

Maintaining J-1 Status

J Exchange Visitors: Research Scholar, Short-term Scholar and Visiting Professor Category

1. Report change of address, U.S. phone number & email

- Report change of address, U.S. phone number, and email address to your department and the Yeshiva University International Office (OISS) within 10 days of change.
- Report any changes to J-2 email addresses within 10 days of change to the OISS.

2. Maintain J program objective

- Your legal J-1 visa/immigration status is only valid as long as you are maintaining your appointment with Yeshiva University and are engaging in research and/or teaching Yeshiva University as noted on your Form DS-2019.

3. Do not accept any unauthorized employment

- J-1 Exchange Visitors are only allowed to receive payment as specifically noted on the Form DS-2019 unless given prior written authorization from the J Exchange Visitor program sponsor.

4. Keep documents valid and accurate

- **Extending Program:** Contact your department **4 months** prior to the end date on your Form DS-2019. Your department must submit a J extension request to the OISS. Please note that you must receive your extended Form DS-2019 prior to the end date of your current DS-2019 to ensure a continuation of your legal visa/immigration status and to avoid accruing unlawful presence.
- **Keep your passport valid:** Contact your home country embassy or consulate should your passport require renewal.

5. Get a travel endorsement and understand your travel documents

- **Before** any international travel, ensure you will have the [necessary travel documents](#) for your return and obtain a travel signature from OISS if needed. OISS generally recommends that the signature be current within **6 months** of your re-entry date.

6. Understand your grace period after completion

The Department of Homeland Security allows Exchange Visitors an additional period of **30 days** following the end date of his or her Form DS-2019 to prepare for departure:

- CANNOT extend J program during the 30-day grace period.
- CANNOT conduct research/teach/work or get paid during the 30-day grace period.

- CANNOT transfer during the 30-day grace period.

7. Report early departure

- J-1 scholars must inform both the host department and YU International Office if they will be ending their program more than **15 days** before the end date of the Form DS-2019.
- J-1 scholars must inform the OISS if accompanying J-2 dependents' **final** departure from the U.S. is prior to the scholars' departure date.

8. Maintain health insurance

- You, and your J-2 dependents, must maintain health insurance coverage that meets J-1 federal guidelines for the entire length of your program.