



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

INTERNATIONAL STUDENT AND SCHOLAR SERVICES

FedEx GLOBAL EDUCATION CENTER
CAMPUS BOX 5240

IMPORTANT Instructions and Information for Incoming J-1 Exchange Visitors

Greetings from International Student and Scholar Services (ISSS) at the University of North Carolina at Chapel Hill. We are happy to welcome you to participate in our J-1 scholar program. The J-1 program is designed to create opportunities for citizens of other countries to come to the United States, participate in cultural and educational exchanges, and return home to share their experiences. As a J-1 scholar at UNC- Chapel Hill, you are expected to engage in the research and/or teaching duties you have arranged with your sponsoring department at the University. In addition to your research and/or teaching responsibilities we encourage you to participate in the various activities and events offered by ISSS, your sponsoring department, the University, and the surrounding community. ISSS-sponsored events can be found on our Events Calendar: <http://iss.unc.edu/events/>, for events across campus, please review the University's Events Calendar: <http://events.unc.edu/>, and for local events in the Chapel Hill area, visit the Events Calendar on the Orange County Visitor's Bureau: <https://www.visitchapelhill.org/events/>.

Enclosed you will find your Form DS-2019, Certificate of Eligibility for Exchange Visitor Status (J-1 Non-Immigrant), commonly referred to as the DS-2019. If you have dependent family members joining you in J-2 status they require their own separate DS-2019. This form outlines the details of your J-1 program in either the "Professor", "Research Scholar", "Specialist", or "Short-Term Scholar" category and serves as your J-1 program status document. It is important to safeguard this document and retain a copy of it permanently for your immigration records. In the top right hand corner of your DS-2019 you will find your SEVIS ID number starting with the letter "N". This is the number the U.S. Department of State uses to identify you in SEVIS (Student and Exchange Visitor Information System). Your SEVIS ID remains the same throughout the duration of your J-1 program.

Please review the information on your DS-2019, carefully read the instructions on the back, and sign along the bottom of page 1 where it says "Exchange Visitor Certification". J-2 dependents must read and sign their DS-2019s as well (the J-1 parent is asked to sign for any child under the age of 14). It is important that you understand the regulations and requirements for participating in a J-1 Exchange Visitor program. If you or your J-2 dependents have questions after reviewing this information, please do not hesitate to contact ISSS using any of the methods of contact provided at the end of this handout.

PLANNING YOUR TRAVEL

For many scholars, the first step to planning their visit to UNC is to purchase an airplane ticket. We strongly advise that you refrain from finalizing your travel plans and paying airfare until your visa appointment at the U.S. consulate or embassy is complete and your visa is processed. Unless you are a citizen of Canada or Bermuda, you must apply for and receive a J-1 visa sticker in your passport before

entering the U.S. J-1 scholars are allowed to enter the U.S. as early as 30 days prior to the J-1 program start date listed on the DS-2019 (section 3). While you will not be permitted to begin your activities on campus until the start date listed on your DS-2019, you may use this time to settle in before your J-1 program begins. Housing can be difficult to find especially at the beginning of the academic semester (August and January). Allow time to arrange for utilities, home furnishings, transportation and to complete paperwork at the University, including reporting to ISSS to complete the check-in process.

The nearest airport to Chapel Hill is Raleigh-Durham International Airport, RDU (<http://www.rdu.com>), located about 20 minutes away from campus. Expect to spend \$40 or more on a taxi cab from RDU to Chapel Hill and we recommend making reservations in advance. If you prefer to travel from RDU to Chapel Hill by bus, you may take the 100 bus from the airport then transfer to the 800 bus. Bus fare from RDU to Chapel Hill is \$2.25 and can be paid in cash when boarding the bus. Traveling by bus will take significantly longer than taking a taxi and you may need to take an additional bus once you arrive to Chapel Hill depending on the location of your final destination. More transportation information can be found on RDU's website: <https://www.rdu.com/ground-transportation/bus-and-rail-service/>.

ENTERING THE U.S. IN J-1 STATUS FROM ABROAD

Unless you are a citizen of Canada or Bermuda (see "Two Special Notes" below), you will need a J-1 visa sticker in your passport before you may enter the U.S. as a J-1 Professor, Research Scholar, or Short-Term Scholar. To apply for your visa you must first pay the visa fee and the SEVIS fee. You will not be eligible to receive your J-1 visa unless these fees have been paid.

