short period of time and then continue their program if they are leaving the U.S. to engage in research that is consistent with the purpose of their J-1 Exchange Visitor program.

Please contact ISSSO staff prior to making any arrangements to leave U.S. for any prolonged period during your EV program.



The end of your EV Program

Federal regulations require that you depart the U.S. within 30 days from the program end date listed on your DS-2019

During these 30 days you are not permitted to engage in any activities related to EV program – no research, teaching, lecturing etc.

You may not leave the U.S. after your program end date and return. The 30 days only applies if you remain in the U.S.

If you are living in university-managed housing, you may not be able to remain in the housing during the 30 day period. Please contact ISSSO staff to make arrangements



Transfer or Extend J-1 Program

Program extensions require:

- proof of funding to support additional time
- allowable time in EV category
- approval of hosting department and ISSSO

Research Scholar/Professor	Short-term Scholar
Maximum of 5 years	Limited to 6 months

In rare circumstances it may be possible to transfer your Exchange Visitor Program to another program sponsor. Please contact ISSSO staff as soon as possible if you would like to discuss this possibility.



Immigration Check-in Procedures

Appalachian is required by federal law to verify your physical presence on campus and validate your participation in our Exchange Visitor program in SEVIS. In order to comply an ISSSO staff member will review:

- Your current biographical information address, email etc
- J-1 or J-2 Visa and entry stamp
- Passport
- DS-2019
- I-94 record
- Proof of enrollment in health insurance for you and all J-2 dependents





Questions?















PREGUNTAS?

Appalachian STATE UNIVERSITY

J-1 Health Insurance Requirements

- All J-1 Exchange Visitor participants and dependents must maintain health insurance at that meets the following minimum requirements:
 - Medical benefits of at least \$100,000 per accident or illness
 - Repatriation of remains in the amount of \$25,000
 - Expenses associated with medical evacuation in the amount of \$50,000
 - Deductible not to exceed \$500 per illness
- All J-1 Exchange Visitors and accompanying J-2 dependents at Appalachian (who are not full-time employees) are enrolled in the GeoBlue health insurance plan that meets these requirements.



Health Care in the U.S.

Extremely Expensive – Patients are charged for each service and procedure and for medication. Patients are charged for the time of the doctor or nurse. Visits to doctors can cost hundreds of dollars and in-patient stays in the hospital can cost thousands. Insurance is essential to keep cost low.

Highly Regulated and Specialized – Medical providers must be licensed to provide care. In order to maintain license, all providers receive continual training and education. It is common to consult multiple specialists for various illnesses rather than a single doctor.

Bureaucratic and Impersonal - You will complete lengthy forms about your personal details and family medical history when you arrive. You will be asked to provide your insurance card.

Scientific and Focus on Physical Illness – Holistic medicine is not common in the U.S. The focus will be on diagnosing the conditions and treating the illness with medicine or therapy. It is not expected that the doctor will consider aspects of the patients life other than those affecting the physical symptoms.



GeoBlue Health Insurance

GeoBlue offers an app on all major app platforms. Search for "GeoBlue"

Using this app or visiting www.geobluestudents.com you can:

- Find a provider
- Download replacement or new health insurance card
- Submit a claim
- Translate medical terms or documents
- Learn about prescription rates



Health Insurance in the U.S.

Important Terms

- Copay or Copayment: the specific dollar amount you will pay at time of service
- Negotiated Rate: The rate agreed upon by your health insurance and medical providers for a service for certain services.
- Coinsurance: the percentage of the total cost you are responsible for paying after service provided
- Deductible: An amount you are responsible to pay for eligible expenses before the plan pays.
- Out-of Network Provider: Medical provider who is not contracted with Blue Cross and Blue Shield companies. This means a higher coinsurance and added cost to you.

GeoBlue Coverage

Medical Expenses	In Network Provider	Outside of Network Provider
Physician Office Visit	100% after \$2,500 deductible reached \$20 Copay per visit	80% of reasonable expenses
Urgent Care Facility	100% after \$2,500 deductible reached \$35 copay per visit	80% of reasonable expenses
Hospital and Physician Outpatient Services	100% after \$2,500 deductible reached \$50 copay per visit	80% of reasonable expenses
Inpatient Hospital	100% after \$2,500 deductible reached \$50 copay per visit	80% of reasonable expenses
Emergency Hospital	100% after \$2,500 deductible reached \$100 copay per visit	80% of reasonable expenses
Prescription Costs	\$25 for generic/\$50 for brand name	n/a

Emergency Rooms - Hospitals



Visiting an emergency room for problems or symptoms that are not emergencies is not recommended. The cost of an emergency room visit can be very high. You should only visit an emergency room in cases of a true emergency. These include but are not limited too:

 Loss of consciousness, difficulty breathing, severe chest pain, sudden weakness on one side of the body, sudden severe headache, bleeding that does not stop, vomiting or coughing blood, serious injury such as a broken limb or a head injury, sudden and explained confusion or slurred speech, poisoning, severe allergic reactions, suicidal feelings.

