Information Session for Non-UM Sponsored J-1 Exchange Visitors

Summer 2017
U-M & Ann Arbor
The International Center

- Serves over 6,000 international students and scholars from over 100 countries
- Business hours: Monday to Friday 8 AM to 5 PM
- Phone: 734-764-9310
- Email: icenter@umich.edu
- Quick question walk-in immigration advising: Monday to Friday 1-4 pm.
- Call us to schedule an appointment

1500 Student Activities Building
515 East Jefferson Street
J-1 Scholars at UM

- 976 scholars from 59 countries
- Top 5 countries:
  - China
  - South Korea
  - Japan
  - India
  - Germany

J-1 program objectives: to promote the exchange of ideas, research, mutual enrichment and linkages between research and academic institutions in the United States and the foreign countries.

http://j1visa.state.gov/
Housing

▪ On-campus housing (University-owned)
  - Residence halls, apartments, and townhouses
  - Housing Information Office in Student Activities Building (SAB)
  - http://www.housing.umich.edu/

▪ Off-campus housing (privately-owned)
  - U-M resource: Dean of Students Office (Beyond the Diag) - Michigan Union
    - https://offcampushousing.umich.edu/ (finding off campus housing)
    - http://offcampus.umich.edu/ (information and resources)
  - Craigslist Ann Arbor: http://annarbor.craigslist.org (commercial site)
  - PadMapper: https://www.padmapper.com/ (commercial site)
  - Ecumenical Center and International Residence, a living-learning community for students and visiting scholars from around the world: http://www.ecir.org/
  - Inter-Cooperative Council (co-op): http://www.icc.coop
- Main database for UM records
  - Addresses
  - Financial
  - Employment
- Login with your uniqname & password
- [http://wolverineaccess.umich.edu](http://wolverineaccess.umich.edu)
Wolverine Access

- Keep your current (U.S.) address and permanent (home country) address updated in Wolverine Access.

- Add/update “emergency contact” telephone number and address *(Strongly recommended)*.

- Just moved? Update address with U-M through Wolverine Access and notify your J-1 sponsor so that the address change can be reported through SEVIS.
M-Card and Uniqname

- uniqname@umich.edu
- Username for UM computer network
- Questions?
  - Email: 4help@umich.edu
  - Call 734-764-HELP (764-4357)
  - http://its.umich.edu/help/

M-Card Office Locations:
- Central Campus: Room 1011, Student Activities Building
- North Campus: B430, Pierpont Commons
Government Identification

▪ We recommend that you have either a Michigan Driver’s License or a Michigan Personal ID Card. These are safer to carry than your passport.

▪ Michigan Driver’s License
  • Written test and road test

▪ Michigan Personal ID Card
  • If you don’t want a Driver’s License
  • Convenient, recognizable ID in the US

http://internationalcenter.umich.edu/life/license.html
- Recommended to set up U.S. bank account
  - Many countries or banks have limits on the amount of money you can transfer/withdraw while outside of the country

- Social security number (SSN) not required to open account

- Look for convenient Automatic Teller Machines (ATMs) and bank locations. ATMs usually charge fees to members of other banks.

- Ask if bank requires SSN for online banking

- Financial Institutions in Ann Arbor:
  - http://campusinfo.umich.edu/article/financial-institutions-ann-arbor
Transportation

- UM Blue Buses
  - FREE! No ID required.
  - Routes between Central, North, and South campuses
- Ann Arbor & Ypsilanti
  - FREE to ride with valid U-M ID
- Farther away from Ann Arbor
  - AirBus, AirRide, Michigan Flyer (bus) & shuttles to Metro Detroit Airport
  - Train (Amtrak) and buses (Greyhound, Megabus)
- Zip car: http://www.zipcar.com/umich/
- Blue bike rental program: http://www.recsports.umich.edu/bluebikes

www.pts.umich.edu
www.theride.org
In case of an emergency:
- Dial 911 to connect to local emergency services
- Blue light emergency phones on campus to connect to UM Police

Remember general safety tips: [http://police.umich.edu/](http://police.umich.edu/)
- Keep your belongings with you at all times
- Register your laptops, personal electronics, or bicycles with UM Police
- Be aware of your surroundings
- Do not walk alone at night