The fastest way to pay the SEVIS fee is to process your payment online with a credit card by visiting: <https://www.fmjfee.com/>. Payment can be made by Visa, MasterCard or American Express from most countries. If you pay the fee online you must print the online payment confirmation and bring it to the visa interview. Alternatively, the fee can be paid by Western Union or through the mail, however, it will require more time for shipping and processing. For all methods of payment you will need information from your DS-2019. Please see the I-901 SEVIS Fee handout on our website for detailed instructions: <https://iss.unc.edu/files/2012/09/SEVIS-Fee-info.pdf>.

In the meantime, visit the website of the U.S. consulate or embassy nearest you and carefully study the information about J-1 visa application procedures. There you will find information on how to pay the visa fee and schedule an appointment. The lead time to the interview can range from a few days to several weeks. Please follow the instructions of the embassy or consulate carefully when preparing for your visa interview. **Important:** the embassy or consulate will require you to fill out additional paperwork, including form DS-160, which is the "Online Non-Immigrant Visa Application." Please refer to the website of the embassy or consulate where you will apply to obtain the most recent information. When you apply for your visa, be sure to take your passport, the enclosed DS-2019, original documentation of your funding, the letter of invitation from your sponsoring department at UNC, your resume or CV, and receipt of SEVIS fee payment with you. If your dependents will be accompanying you to the U.S., they will also need to attend a visa appointment and apply for J-2 visas. Your dependents

should bring their passports and individual DS-2019s with them to the consulate with proof of marriage and proof of parenthood for each child. If they will visit the consulate at a different time than you, we recommend they take copies your status documents as well. Your spouse will have to appear in person, and the same may be true of your children. J-2 dependents are included with your SEVIS fee and they do not need to pay this fee. When your passport is returned from the consulate, be sure to review the visa stamp to ensure all of the information is correct.

Two Special Notes:

- 1) If you are a citizen of Canada or Bermuda, you do not need a visa sticker in your passport to enter the U.S. in J-1 or J-2 status. Instead you will receive your DS-2019 and pay the SEVIS fee at least 3 days prior to entering the U.S. At the border, you will present your valid passport, DS-2019 and proof of SEVIS payment to the Custom and Border Protection Officer to apply for admission into the U.S.
- 2) The United States has an agreement with several countries that permits entrance to the U.S. for the purpose of business, tourism or transit for up to 90 days without obtaining a visa. This program is referred to as the Visa Waiver Program (VWP). **Do not enter on the basis of VWP** as it would render you ineligible to conduct the research/teaching activities planned for your visit at UNC Chapel Hill. Individuals who enter on the basis of VWP would need to leave the U.S. and re-enter after receiving the appropriate J-1 visa before beginning their activities on campus.

When you arrive in the United States you will present the original DS-2019 and your passport with J-1 visa sticker to a Department of Homeland Security (DHS) officer. You may be asked to provide additional documents, such as your funding information and letter of invitation from your sponsoring University department. Take all of these documents with you in your carry-on luggage as you will not be able to access your checked luggage before meeting with the DHS officer. After reviewing your documents, the officer will create your electronic I-94 record, which indicates your non-immigrant status, authorized duration of stay, and serves as evidence of lawful status in the U.S. The I-94 record is now an electronic record of entrance and you will not receive a paper I-94 card unless you enter the U.S. by land. Instead, you will retrieve your Form I-94 electronically by visiting Custom and Border Protection's website (CBP): <https://i94.cbp.dhs.gov/i94/#/home> upon arrival to the U.S. After reviewing your documents, the officer will place a U.S. admission stamp in your passport and return your passport and original documents to you. Before stepping away from the counter, please take a moment to review the stamp and information recorded in your passport. The stamp should read: J-1 D/S for you and J-2 D/S for accompanying dependents. If you notice a mistake, politely inform the officer. Checking your admission stamp before leaving the inspection area can prevent future problems and delays.

Please safeguard your DS-2019. It is one of your primary status documents and is needed to complete the check-in process with our office, when on-boarding with your sponsoring department, and is required for re-entry into the U.S. after any trips abroad during your J-1 program. You should keep all versions of your DS-2019 permanently for your immigration records. It is also advisable to photocopy the identification pages of your passport, visa stamp, admission stamp and DS-2019 form after arrival and keep these photocopies separately from the originals. Photocopies may be useful in applying for replacement documents should the originals be lost or stolen.

NOTE: If you are currently in the U.S. as a J-1 Exchange Visitor in a category other than “Professor”, “Research Scholar”, “Specialist”, or “Short-Term Scholar” (see item #4 on your DS-2019), or if you hold an immigration status other than J-1, such as F-1 or H-1B, please email ISSS at iss@unc.edu for additional instructions.

