The purpose of the Exchange Visitor (EV) Program is to provide visitors to the USA with an opportunity to participate in educational and cultural programs and to share their experiences upon their return home, as well as to encourage Americans to participate in educational and cultural programs in their country.

**Did You Know...**

All Exchange Visitors have a **30 day grace period** following their program end date listed on their DS-2019. If your program ends early, or if you plan to depart sooner than expected, please let us know so we can edit the end date to accurately reflect your time in the US, and to identify the beginning of your grace period. Remember, your grace period is for travel and tourism, and not for research or study.

Your **I-94 arrival/departure record** is evidence that you have been admitted to the United States in “J-1 status”. The I-94 identifies the date and class (J-1) of your admission to the US, as well as the expiration date of your period of authorized stay. For EVs on a J-1 visa, the period of authorized stay is duration of status, also known as D/S, which is also stamped on your visa. You and your dependents will have a new I-94 with each new entry to the USA, so please keep all new I-94s for your records and provide a copy to the ISSS office, as this is the document that identifies that you have a legal status in the US. Please visit the [official I-94 website](#) for more information on the I-94 and how to access your most recent I-94 record.

**In the News...**

Please be aware of **SCAMS**. A scam is a fraudulent scheme or trick to deceive someone, and in most cases, for money. The ISSS office has recently learned of a new phone scam targeting foreign visitors in the United States. The scam involves a phone caller pretending to be from a US Embassy, and threatens students and scholars with deportation unless a specific amount of money is transferred into an international bank account.

This is only one of many scams that target international visitors, requesting money to fix an immigration status. Callers often claim to be from a U.S. government agency, such as the Department of Homeland Security, the IRS tax service, or the FBI. Scammers are also known to request personal information such as social security numbers, bank account numbers, or credit card numbers. The **University, a police department, or the U.S. government**
will never call you directly and demand cash over the phone. For more information about scams, please visit the ISSS website.

Things to Do on Campus, in Salt Lake City, and Around Utah...

This local website lists 101 things to do in Salt Lake City, including some of the best places to eat and foods they serve. What are some of the most popular foods in America? Read the list and try them all, and then tell us about your favorite American food!!

Hamburgers are often popular, but for those who live in Hawaii, SPAM is the overwhelming favorite! Did you know that there are over 100 ways to cook with SPAM!

If you love nature and want to experience the great outdoors, visit one of the 5 national parks in the state of Utah, known as the Mighty 5. The United States has a total of 61 national parks, but 5 of them are located in Utah, and all are within a ½ day drive of Salt Lake City. Be sure to take advantage of this opportunity before you leave so that you can tell your friends and family that you visited a place that looks like the planet Mars. Follow this video of the Mighty 5 for more information.

Please Always Remember to...

- Update ISSS of any change in your physical address, phone number, and e-mail address within 10 calendar days of the change.
- Request a travel signature on your DS-2019 if you plan to depart the USA and return to continue your exchange program. For researchers and professors, a travel survey will be provided for you to complete. The travel survey lists information helpful to know to successfully re-enter the USA.
- Always maintain health insurance that meets the requirements of the Exchange Visitor Program for the entire duration of your stay as indicated by the begin date and end date listed on your DS-2019.
- Visit the ISSS website for more information and resources related to your J-1 visa.

J-1 Exchange Visitor Program

International Student & Scholar Services
Office for Global Engagement
The University of Utah, Union Room 410
200 S. Central Campus Dr. | Salt Lake City, UT 84112
https://isss.utah.edu/ • 801.581.8876