Appalachian Regional Healthcare System

336 Deerfield Rd

828-262-4100

911 for EMERGENCIES ONLY



Urgent Care Facilities

FastMed Urgent Care

828-265-7146

8 AM - 8 PM

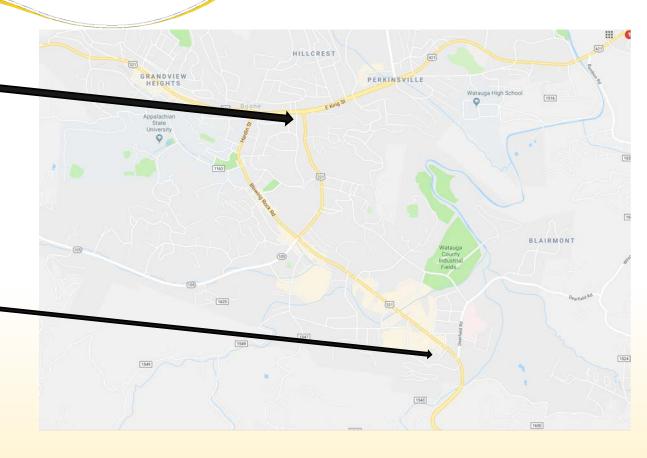
178 NC-105 Extension

AppUrgent Care

8 AM - 7PM

828-265-5505

2146 Blowing Rock Rd





Scheduling An Appointment

All providers within the Appalachian Regional Healthcare System are covered by your health insurance. To schedule and appointment with a doctor or specialist visit:

https://apprhs.org/healthcare-provider/

Alternatively, you can find a provider on the GeoBlue App or in the geobluestudents.com Member Hub – or by contacting:

1-844-268-2686 or customerservice@geo-blue.com



Paying for health insurance

If you are responsible for paying for your health insurance and have not already, please make an appointment with ISSSO if you have not already

We accept only cash (exact amount only) or checks made payable to Appalachian State University

done so





Employment and Taxes



Social Security Numbers

Working in the US requires a US Social Security Number (SSN).

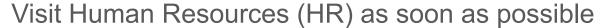
- To apply for a Social Security Number (SSN) at the Social Security Administration you need:
 - a letter from your employer (offer letter or contract or letter from ISSSO)
 - Valid passport and visa
 - immigration document (Form DS-2019/Form I-20)
 - Printed I-94

Cannot apply for SSN until 10 days of physical presence in the US and/or your SEVIS record has been validated.

- The closest Social Security Administration Office is in Wilkesboro, NC about 31 miles away.
 The ISSO staff arranges free transportation to Wilkesboro several times each semester
- Provide a copy of the SSN to Human Resources when you receive it—usually 2 weeks after the application



Payroll and Human Resources



- Complete I-9 form (tax withholdings) and all online forms
- Take passport, DS-2019 or EAD (F-1 visa holders) and printed I-94
- Set Direct Deposit, if you want money directly deposited in an account (need bank account information/voided check)
- Take copy of Social Security Card, once you received it, usually 2 weeks after the application
- Payroll is processed at the end of each month and deposited to your bank account – more information and a schedule of paydays can be found online: payroll.appstate.edu



U.S. Taxes

All J-1 Exchange Visitors must file a tax form with the Internal Revenue Service (IRS) each year before April 15th – regardless of immigration status or income received

ISSSO is unable to offer any direct assistance with U.S. tax filing. We have partnered with IRS's Volunteer Income Tax Assistance program to provide tax filing assistance for all international

All current and past J-1 Exchange Visitors will be contacted with instructions for receiving assistance with income tax filing in February and March of each year



Driving in North Carolina

Renting a car

North Carolina does not recognize the International Driving Permit but rather allows non-resident visitors with valid licenses from other U.S. states or countries to drive with proof of liability insurance.