J-2 DEPENDENTS

Dependents of J-1 scholars include spouses and dependent, unmarried, children under the age of 21. Domestic partners are not eligible for J-2 status and must obtain another immigration status (such as B-2 or Visa Waiver Program) to enter the U.S. J-2 dependents are added to the J-1’s SEVIS record and issued their own DS-2019. Dependents use the DS-2019 to apply for a J-2 visa at an embassy or consulate abroad before entering the U.S., similar to the J-1 scholar. Dependents are permitted to stay in the U.S. in J-2 status for the duration of the J-1 scholar’s program provided the dependent and scholar are properly maintaining their immigration status. Maintaining status includes having insurance coverage that meets the Department of State’s requirements for the entire duration of the J-1 program. Per the Department of State’s requirements, J-2 dependents must maintain the proper insurance coverage from the time they enter the U.S. until the end of the J-1 program, including periods of time they are outside of the U.S. Please see the section on insurance requirements for further details. If your dependent family members will only visit you for a short and defined period of time (1-3 months), B-2 status or VWP may be more appropriate for their visit. You can find more information on who is eligible and how to apply for VWP and B-2 status on this webpage:

<https://travel.state.gov/content/visas/en/visit/visitor.html>. ISSS does not process documents for VWP or the B-2 status - your family members would apply at the U.S. consulate with your assistance. While there is not a health insurance requirement associated with VWP or the B-2 status, we strongly advise that all visitors coming to the U.S. have sufficient health insurance to cover their visit.

CHECKING IN WITH ISSS

You should plan to check-in with ISSS within three days of your arrival to the U.S. Federal Regulations require that we report your physical presence in the U.S. with the Department of Homeland Security (DHS) on or before the 30th day after the start date listed on your DS-2019. If your entry to the U.S. will be delayed by more than 15 days of the start date indicated on your DS-2019, please contact ISSS. Failure to report to ISSS in a timely manner will result in the termination of your SEVIS record and therefore your J-1 status. Our office is open for check-in Monday through Friday from 9:00 to 10:00 a.m. except when closed for federal and University holidays. In order to expedite your check-in with ISSS, please **arrive at our office no later than 9:45a.m.** Check-in requires your original immigration

documents and the documents of any family members who are accompanying you in J-2 status. Please bring: your current passport; J-1 visa sticker and admission stamp from your most recent entry to the U.S.; original Form DS-2019; Form I-94 (retrievable from CBP website *after* arrival to U.S.: <https://i94.cbp.dhs.gov/i94/#/home>); current and complete residential address in the U.S. (even if it is temporary); phone number in the U.S. where you can be contacted (even if temporary). Please also bring your proof of appropriate health insurance for you and your family (either printed GeoBlue insurance card or insurance card and completed insurance certification from your insurance company).

ORIENTATION

An international scholar advisor will schedule you for an incoming J-1 Scholar orientation session during the check-in process. These sessions cover essential information for your stay, including an overview of the rules and responsibilities of the J-1 Scholar status and useful information regarding the maintenance of your J-1 status. J-1 Scholar orientation is specific to our non-immigrants in the J-1 Scholar status and is not the same as other orientation sessions offered on campus (Postdoctoral Researcher orientations or UNC's new employee orientation). Scholar orientation lasts about one hour and is held at ISSS.

LOCAL ADDRESS REQUIREMENT

Department of State regulations require, all J-1 scholars to report a change in residential address to an international scholar advisor at ISSS within 10 days of a move. ISSS will in turn update your address in the SEVIS system. Please be prepared to provide us with your residential address (not an office or departmental address) when you first check-in at ISSS. If you move to a new address during your J-1 program or an amendment needs to be made to the address you originally submitted, you must notify ISSS by emailing your ISSS advisor or by stopping in ISSS during our walk-in hours. **As per Department of State's regulations, you must notify us of any updates to your physical residential address within 10 days of a change.**

HOUSING

As a J-1 Exchange Visitor, you will need to secure off-campus housing for your time in the U.S. Arrangements are generally made between the individual renting the space (the tenant) and the home owner or business office of the apartment complex (the landlord). The following websites may be helpful to compare prices and locations:

