

January – March 2023

J-1 News for



J-1 Exchange Visitor Quarterly Newsletter

Table of Contents:

1. Did You Know
2. Campus Updates
3. Fun Family Things to do
4. Compliance Reminders



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...

If you will be out of the country for **more than 30 days** and you intend to return to continue your Exchange Visitor program, you must receive authorization for a **Temporary Out of Country Absence** or your SEVIS immigration record will become inactive and your J-1 program will complete.

To be eligible for a Temporary Absence, you must:

- Continue to pursue your original program goals and objectives. Your research or collaboration with the University of Utah must be ongoing and continue to be a benefit to the University.
- Maintain the required health insurance for yourself and your dependents even when abroad.
- Remain under the supervision of your supervisor or PI at the University of Utah.

For more information and for instructions on how to apply, please see our [Temporary Out of Country Absence Policy Guide](#).

DID YOU ALSO KNOW...

Your **passport** is both an official form of identification and a travel document, issued by your



government, and needed for many important activities, such as travel abroad, opening a bank account, and getting a driver's license.

U.S. Department of State regulations disclose that a passport must be valid at the time of admission (entry) to the U.S. and must also be valid for a minimum of six months **beyond** the expiration of your initial period of stay, unless your country is a member of the six-month club. If a member of the [six-month club](#), your passport must only be valid for your period of stay, not six months beyond this date.

If your passport expires, or is lost or stolen, please let ISSS know, as we are happy to answer any questions that you may have. Remember that an expired passport **does not** put you “out of status” with your visa, but is required to be valid at all times, and can prevent you from certain benefits, such as an extension of your stay. In most cases, this can be done through your country's U.S. Embassy or Consulate.

CAMPUS UPDATES...

Holiday Closure

The ISSS Office will be closed December 23rd to January 2, 2023 for the Christmas and New Year holiday.



Health Insurance Update



We are approaching the next bi-annual mandatory health insurance update. As a reminder, proof of health insurance must be updated at all times in order to maintain legal J-1 visa status. We will send an email in the next few weeks to those in the **Research Scholar** and **Professor** categories to update their health insurance information. This can be done through the Health Insurance Update Request E-form through [UAtlas](#).

Tax Season Approaching

As an international scholar, it is important you understand the tax implications of working and living in the U.S. on a non-immigrant visa. The ISSS Tax Team will be sending out informational emails regarding taxes soon; however, you can view more information now on our [tax webpage](#) or email the Tax Team at tax.international@ic.utah.edu.



FUN FAMILY THINGS TO DO DURING THE WINTER...



[The New Woodward in Park City, UT](#)



[Bobsledding at the Utah Olympic Park](#)



[Winter Tubing at Soldier Hollow](#)



[Ice Castle in Midway, UT](#)



[Snowmobiling in Utah](#)



[Hot Springs in Utah](#)

Please follow the link to [VisitUtah](#) for more winter activity ideas!

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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