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...

A form DS-2019 is a Certificate of Eligibility for a J-1 Exchange Visitor Program. It is called a certificate of eligibility is because it demonstrates that one is eligible for an academic or employment based program in the U.S. and is used to apply for a J-1 visa at a U.S. Embassy or Consulate abroad. Also, if you have dependents, they will have their own DS-2019 to apply for a J-2 visa and obtain J-2 dependent status.

If you need more time to complete your J-1 Exchange Visitor program objectives, you may be eligible for a DS-2019 extension. The length of extension is based on a recommendation of the host department and the maximum program length* allowed by your J-1 visa category.

You must initiate a request for an extension of your program, and the request must be done before the program end date as listed on your DS-2019.

Note: An extension of your DS-2019 is not an extension of your visa. Although a valid visa is not required to legally remain in the U.S., it is required to re-enter the U.S. after a departure.

<table>
<thead>
<tr>
<th>Category</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-Term Scholar</td>
<td>6 Months</td>
</tr>
<tr>
<td>Student Intern</td>
<td>1 Year</td>
</tr>
<tr>
<td>Specialist</td>
<td>1 Year</td>
</tr>
<tr>
<td>Research Scholar</td>
<td>5 Years</td>
</tr>
<tr>
<td>Professor</td>
<td>5 Years</td>
</tr>
</tbody>
</table>

*A Maximum Program Length

A form DS-2019 is one of three immigration documents, along with your I-94 and J-1 visa, that work together to allow you to enter and participate in an exchange program in the U.S. Please visit the ISSS Website for more information on the DS-2019, as well as other policies and procedures related to your exchange visitor program.
IN THE NEWS...

Launched on day one of the fall semester, the nighttime on-demand transportation service SafeRide has seen a promising start, receiving praise from students, administrators and the campus community. SafeRide is a campus transportation service that enhances safety during night hours. Students, faculty and staff who feel uncomfortable walking at night can request an on-demand ride to and from most locations on campus, Monday-Friday from 6 p.m.-12:30 a.m. Read more about SafeRide at @THEU.

The U’s Farmer’s Market is celebrating 12 years! You can find them every Thursday, from 10 a.m.-2 p.m located at Tanner Plaza between the Union and Student Services buildings. You can follow this link for more information about the 12-year history.
CAMPUS RESOURCES

We are here for you! Here is an important resource on campus to ensure that you are having a successful and healthy time as an Exchange Visitor at the University of Utah.

ISSS Counseling Services:

ISSS understands the extra stresses international students and scholars go through. To support your journey at the University of Utah, we have established a safe and confidential space for you to talk about cultural, emotional, academic and life challenges you are currently facing.

To schedule an appointment, you can contact our counseling intern, Laiyan Bawadeen, at laiyan.bawadeen@utah.edu or call the ISSS office at 801-581-8876 and ask to talk to Laiyan directly.

Laiyan Bawadeen is half Taiwanese and half Sri-Lankan. Before coming to Salt Lake City, she lived in Lebanon for 14 years, where she earned a Bachelor’s Degree in Psychology. She is currently pursuing her Master’s degree in Clinical and Mental Health Counseling at the University of Utah.
FUN FAMILY THINGS TO DO...

Utah is very well known for it’s Winter and great snow! Here are our top picks for this Season in Utah:

**On The Mountains**
- Winter Tubing at Soldier Hollow ([https://utaholympiclegacy.org/product/winter-tubing/](https://utaholympiclegacy.org/product/winter-tubing/))

**Off The Slopes**
- Ice Scaking at the Gallivan Center ([http://www.thegallivancenter.com/ice-skating](http://www.thegallivancenter.com/ice-skating))
- Ice Castle in Midway, UT ([https://icecastles.com/](https://icecastles.com/))

Please follow the link to [VisitUtah](https://www.visitutah.com) for more winter activity ideas!
PLEASE REMEMBER TO ALWAYS...

- Update ISSS of any change in your physical address, phone number, and 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. When you submit your DS-2019 for a travel signature, we will provide a travel survey for you to complete. The travel survey lists information helpful to know to successfully re-enter the USA.

- 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 information and resources related to your J-1 visa.