<https://www.apartments.com/chapel-hill-nc/>

<http://www.chapelhillrent.com/>

<http://www.apartmentfinder.com/North-Carolina/Chapel-Hill-Apartments>

<https://www.apartments.com/carrboro-nc/> - Carrboro is an adjoining community to Chapel Hill, it shares a bus line, Chapel Hill Transit, and a public-school system

Apartment rental generally does not include the cost of utilities. Be prepared to pay deposits for electrical, telephone, water service, etc. It is common for landlords to require the equivalent of one or two month's rent as a security deposit. The security deposit should be returned to the tenant at the end of the lease term if the rental unit was maintained in good condition and no damage was done to the space. Before making an oral or written agreement (lease) with the landlord, we recommend that you

go in person to the location to ensure the apartment's condition, size, location and safety features suit your needs. If you cannot go in person and do not have a trusted person in the area that can go on your behalf, try setting up a Skype tour of the rental with the landlord or property manager. This will give you the opportunity to view the space and ask any questions you may have. Take note of any damage to the property that occurred prior to your arrival in writing and with photos so you are not held responsible for damages you did not create. Read your lease carefully before signing so you know what you are agreeing to and understand your responsibilities and liabilities as a tenant. We recommend that you consider purchasing Renter's Insurance to help reimburse you for any loss or damage to personal items in case of theft or fire. Flood insurance may also be needed if your apartment is located on a flood plain.

SOCIAL SECURITY NUMBER

As a J-1 scholar, you are eligible to apply for a Social Security number (SSN), which serves as a tax identification number. All J-1 scholars who will receive payment from UNC must apply for a SSN to be entered into the payroll system. If you already have a SSN, continue to use it as the number is yours for life. It is essential that you complete the check-in process with ISSS and wait 10 days before visiting the Social Security Administration (SSA) office and applying for a SSN. This ensures that your SEVIS record is up to date and has synchronized with the SSA office. If you apply for a SSN too early, your application will be denied and you will need to re-apply after the systems have synchronized your information. Scholars who will not be paid by UNC are not required to apply for a SSN. However, you may find that having a SSN is helpful as this number is used as a de facto identification number in many circumstances. Please be aware that a SSN does not authorize work in the U.S. As a J-1 scholar you are only authorized to conduct the activities indicated on your DS-2019 and to receive payment from funding source(s) as indicated on your DS-2019. ISSS can provide instructions on how to apply for a SSN at check-in.

REQUIRED HEALTH INSURANCE

Federal regulations make health insurance a condition of the J-1 Exchange Visitor status in the U.S. and specify the types and levels of coverage. The requirement applies to all exchange visitors and J-2 dependents for the entire duration of the J-1 program. J-2 dependents that arrive after the primary J-1 scholar are required to have health insurance coverage that meets the Department of State's requirements from the time they enter the U.S. in J-2 status until the end of the J-1 scholar's program. This includes any time the J-2 dependent spends outside of the U.S. The chart below provides a complete overview of the insurance requirements. **If you fail to carry the required health insurance for yourself or your J-2 dependents, the University must terminate your participation in its Exchange Visitor program and report the termination in SEVIS.** Termination would end your lawful presence in the U.S. and therefore your affiliation with the University. There is no grace period when a scholar is terminated; you and your family members would be required to leave the U.S. immediately.

Minimum Insurance Requirements for J-1 Exchange Visitors

Minimum coverage shall provide:

- (1) Medical benefits of at least \$100,000 per accident or illness;
- (2) Repatriation of remains in the amount of \$25,000;
- (3) Expenses associated with the medical evacuation of the exchange visitor to his or her home country in the amount of \$50,000; and
- (4) A deductible not to exceed \$500 per accident or illness.

An insurance policy secured to fulfill the requirements of this section:

- (1) May require a waiting period for pre-existing conditions which is reasonable as determined by current industry standards (6 months or less)
- (2) May include provision for co-insurance under the terms of which the exchange visitor may be required to pay up to 25% of the covered benefits per accident or illness; and
- (3) Shall not unreasonably exclude coverage for perils inherent to the activities of the exchange program in which the exchange visitor participates.

Any policy, plan, or contract secured to fulfill the above requirements must, at a minimum, be:

- (1) Underwritten by an insurance corporation having an A. M. Best rating of "A-" or above, an Insurance Solvency International, Ltd. (ISI) rating of "A-i" or above, a Standard & Poor's Claims-paying Ability rating of "A-" or above, a Weiss Research, Inc rating of B+ or above, or such other rating as the Agency may from time to time specify; or
- (2) Backed by the full faith and credit of the government of the exchange visitor's home country; or
- (3) Part of a health benefits program offered on a group basis to employees or enrolled students by a designated sponsor; or
- (4) Offered through or underwritten by a federally qualified Health Maintenance Organization (HMO) or eligible Competitive Medical Plan (CMP) as determined by the Health Care Financing Administration of the U.S. Department of Health and Human Services.

