Important Information for New J-1 Exchange Visitors

Welcome to the University of Michigan! Please read these instructions carefully. It is important that you complete each part in order to maintain a valid J-1 status. As a J-1 scholar you are required by United States immigration regulations to complete a Mandatory Check-In Process. At the University of Michigan, this process consists of three parts:

**Part One: Pre-Arrival Training for J-1 Exchange Visitors (completion time approximately 60 minutes)**

http://umichdsa.qualtrics.com/SE/?SID=SV_6FEvpCCOdhw30kB

Please complete this online training before you get your J-1 visa stamp and arrive in the United States. We suggest you have a pen and paper nearby in case you need to make any notes. This training will explain many things you must consider before you come to the United States, including:

- Paying the SEVIS fee
- Obtaining a J-1 Visa
- Health Care Insurance
- Arrival at U.S. Port of Entry
- Transportation to Ann Arbor from the Airport

**Part Two: Post-Arrival Training for J-1 Exchange Visitors (completion time approximately 45 minutes)**

http://umichdsa.qualtrics.com/SE/?SID=SV_6Pz0QDUhNEqIByR

As soon as you arrive in the U.S, please complete this online training. Here you will find important legal information and advice for your daily life in the U.S., including:

- Housing
- Banking
Driver’s License
Transportation
U.S. Laws and Ordinances
Maintaining J-1 Status
Employment
Social Security
Health Care Insurance

Part Three: Physical Presence Check-In

After you complete Part Two: Post Arrival Training for J-1 Exchange Visitors, wait one full day, then come to the International Center for your Physical Presence Check-In. Your J1 status is not officially active until you attend check-in at the International Center.

Check-in is Monday through Friday, between 1:00 and 4:00. It is not necessary to make an appointment.

What you must bring with you to Check-In:

The original and a photocopy (black and white) of the following immigration documents (make the copies after you have entered the U.S.) Each photocopy must be on a standard letter size paper (8 ½ X 11 inches).

- DS-2019 (Page One)
- Your passport page(s) containing your picture and passport expiration date
- U.S. Visa (except Canadian citizens)
- I-94 Card (small white card in your passport) front
- MCard
- If you have J-2 dependents (spouse and/or children) that traveled with you to the U.S., bring their DS-2019, I-94, and passports, along with copies of each document.

At Physical Presence Check-In you will meet with an International Center advisor who will check your documents and issue a travel signature on your DS-2019. In addition to the travel signature, you will also receive your temporary international health insurance document, UNIQname letter, and Social Security letter. And, you may also ask any questions you have at this time.
**Living in Ann Arbor**

We look forward to welcoming you when you arrive in Ann Arbor and the University of Michigan! We recommend that you arrive earlier than the day you start your program so you have time to get settled in your new community. We suggest a week, but you may arrive as early as 30 days prior to the start date on your DS-2019. Before you come to Michigan, we encourage you to prepare by reading the online information about Ann Arbor:

Housing and Life in Ann Arbor: [http://internationalcenter.umich.edu/healthins/](http://internationalcenter.umich.edu/healthins/)

Transportation to Ann Arbor: [http://www.umich.edu/~info/transportation.html#anchor_airport](http://www.umich.edu/~info/transportation.html#anchor_airport)

**Change of Plans**

If you will arrive late, after the start date of your DS-2019, or you decide not to come to the University of Michigan, please notify your inviting department as soon as possible.

**Questions or Concerns**

Please contact the International Center via email at icenter@umich.edu or telephone at (734)764-9310. Their business hours are 8 a.m. to 5 p.m., Eastern Standard Time, Monday through Friday.