

Maintaining your J-1 Status

As a J-1 exchange visitor, you are admitted into the United States for the duration of your program as indicated on the DS-2019. **It is your responsibility to maintain your J-1 status.** As a J-1 Exchange Visitor, you are permitted to stay in the U.S. as long as you maintain that status. Keep in mind that there is an important difference between a J-1 visa and J-1 status.

A J-1 visa is a stamp placed in your passport by a United States embassy or consulate and is granted for entry purpose only. J-1 status is granted when you enter the United States and is regulated by the United States Department of Homeland Security (DHS). Even if your visa is valid, you can lose your legal J-1 Exchange Visitor status if you do not comply with immigration regulations.

Below is an overview of some of the rules and regulations you must follow in order to maintain your legal status:

- 1. Maintain valid immigration documents** (for yourself and your J-2 Dependents)
 - A passport that is valid for at least six months beyond the program end date on your DS-2019 form. (If you need to renew your passport, contact the appropriate embassy for instructions.)
 - Valid DS-2019 form
 - Valid [I-94](#) with “*Class of Admission*” indicating “J-1” or “J-2” and “*Admit Until Date*” indicating a valid date or “D/S”.
- 2. Report/Update Local Contact Information** (for yourself and your J-2 Dependents)
 - Upon arrival, you must report to our office to check in. Bring your passport, DS-2019, print out of your I-94, proof of health insurance for you and your dependents (if any).
 - Report your local address, local phone number and contact email to our office and update your contact information whenever there is a change to it.
 - For example, if you move, you must report your new address within 10 days.
- 3. Maintain Health Insurance as Required for J-1 Visa Holders**

U.S. immigration law states that failure to maintain a certain level of health insurance coverage will result in the termination of your J-1 status. Proof of health insurance required at the time of your check-in and if/when you request an extension of your J-1 program.
- 4. Report New/Additional Site(s) of Your J-1 Activity**

Our office is required to report your Site of Activity to the SEVIS system. If your academic activity is taking place at a location other than your host department, or at more than one location, you should notify us so that we can add the additional Sites of Activity.
- 5. Report Early Completion of Program**

Notify our office if you withdraw from your academic program more than two weeks before the program End Date on your DS-2019 form.
- 6. Observe the 30-Day Grace Period**

Once you reach the End Date on your DS-2019 form, your J-1 status has ended and your SEVIS record will automatically expire. However, you are allowed to remain in the U.S. for another 30 days to take care of personal affairs and possibly do some site seeing before departing from the U.S. Please be aware that that during this 30-day grace period”.

- You are no longer eligible to engage in any employment or academic activities.
- If you leave the U.S. (even to Mexico or Canada) for tourism, such as a boat cruise, you will not be able to re-enter the U.S. in the J-1 status.
- If you remain in the U.S. past the 30-day grace period, it is considered an “overstay”, which is a violation of your J-1 status.

I certify that I understand my legal responsibilities as a J-1 exchange visitor and agree to the above terms.

Exchange Visitor Signature

Printed Name

Date