In addition to these requirements, J-1 scholars and their J-2 dependents may be subject to the requirements set forth by the Affordable Care Act: <https://www.healthcare.gov/fees/plans-that-count-as-coverage/>.

Periodically, ISSS will ask to confirm your enrollment in health insurance coverage by requesting copies of your insurance documentation (insurance card, Insurance Certification, etc.), however, **compliance is your responsibility**. The monthly cost of health insurance ranges from an average of \$125.45 per month to \$668.20 per month depending on the policy's coverage, your age and the number of J-2 dependents you have – please budget accordingly!

UNC has contracted with GeoBlue to provide health insurance coverage that meets the Department of State's requirements outlined above. J-1 scholars and their family members may enroll in GeoBlue's medical insurance plan by visiting <https://www.geobluestudents.com> and entering UNC's group access code (**NZF-627**) in the "Students" section along the right sidebar. Follow the prompt to enroll yourself and any dependent family members in the plan under "new" enrollment. GeoBlue accepts payments using Visa, Mastercard, American Express, and Discover. We encourage scholars to purchase insurance before arriving to the U.S. when possible - you do not need to be in the U.S. to enroll in coverage. A brochure of the GeoBlue insurance plan can be viewed on this webpage: https://iss.unc.edu/files/2017/08/GeoBlue-Member-Guide-2019_20.pdf.

Postdoctoral Scholars at UNC may be eligible for the [Blue Options Postdoc health insurance plan](#) through Blue Cross Blue Shield. This plan also meets the requirements of the Department of State for J-1 Exchange Visitors, however, coverage under this plan does not begin until the second month of your appointment. Therefore, Postdoctoral Scholars will need to purchase additional insurance coverage for the first month in the U.S. For this we recommend purchasing one month of coverage through the GeoBlue plan described above. More information on Postdoctoral Scholar insurance options should be included with your appointment materials. Please contact your department for specific details.

Scholars that will be employees of UNC may be offered insurance coverage through the State Health Plan of North Carolina. Please note, none of the UNC employee health insurance plans meet the Department of State's requirements for J-1 scholars due to the high deductibles and lack of coverage for medical evacuation or repatriation of remains. You are welcome to enroll in these insurance benefits; however, you will be required to purchase an additional policy through GeoBlue or another qualified provider to comply with the J-1 health insurance requirement.

If you have purchased an insurance plan other than GeoBlue or the Blue Options Postdoc plan, you must have the insurance company complete and sign the [Insurance Certification](#) on their company letterhead and return it to ISSS as proof of compliance. Only policies that meet or exceed the Department of State's requirements will be accepted. An electronic version of the Insurance Certification is available on ISSS's website: <https://iss.unc.edu/files/2017/02/Insurance-Certification.pdf>.

SHORT TRIPS OUTSIDE THE U.S.

J-1 scholars are permitted to travel outside the U.S. during their J-1 program for brief periods of time. All J-1 Scholars and J-2 Dependents traveling internationally must have a valid travel signature on their DS-2019, along with a valid visa stamp, DS-2019 and passport to re-enter the U.S. Travel signatures are valid for 12 months and are only available at ISSS. If you, or your family members, need a travel signature please come to ISSS during our [walk-in hours](#) (M & F, 2-4pm | Tu. & Th., 10-12pm & 2-4pm) with your passport, visa, DS-2019 and proof of insurance for all of your family members at least 1 week prior to your departure. An advisor will review your information, provide you with a travel signature and answer any travel questions you have. Please note, ISSS must authorize any absence from the U.S. expected to last more than 30 days. Further information on traveling outside the U.S. during your J-1 program will be provided at Scholar Orientation.

TIME LIMITS

The total stay in the U.S. for J-1 Exchange Visitors in the “Professor” and “Research Scholar” categories is limited to five years. The total stay in the U.S. for J-1 Exchange Visitors in the “Short-Term Scholar” category is six months. Extensions beyond these maximums are not possible. Your J-1 category is indicated on your DS-2019 in box #4. If your activities on campus will continue beyond the end date listed on your DS-2019 and you are within the maximum time limits for your J-1 category, an extension of your status may be possible. More information on how to extend your J-1 status will be provided at Scholar Orientation. Please note, a status cannot be extended after an end date is reached; please begin extension discussions with your department and ISSS at least 60 days prior to your current status end date as noted on your DS-2019.