Late-Night Transportation from Campus: [https://studentlife.umich.edu/article/late-night-transportation](https://studentlife.umich.edu/article/late-night-transportation)
(734) 647-8000

Add an emergency contact and opt for UM Emergency Alerts in Wolverine Access
Safety Online

- Protect against identity theft:
  - Keep your personal information private and secure
  - Banks and government agencies will not ask for personal or financial information by email
  - Review bank and credit card statements carefully
  - Shred all bills and all documents with your personal details on them

http://www.safecomputing.umich.edu/tools/idweb.html#protect
UM has a number of athletic facilities including:

- Central campus recreation building (CCRB)
- North campus recreation building (NCRB)
- Intramural sports building (IMSB)

Visiting scholars may purchase a user pass to any of these facilities at the faculty/staff rate:

- [http://www.recsports.umich.edu/](http://www.recsports.umich.edu/)

Some off-campus options:
[http://www.internationalcenter.umich.edu/life/recreation.html#fitness](http://www.internationalcenter.umich.edu/life/recreation.html#fitness)
UM and Community Organizations

- UM Student Organizations
  - Over 1100 student organizations on campus
  - Many are open to scholars
  - Maize Pages [http://www.umich.edu/~maizepgs/](http://www.umich.edu/~maizepgs/)
  - Search type = international for international organizations

- Religious Organizations
  - Spiritual Resources: [http://www.umich.edu/~religion/](http://www.umich.edu/~religion/)
  - Maize Pages: search type = religious
  - Arborweb (City Guide > Religion) [www.arborweb.com](http://www.arborweb.com)

- International Communities
  - International Neighbors: [www.international-neighbors.org/](http://www.international-neighbors.org/)
  - Ecumenical Center and International Residence: [www.ecir.org/](http://www.ecir.org/)
Student Life: various offices to provide students with the resources, tools, support, encouragement, and guidance they need throughout their stay at U-M.

- Student support: Career Center, Student Legal Services, etc.
- Health: Counseling & Psychological Services, University Health Service, etc.
- And many more...
- http://studentlife.umich.edu/
Resources for Scholars with Families

- **Work/Life Resource Center**
  - [http://www.hr.umich.edu/worklife/](http://www.hr.umich.edu/worklife/)
  - Help finding child care, tutoring, etc.
  - Help balancing work and personal responsibilities

- **Students with Children Web Page**
  - Some information also applies to scholars
  - [http://www.studentswithchildren.umich.edu/](http://www.studentswithchildren.umich.edu/)

- **Northwood Community Apartments**
  - Community Center and Services
  - [http://www.housing.umich.edu/northwood/community-center](http://www.housing.umich.edu/northwood/community-center)
Resources for Scholars

- UM Postdoctoral Association (PDA)
  - orientation, networking coffee hour, picnic, seminars, career development resources for post doctoral fellows.
  - [http://sitemaker.umich.edu/umpda/home](http://sitemaker.umich.edu/umpda/home)

- Center for Research on Learning & Teaching (CRLT)
  - [http://www.crlt.umich.edu/gsis/gsi_seminars.php](http://www.crlt.umich.edu/gsis/gsi_seminars.php)

- Smoke-Free Campus
  - [http://www.hr.umich.edu/smokefree/](http://www.hr.umich.edu/smokefree/)
Additional Resources for Scholars

- Your department administrator is an important resource for you for most of your needs and questions.
- Other departments at UM are great cultural resources.
- Advisors at the International Center can help you with immigration questions and issues.
International Institute

- 18 centers and programs focused on specific world regions and global themes
- Offers seminars, noon lectures, films, conferences, special presentations, etc.
- Events are generally free and open to the public.
The English Language Institute offers many opportunities to improve language and communication skills for graduate students and visiting scholars.

- Courses will not delay your academic progress
- Speaking and Writing Clinics, Conversation Circles and Workshops
- See ELI website for online resources for self-study (English Learning Links)
- [http://www.lsa.umich.edu/eli](http://www.lsa.umich.edu/eli)
The Sweetland Center for Writing provides support for student writing at all levels.

