



PRE-DEPARTURE ORIENTATION INFORMATION FOR J-1 VISA HOLDERS

VISA VALIDITY AND AUTHORIZATION TO STAY

You are required to report to the International Scholar Center and attend an orientation *no later than 30 days* after the program begin date (see #3 on your DS-2019). Please contact the International Scholar Center Office at (951) 827-4847 to schedule an appointment immediately after your arrival. **If you need additional information from the U.S. Department of State's Exchange Visitors Program, please contact a program officer at JVISAS@STATE.GOV.**

MEDICAL INSURANCE

It is a U.S. Federal Government requirement that exchange visitors and their dependents have adequate medical insurance coverage for the period of their stay in the United States

As a new Visiting Scholar on the UC Riverside (UCR) campus, you are required to have medical insurance, either through UCR Visiting Scholar Injury and Sickness Insurance Plan (UCR-VSP) program, from another insurer, or provided by your home country. If you have other insurance, it must meet what is considered "**comparable coverage**" to the insurance offered through UCRVSP program. This comparable coverage is meant to ensure adequate coverage for both the visiting scholar and any eligible dependents. The minimum levels of coverage that must be offered through your own insurance are:

- \$100,000 per accident or illness in medical coverage
- Deductible of no more than \$500 per accident or illness
- Coinsurance cannot exceed 25%
- Medical evacuation coverage must be at least \$50,000.00
- Repatriation coverage must be at least \$25,000
- Plan must include a waiting period for pre-existing conditions of no longer than **12 months**
- Carrier must be at least A- rated or backed by the full faith and credit of the Exchange Visitor's government

Additionally, "sponsors must inform all exchange visitors that they, and any accompanying spouse and dependent(s) also may be subject to the requirements of the Affordable Care Act." [22 CFR 62.14(a)]. Garnett-Powers will verify that your insurance plan will cover all requirements. If your insurance meets these requirements, you may waive (decline coverage) for this plan. **You must provide proof of comparable insurance coverage by providing a copy of your insurance policy or schedule of benefits written in English.** You may either scan and email your document to UCRVSP@Garnett-Powers.com or fax it to 949-215-2275, attention UCR-VSP Services.

Before your departure, you must know whether or not your hosting department at UC Riverside will provide you with medical insurance; if not, you must bring sufficient money to pay for your own insurance.

UCR Employment With Salary – With the exception of **Medical Evacuation and Repatriation** coverage, the University will pay your medical insurance. Medical evacuation and repatriation coverage is **excluded**, since the University's insurance plans cover only domestic medical needs. At the orientation meeting with the foreign scholar advisors, you will receive instructions on enrollment with Garnett-Powers for the additional required medical evacuation and repatriation coverage. J-1 exchange visitors who are Postdoctoral Scholars are eligible to participate in the Postdoctoral Scholar Benefit. All Postdoctoral Scholars are provided with repatriation and evacuation insurance. **NOTE: UCR's "CORE" medical benefit does not meet the United States Federal Government Requirements.**

UCR Employment Without Salary: You should obtain medical insurance before you leave your home country, or you must purchase it immediately by enrollment with Garnett-Powers after your arrival at UC Riverside.

Failure to maintain medical insurance coverage for you and your dependents will be cause for termination of your program.

Employment

Compensation for employment is authorized for activities that are part of the exchange visitor's program (see #4 on DS-2019 Form). If you are planning to move from one department to another at UC Riverside, you must contact the International Scholar Center.

Change of Research or Teaching Objectives

You may, with the permission of your supervisor, attend classes in support of your research while at UC Riverside. If your intention is to pursue studies for a master's or doctoral degree, you should not come to UC Riverside in the research scholar or professional category. You are not permitted to change the category (see #4 on your DS-2019) to that of a student while you are in the United States.

Extension of Stay

Research scholars and professors in J-1 status are allowed to stay in the United States for a maximum of five (5) years. Your extension of stay with the new DS-2019 allows your continuous permission to stay and to be employed at UCR. Your visa (in your passport) cannot and does not have to be extended during your extension. However, **if you leave the U.S. after your extension, you must apply for a new visa before you can return.**

Travel Outside the United States – Required Documents

1. Valid passport (**for at least 6 months**)
2. **Valid visa stamp** in the visa category as noted on the I-94 form (except for travel to Mexico or Canada for less than 30 days).
3. Signed DS-2019. **If you do not have a valid travel validation before your departure, you must get a signature (travel validation) on the DS-2019 form the foreign scholar advisor at the International Scholar Center.**
4. Letter of employment verification from your academic department.
5. A new I-94 admission number will be issued when you re-enter. You will need to print out the I-94 at www.cbp.gov/I94 except for travel to Mexico or Canada for less than 30 days).

Two-Year Residence Requirement

You may be subject to the two-year residence requirement as established in Section 212(e) of the United States Immigration and Nationality Act, as amended. The visa officer at the U.S. Embassy or Consulate and the U.S. Citizenship and Immigration Services (USCIS) will determine whether or not you are subject to this requirement. In most cases, the decision is based on either the source of your funding (government or international organization) and/or your field of research. If you are subject to this requirement, you are not eligible to change your status to H-1B or F-1, or to adjust to immigrant (permanent resident) status, until it is established that you have resided and been physically present in the country of your nationality or your last residence for an aggregate of at least two (2) years following departure from the United States. **Please note: This regulation does not restrict subsequent travel to the United States in any non-immigrant status (except H-1B) after completion of your exchange visitor program.**

24-Month Bar (Different from Two-Year Residence Requirement)

There is a 24-month bar on repeat participation for J-1 Professor and Research Scholar categories. It requires that there be at least a 24 month period between each stay in the US as a J-1 Professor or J-1 Research Scholar. The 24-month bar occurs regardless of whether you are in a j-1 program for a few months or a few years. Whenever an Exchange Visitor ends his/her academic appointment and returns to his/her home country, the bar becomes effective. The 24-month bar is not the same as the 212(e) Rule.

I certify that I have read and that I understand the information above. I also certify that I have obtained or will obtain the appropriate insurance coverage as indicated above and will maintain the required insurance throughout my stay in the U.S. as an exchange visitor.

Date

Signature

Department/Supervisor at UC Riverside

Print Last Name