

April – June 2022

THRIVE AT THE



J-1 Exchange Visitor Quarterly Newsletter

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The purpose of the Exchange Visitor (EV) Program is to provide visitors to the U.S. 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...

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 "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.



DID YOU ALSO KNOW...

If you will end your J-1 program 15 days earlier than expected based on the program end date on your most current DS-2019, you must notify ISSS. You can do so by submitting a **Shorten Program Request** E-form through [UAtlas](#). For example, if the current program end date on your DS-2019 is 06/30/2022 and you decide to leave 06/01/2022, you will need to submit the E-form because you are leaving more than 15 days earlier than expected. If you leave on 06/20/2022, you will not need to submit the E-form.

Please Note:

- The end date on your DS-2019 will be amended to match the last day of your research/teaching program, and a new DS-2019 will be issued. It is important to keep a copy of all DS-2019s in order to have record of your J-1 program; therefore, it is important to pick up your final DS-2019.
- If you end your program early, you are still eligible for a **30-day grace period**. This period is not for study or research, but for travel and tourism throughout the U.S. If you depart the U.S. during or after the end of your 30-day grace period, you will not be able to re-enter the U.S. on your current J-1 visa.

IN THE NEWS...

Utah for Ukraine Supply Drive

The Office for Global Engagement recently released an [article](#) about the need for supplies for Ukraine:

“Since the beginning of the war in Ukraine, Dr. Bogdana Schmidt, a urologic oncologist at Huntsman Cancer Institute and University of Utah Health, has been seeking ways to give back and support her native country during this time of need. With the aid of the Office of Global Engagement, a supply drive is currently underway to provide much-needed humanitarian relief for Ukrainian refugees.

Members of the campus community are invited to drop off supplies at the following locations:

- Office for Global Engagement (Gardner, room 3105)
- Learning Abroad Office (Union, room 159)
- International Student & Scholar Services Office (Union, room 410)
- Biomedical Polymers Research Building (room 408C)
- Huntsman Cancer Institute—Cancer Learning Center Multipurpose Room (6th floor, N6230)
- Eccles Health Sciences Library

Schmidt is partnering with fellow Ukrainian and Urologic Oncologist Fellow at the Fox Chase Cancer Center, Dr. Laura Bukavina. Bukavina is currently volunteering at the Ukraine-Poland border and is communicating directly with Schmidt and a non-profit partner, the [Cleveland Maidan Association](#). The two doctors are now joining forces to collect supplies for the people of their homeland who are affected by the current conflict.”

With the current weather in Ukraine, there is an urgent need for coats and blankets. Please see the [full article](#) for more information and for a list of needed items.

FUN FAMILY THINGS TO DO DURING THE SPRING...



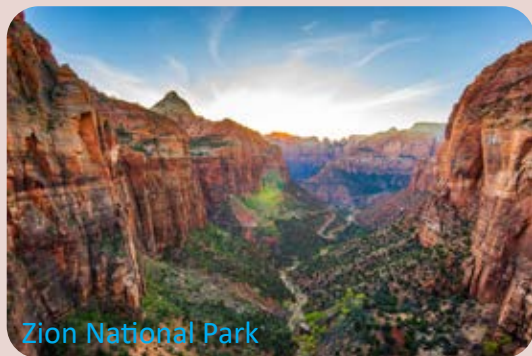
Canyonlands National Park

The Mighty 5[®]

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



Zion National Park



Bryce Canyon National Park



Capitol Reef National Park



Arches National Park

PLEASE REMEMBER TO ALWAYS...

- Update ISSS of any change in your physical address, phone number, and e-mail address within 10 calendar days of the change through [UAtlas](#).
- Request a travel signature on your DS-2019 if you plan to depart the U.S. 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 U.S.
- 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.



J-1 Exchange Visitor Program

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