- Writing workshops: free consultation with writing instructor
- Practice writing in a supportive environment
- Learn expectations in writing in different disciplines.
- [http://www.lsa.umich.edu/sweetland](http://www.lsa.umich.edu/sweetland)

### UM Academic Support Services:
[http://www.umich.edu/acad_support.php](http://www.umich.edu/acad_support.php)
The Michigan Experience

- **Life in Ann Arbor:**
  
  http://www.internationalcenter.umich.edu/life/
  
  - More details about topics covered today.
  - Additional information about laws, English language classes, shopping, recreation, travel, entertainment, child care, activities for children, resources for spouses, spiritual resources, etc.

- **U-M Student Organizations**
  
  - Over 1100 student organizations on campus
  - Most are free to join!
  - Maize Pages http://maizepages.umich.edu/
IC Workshops & Social Events

http://www.internationalcenter.umich.edu/events/

- Attend informational workshops offered throughout the year: government regulations, U.S. taxes, the U.S. job search process, U.S. culture
- Cultural, social events and volunteer opportunities: visit area attractions and meet other international students and scholars
- “Like” University of Michigan International Students and Scholars Facebook page to stay informed and connected. https://www.facebook.com/uminternationalcenter
International Center Orientation Resources

- Learn about the University and Ann Arbor area.
- Address practical concerns (e.g. shopping, driving in the U.S., buying a used car, health care, info for spouses, etc.).
- Provide an introduction to adjusting to another culture and suggestions for making this process easier (e.g. U.S. classroom culture and strategies for class discussions, U.S. legal system, effective communication with advisors and with Americans, etc.).
- Help you learn where to look for and how to apply for on-campus employment (e.g. finding a job on campus, tax withholding forms).

Workshop presentations & handouts are available at:
http://www.internationalcenter.umich.edu/events/orientation_events.html
Health Care & Insurance
Health Care & Insurance

- The U.S. Government requires J-1 Exchange Visitors (students and scholars) and any J-2 dependents to have health insurance that meets government standards.

- Your J-1 sponsor provides insurance information and/or insurance coverage.
EMERGENCY—CALL 911

- Fire department, ambulance, or police.
- Wait for ambulance to arrive.

OR

- Go to the Emergency Room at the nearest hospital.
Emergency Room (ER) - Always Open

International Center
Health Care & Insurance

- University Health Service (UHS)
  - 207 Fletcher St, U-M Central Campus
  - [www.uhs.umich.edu](http://www.uhs.umich.edu)

- Clinic for students and visiting scholars
- For minor emergencies and non-emergency illness
- Eye exams
- Fill prescriptions
- Health advice
- Most UHS services are free for enrolled students.
  - [http://www.uhs.umich.edu/feestudents](http://www.uhs.umich.edu/feestudents)
Health Care & Insurance

- **Enrolled students**
  - Many UHS services free
  - Other UHS services may be covered by insurance
    - UHS will bill many kinds of health insurance for services covered by insurance; you must pay for services not covered by insurance.

- **Faculty, Staff and Visiting scholars**
  - University Health Service (UHS) convenient for health care.
  - Insurance or “fee for service”
    - UHS will bill many kinds of health insurance for services covered by insurance; you must pay for services not covered by insurance.
Health Care & Insurance

University Health Service (UHS)

Call for Appointment: 734.764.8325

Medical Advice by Phone: 734-764-8320 or Women's Health Clinic 734-763-9184

Urgent question when UHS is closed: 866-204-1082
Minor Emergencies and Urgent Health Problems

For advice:

- UHS (when open): 734-764-8320 or 734-763-9184 (for Women’s Health Clinic)
- UHS (when closed): 866-204-1082
- Put these numbers in your phone
- For more information, including addresses of “urgent care facilities”:
  [http://www.uhs.umich.edu/emergency](http://www.uhs.umich.edu/emergency)
Immigration Overview
As an international student or scholar, you have an obligation to comply with the immigration laws and regulations of the United States.

You are responsible for learning, understanding, and complying with the U.S. laws and regulations that apply to you.

Your failure to be aware of and comply with these requirements could jeopardize your stay in the U.S. and your academic plans.
Immigration Documents: They are important!

- Store your immigration documents in a secure place. Only carry the documents with you when necessary.

- If you fly domestically in the US or travel in border regions, we do recommend taking your original documents with you.

- Keep photocopies of all of your documents in a different place from the originals.