DEPARTURE

All scholars are required to submit a Departure Notice form to ISSS before their final departure from UNC. Tracking departures from campus is required by federal law and helps us maintain accurate records of our international students and scholars on campus. Departure Notices are for final departures and should not be completed prior to a vacation or brief trip away from campus. Please also be sure to notify ISSS if your J-2 dependents will depart the U.S. and end their programs in the U.S. as well. ISSS is required to report these departures and properly close J-2 dependent records in the SEVIS system. More information on departure reporting will be provided at Scholar Orientation.

GRACE PERIOD

Once the end date on your DS-2019 is reached, you must discontinue your program activities at UNC. However, J-1 scholars and their J-2 dependents are permitted to remain in the U.S. for up to 30 days beyond that end date to finalize their departure plans. This time is intended to provide scholars the opportunity to prepare for their departure, travel within the U.S. or apply for a change of status – you may not continue your activities on campus after your program end date. The grace period, and your J-1 status, ends after 30 days or when you exit the U.S. You will not be permitted to re-enter the U.S. in J-1 status during the grace period.

THE TWO-YEAR HOME RESIDENCY REQUIREMENT

Some J-1 scholars (and their J-2 dependents) will be subject to the two-year home residency requirement, also referred to as section 212(e) of the Immigration and Nationality Act. Scholars may become subject to section 212(e) for the following three reasons: 1) they receive direct government funding from their home country or the U.S. government 2) their last country of legal permanent residency lists the scholar’s subject/field code on the Exchange Visitor’s Skills List 3) the scholar participated in a graduate medical training program in the United States under the sponsorship of the Educational Commission for Foreign Medical Graduates. Subjectivity means the scholar (and their J-2 dependents) must spend two years in the last country of legal permanent residency following their J-1 program before they will be eligible to apply for H-1B, L, K or lawful permanent residence (green card) or a change of status within the U.S. If a scholar cannot return home to their last country of legal permanent residency to fulfill the requirement, they may be eligible to apply for a waiver. ISSS cannot assist in the waiver process, however, it is important that you meet with an ISSS advisor prior to

applying for the waiver to discuss important timing considerations. Once a waiver of the 212(e) requirement is recommended by the Department of State an extension of the J-1 status is no longer permissible and transferring the J-1 status to another institution may not be possible. To determine whether or not you are subject, please review the bottom left section of your DS-2019 as well as the bottom section of your J-1 visa sticker in your passport. More information on the Two-Year Home Residency Requirement can be found on the Department of State's website:

<https://travel.state.gov/content/travel/en/us-visas/study/exchange/waiver-of-the-exchange-visitor.html>.

TWENTY-FOUR MONTH REPEAT PARTICIPATION BAR

The U.S. Department of State instituted the twenty-four month (two year) repeat participation bar for scholars who are in the U.S. in the "Research Scholar" or "Professor" categories. This means that scholars who have completed their Research Scholar or Professor category programs are barred from participating in another Research Scholar or Professor category program until two years (twenty-four months) have passed since the end of their last Research Scholar or Professor program. This bar goes into effect once the J-1 program end date listed on your DS-2019 is reached and you leave the U.S. This regulation applies to the Research Scholar and Professor categories only and has no impact on eligibility for any other visa category or status. It does not apply to scholars in the J-1 Short-Term Scholar status, however, it does apply to the J-2 dependents of individuals in the Research Scholar or Professor category. This regulation is not indicated on the visa sticker or the DS-2019 and it is not possible to apply for a waiver of this requirement.

KNOW YOUR RIGHTS

The Department of State requires that we provide you with the following information regarding the health, safety and welfare of exchange visitor participants. Please read the "Know Your Rights" Pamphlet at:

<https://travel.state.gov/content/dam/visas/LegalRightsandProtections/Wilberforce/Wilberforce-ENG-100116.pdf> to learn about your rights and protections while working in the United States. The pamphlet is available in several languages.

QUESTIONS? CONTACT US!

International Student and Scholar Services

FedEx Global Education Center, Rm 2004

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View our online Staff Directory: <http://iss.unc.edu/staff/>

We welcome you to the University of North Carolina at Chapel Hill and we hope your stay here will be a pleasant and productive one. We look forward to meeting you when you check in at ISSS. Best wishes in your travel preparations and journey!