Getting a NC Driver's License

J-1 Exchange Visitors are eligible for a North Carolina driver's license. For information and to apply visit: www.ncdot.gov/dmv

Or international.appstate.edu



Important Resources on Campus

Center for Academic Excellence - cae.appstate.edu

Human Resources - hr.appstate.edu

Counseling for Faculty and Staff – cfs.appstate.edu

LGBT Center – lgbt.appstate.edu

Office of Disability Services – ods.appstate.edu

University Ombuds Office – onbuds.appstate.edu

Health Promotion for Faculty and Staff – healthpromotion.appstate.edu

and much much more: Virtual Educational Mall – newfaculty.appstate.edu



Community Resources and Information



Get Involved!

International Student and Scholar Services and Outreach

Lindsay Pepper



Global Film Series

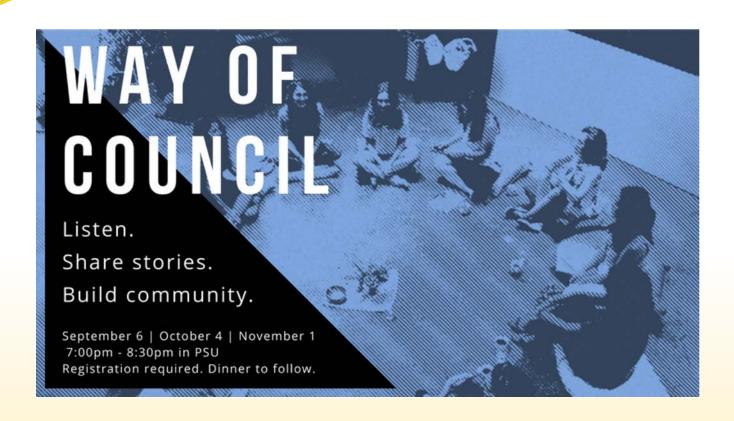
- Monthly film series on Tuesdays at 6:30pm in Greenbriar Theater (in PSU)
- International film screening on campus
- Free admission!







Way of Council





Cultural Ambassadors

- Share your culture
- Improve presentation
 & public speaking
 skills
- Professional development sessions
- Apply on our website













International Education Week

Save the Date! November 12-16

- International Student Panel
- INTAPP & iPals Events
- Cultural Events
- Photo Contest
- Films
- Food!







Appalachian Global Symposium



International Friendship Program

- Friendship with local family or individual
- Meet at least monthly
- Discover American home life
- Share your culture





















How do I get involved???

Check your email!

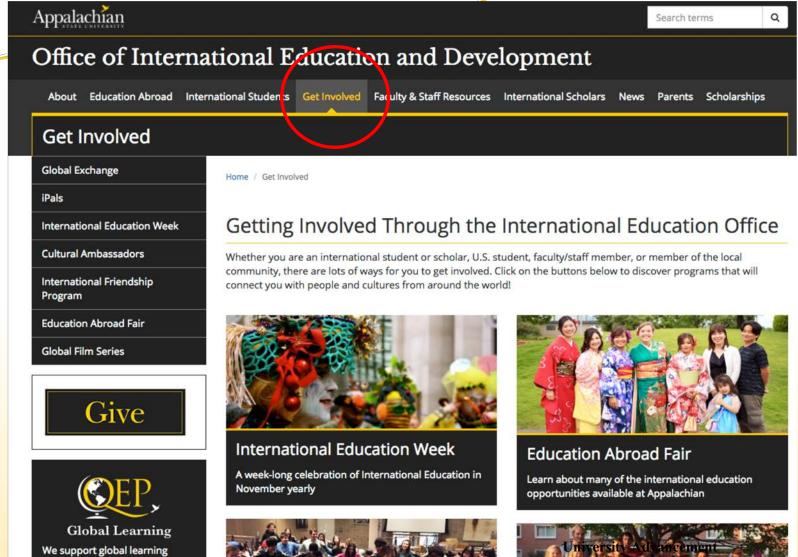
international.appstate.edu

"Get Involved"

international-outreach@appstate.edu



international.appstate.edu "Get Involved"



Get Involved – Get Recognized!





Outstanding Involvement Awards given at the end of the semester

For 2 students who....

Demonstrate leadership

Bring an international perspective to the campus and local community

Go above and beyond showing involvement in programs associated with OIED, but also in other organizations and activities across campus











Cultural Ambassadors

- Share your culture
- Improve presentation
 & public speaking
 skills
- Professional development sessions
- Apply on our website