- Never throw away any old immigration documents. You may need them in the future.
• **Must be valid** at all times.

• **Recommended**: at least 6 months into the future (required for US entry).

• Contact your embassy for extensions in the US.
Visa

- **ONLY** an entry document (not required for Canadians)
- Visa Type Class (J1; J2 for dependents)
- Entries (M, 1, 2)
- **CAN** expire
- **Transfers**: need new visa
SPECIAL NOTE:

212e - Two Year Home Residency Requirement

Applies ONLY to H1B, L, or permanent residency
I-94

If you entered U.S. before May 2013, or entered U.S. at any time by land, you got:

- **Small, white card** called I-94
- **MOST** important immigration document you have
- Has proof of your status - J1/J2 and D/S (Duration of Status)
I-94

- **MOST important immigration document you have**

- Has proof of your status - J1 and D/S (Duration of Status)

  If you entered U.S. after May 2013 through airport, you received:

  - Stamp in passport with J1/J2 and D/S (Duration of Status) - proof of your status

  - Electronic arrival record (called I-94) - available at [www.cbp.gov/I94](http://www.cbp.gov/I94)

  *Make sure all information is correct on passport stamp and in e-record!*

If you entered U.S. by land, you received:

- Small, white card called I-94
Immigration Documents: DS-2019

- The DS-2019 document is your contract to participate legally and live in the United States in J-1 Exchange Visitor status.

- The DS-2019 is not only a paper form, but also an active computer record in the Department of Homeland Security SEVIS database.

- Your personal SEVIS record will be updated online by your J-1 program sponsor many times during your Exchange Visitor Program.
- SHOULD NOT expire
- SEVIS number
- Sponsor
- Category & Subject Field Code
- 212e
- Travel Signatures (valid 1 year)
Responsibilities: J-1 Students

- Register for classes before the semester begins
  - [http://wolverineaccess.umich.edu](http://wolverineaccess.umich.edu)
- Must be registered in a “full course of study”
  - 12 credits for Undergraduate Students
  - 8 credits for Graduate Students
  - 6 credits for Grad Students with GSI/GSRA
Responsibilities: All J-1 Exchange Visitors

- Report address changes to your J-1 sponsor within 10 days of any change in your U.S. or home country address.

- Keep your passport valid.

- Always have a valid DS-2019. Request extensions from your J-1 sponsor as appropriate.

- Travel: consult sponsor for travel guidelines and obtain a travel signature from your J-1 sponsor as needed.
Responsibilities: All J-1 Exchange Visitors

- Inform your J-1 sponsor if you end or leave your program before DS-2019 expires.

- Maintain health insurance at all times. Contact your J-1 sponsor for more information.
Immigration & Employment

- Do not engage in unauthorized employment.
- Must obtain employment authorization from your J-1 program sponsor to engage in any employment in the U.S.
- J-2 dependents may be eligible for work authorization from the immigration service.

  - [http://www.uscis.gov](http://www.uscis.gov)
  - [http://www.internationalcenter.umich.edu/immig/jvisa/j_emplead.html](http://www.internationalcenter.umich.edu/immig/jvisa/j_emplead.html)
Social Security Number

- Your J-1 sponsor may provide you with a letter to use to apply for a Social Security Number.
- Take that letter to the Social Security Office.
  - [http://www.internationalcenter.umich.edu/taxes/taxssnabout.html](http://www.internationalcenter.umich.edu/taxes/taxssnabout.html)
- Social Security Numbers are for life. If you previously applied for a Social Security Number, you need not reapply.
- You may not be able to apply for an SSN immediately upon arrival in Ann Arbor. Check with sponsor.
Immigration Information

- Be sure to contact your J-1 sponsor if you have specific questions regarding your immigration status or regulations.

- For general questions, make an appointment with an IC advisor or come to “Walk-in Advising” hours - see website for current schedule:
  [http://www.internationalcenter.umich.edu/about/advising.html](http://www.internationalcenter.umich.edu/about/advising.html)
IC Contact Information

(734)764-9310

http://www.internationalcenter.umich.edu

icenter@umich.edu

1500 Student Activities Building, 515 East Jefferson St.
Workshop Evaluation

Your feedback is valuable to us and will help us to improve the experience of future participants. Thank you!

bit.ly/umicoriento