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 J-1 visa is one of three documents required for travel (along with your passport and DS-2019). Although a J-1 visa must be valid to enter the U.S., a valid visa is not required to remain in the U.S.

Some of the most common questions related to a J-1 visa are the following:

Q. If my visa has expired, what do I do?
A. If you are currently in the U.S., an expired visa does not impact your legal status. Your I-94 identifies your legal status and your DS-2019 determines your length of stay.

Q. Can I renew my visa from within the U.S.?
A. No. A visa can only be issued at a U.S. embassy or consulate abroad.

Q. If I want to extend my stay in the U.S., do I need a new visa?
A. No. If you would like an extension of stay, please request an extension of your DS-2019. If approved, you will be issued a new DS-2019 with an extended program end date. For more information, please see our DS-2019 Extension Policy Guide.

Did you also know...

As a J-1 Exchange Visitor you may be eligible to enroll in classes. EV’s are eligible for what is called Incidental Study – study that is secondary to an EV’s primary objective. J-1 Scholars (Research Scholars, Professors, Short-Term Scholars, Student Interns, and Specialists) are here primarily to teach or perform research. Although they are in a status designed for a purpose other than study, if authorized, they can engage in study that is incidental (secondary) to their program objective. Incidental study must be part-time and non-degree seeking. For more information, please see our Incidental Study Policy Guide.
IN THE NEWS...

**Water Conservation On-Campus**

As Utahns brace for another hot summer, water conservation is top of mind across the state.

The [U.S. Drought Monitor](#) classifies 100% of the state as experiencing “severe” or “extreme” drought conditions—the most serious categories. So the Facilities team at the University of Utah is magnifying campus water conservation efforts to make campus more water wise.

Thanks to creative measures implemented back in 2018, the U has decreased outdoor water usage by 22% from 2019 through July 2021. About $1M of additional irrigation and grounds improvements are currently underway.

Utah lawmakers recently passed [H.B. 121](#), legislation requiring state agencies to decrease water use by 25% by 2026. To learn more about the bill and the U’s water conservation efforts, we sat down with John Walker, grounds supervisor and Chris Benson, sustainability and energy associate director in U Facilities to answer some questions.

**How much water does the University of Utah consume each year?**

**Benson:** The short answer is, campus covers more than 1,500 acres and we use a lot of water at the U. The University consumes less than 0.1% of total water usage in the state of Utah. But the areas where we use the most water may surprise you.

Most of the University’s water is used not by landscaping but by people. On an average weekday when school is in session, campus (including hospitals and clinics) can host more than 60,000 users each day. Those faculty, staff, students and visitors consume water when they use the restroom, shower, wash their hands, refill a drinking container and in a variety of other ways outside of landscaping.

Using data from the 2020 Census, we know that Salt Lake City’s population is now around 200,000 residents. So those 60,000 daily campus visitors are about 30% of the city’s population but consume about 10-15% of the city’s water each year.

Assuming the trends continue, at the close of this fiscal year the University will have measured its lowest water consumption in 10 years.

See the full article in @theU [here.](#)
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.
FUN FAMILY THINGS TO DO...

Although Salt Lake City is better known for its great snow during the winter, Utah is an amazing place to be during the Summer.

Here are our TOP PICKS when it comes to fully enjoying what Utah has to offer in the Summer/Fall seasons.

On Campus

Red Butte Garden is the largest botanical garden in the Intermountain West. It is located on 100 acres in the foothills on the eastern edge of the University of Utah campus. The Garden has welcomed guests since 1985 and consists of over 21 acres of developed gardens and five miles of hiking trails through an extensive natural area. Click here for more information.

In Salt Lake City

The Downtown Farmers Market was created in 1992. The market’s vendor mix represents more than 100 farms and ranches from within 250 miles of Salt Lake City. In addition to farm goods, handmade, locally-produce food, beverages and crafts can be found in the market. Make sure to check out this local gem! Click here for more information.

Around Utah

Park City, despite its reputation as a ski town, offers amazing year-round entertainment, relaxation, and adventure. There are plenty of things to do around town and there’s always something for everyone. A few of the different things you may find there are: the famous Silver Star Café; the Utah Olympic Park; and also a Sunday Market on Main Street. Click here for more information.
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

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