

Rights & Responsibilities – J-1 Exchange Visitor

- **Purpose of Visit:** As a J-1 Exchange Visitor, you are here to pursue a specific objective, research goal, learning experience, etc. You are not allowed to engage in activities which alter your principal program objectives.
- **Health Insurance:** All J-1 Exchange Visitors must maintain adequate health insurance for the duration of the exchange program. For information on the minimum requirements the insurance must meet, please visit this website: <http://www.ncsu.edu/ois/research/documents/j1medins2010.pdf> or refer to page 2 of your DS-2019.
- **Employment:** As a J-1 Exchange Visitor, you may only work or conduct research in the field listed under item 4 on your Form DS-2019. You cannot undertake any form of work, paid or unpaid, without prior consultation and written approval from OIS. You should not resign from your position at NC State or accept a change in position appointment (such as a change in work location, a change from unpaid to paid status, etc.) without first contacting OIS. For more information: <http://www.ncsu.edu/ois/research/j1employ.php>
- **Change of Address:** All J-1 Exchange Visitors are required to inform OIS within 10 days of any change of address. Please complete the Change of Address Form online and submit it to OIS: <http://www.ncsu.edu/ois/research/documents/ChangeofAddressForm.pdf>
- **Travel:** To travel outside of the U.S. during your Exchange program, you will need to obtain a travel endorsement on your DS-2019 before you leave. You should not leave the U.S. for more than 30 days without prior approval from your NC State supervisor and OIS. When traveling for more than 30 days, you should take your family with you. For more information: <http://www.ncsu.edu/ois/immigration/travel.php>
- **Departure:** When you leave the U.S. permanently, please submit the Departure Form before your departure, so OIS can update your immigration record accordingly. Departure Form: <http://www.ncsu.edu/ois/forms/documents/depart.pdf>
- **J-1 two year home residency requirement 212(e):** You may be subject to 212(e), which is a rule that requires you return to your home country for 2 years after you complete your exchange program and *before* you can apply for an employment visa or permanent resident status in the U.S. You may be eligible to apply for a waiver of this requirement. For more information: <http://www.ncsu.edu/ois/research/j1home212.php>
- **12 month bar on repeat participation:** If you have been in the U.S. in a J-1 Exchange program for more than 6 months, you are subject to a 12 month bar on coming back to the U.S. as a J-1 Research Scholar or Professor. This bar only applies to a person who would like to return to the U.S. as a J-1 Research Scholar or Professor. People in the Short Term Scholar category are exempt from this bar. For more information: <http://www.ncsu.edu/ois/research/1224bars.php>
- **24 month bar on repeat participation:** If you are in the U.S. in the J-1 Research Scholar or Professor category, you are subject to a 24 month bar instead of the above 12 month bar. This bar prohibits you from returning to the U.S. for a 2nd program as a J-1 Research Scholar or Professor for 24 months after your initial program ended. For more information: <http://www.ncsu.edu/ois/research/1224bars.php>
- **English language:** If your proficiency in the English language is insufficient to understand or communicate effectively with your colleagues at NC State University, it is your responsibility to seek out English language training as soon as possible to improve your skills. For more information on English language courses on or near campus, please visit this link: <http://www.ncsu.edu/ois/orientation/engres.php>
- **Cross Cultural Activities:** As part of your Exchange program, it is expected that you actively participate in cross-cultural activities at NC State University. Opportunities are available to you through programs such as the International Friendship Program, Breaking Bread, English Conversation Club, I-SSERV and Culture Corps. All of these programs are sponsored by OIS and do not require a large time commitment on your part. For more information, please visit: <http://www.ncsu.edu/ois/programs/>

I have read and understand the above requirements of the J-1 Exchange Visitor Program. By signing below, I indicate my agreement and understanding of all of the above.

Signature

Date