

# J-1 Student Intern Pre-Arrival Guide





# Welcome to NC STATE

**We are looking forward to having YOU  
join the NC State community!**

NC State is a pre-eminent research enterprise that faces global challenges and overcomes them. We work with leading partners and use cutting-edge technologies to develop world-changing solutions. The staff and volunteers at the Office of International Services (OIS) are committed to NC State University's global mission and vision and we invite you to join with us as we help prepare world citizens and develop global leaders here in North Carolina.

Please read this guide carefully. It gives important information on the J-1 Exchange Program, your visa application process, your rights and responsibilities as a J-1 Scholar and practical resources to help you get settled at NC State.



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<http://internationalservices.ncsu.edu>

[ois@ncsu.edu](mailto:ois@ncsu.edu)

 [facebook.com/OISNCSU](https://www.facebook.com/OISNCSU)

 [@NCSU\\_OIS](https://twitter.com/NCSU_OIS)

 [youtube.com/user/OISatNCSU](https://www.youtube.com/user/OISatNCSU)

<b>PROGRAM OVERVIEW .....</b>	<b>p.3</b>
<b>J-1 STUDENT INTERN APPLICATION .....</b>	<b>p.3</b>
<b>PRE-ARRIVAL INFORMATION .....</b>	<b>p.4</b>
<b>ARRIVAL IN THE U.S. ....</b>	<b>p.6</b>
<b>LIVING IN RALEIGH .....</b>	<b>p.8</b>
<b>OIS PROGRAMS .....</b>	<b>p.9</b>
<b>CAMPUS RESOURCES.....</b>	<b>p.11</b>
<b>TERM OF RIGHTS AND RESPONSIBILITIES .....</b>	<b>p.12</b>

# J-1 Exchange Visitor Program Overview

The J-1 Exchange Visitor Program is a Federal program administered by the Department of State which implements the Mutual Educational and Cultural Exchange Act of 1961. This Act promotes mutual understanding between the peoples of the United States and other countries by means of educational and cultural exchange. The Exchange Visitor Program provides eligible foreign nationals with opportunities to participate in exchange programs in the United States and then return home to share their experiences.

The J-1 Exchange Visitor Program is organized into a number of different categories. The Office of International Services (OIS) at NC State has been designated to sponsor the following categories: student, student intern, professor, research scholar and short-term scholar. OIS advisors are trained officers who can help you understand applicable federal, state and university regulations and policies.

It is important to remember that the Exchange Visitor Program at NC State University is not an expedient means of employing foreign nationals (or- from the scholar's point of view - for working in the US), but is intended to further the educational, cultural, and research interests of the foreign student or scholar as much as the needs of the faculty sponsor, grant program, or University.



## AS A J-1 STUDENT INTERN YOU MUST UNDERSTAND ...

In accepting a J-1 visa and entering the U.S., you obligate yourself to comply with the terms and conditions pursuant to this status and as stated on page 2 of your DS-2019 form. **Please read your DS-2019 carefully.**

Attached to this guide, you will find the statement with your Rights & Responsibilities. Please read each statement, sign and date at the bottom of the form and bring this form with you to your Check-In appointment at the Office of International Services. (Your host department will schedule this Check-In appointment for you).

The J-1 Exchange Visitor Program is "category" specific. **You are entering the U.S. in the Student Intern category.** You are not eligible to change the purpose of your visit or your category once you have entered the U.S. The J-1 Student Intern category facilitates temporary, full-time internship opportunities for international students who are studying at one of our overseas partner universities or are invited to do an internship on campus with an NC State faculty supervisor. This category has a maximum time limit of 12 months of participation with no possibility of extension.

If the Student Intern is in the U.S. for more than 6 months, he or she automatically becomes subject to the 12-month bar on repeat participation. If the Student Intern is in the U.S. for more than 6 months, he or she automatically becomes subject to the 12-

month bar on repeat participation. This bar entails that the student is not eligible to come to the U.S. in the J-1 Research Scholar or Professor category for 12 months after completion of their program.

You may be subject to the 2 year home residency requirement. Whether or not you're subject is determined at the U.S. Consulate/Embassy.

Family members who accompany you in J-2 status are automatically subject to any rule you, the J-1 principal, are subject to. Family members can apply for J-2 status if they are your lawful spouse or children (under the age of 21).

You are required to maintain health insurance for the entire duration of your DS-2019. This also applies to your dependents in J-2 status). The health insurance you purchase must meet certain standards. Failure to maintain adequate health insurance for yourself and all dependents is considered to be a violation of the Exchange Visitor Program regulations, which will result in termination of your J-1 program. Please visit [this link](#) for detailed information.

English proficiency is required to participate in the J-1 Exchange Visitor Program. Your sponsor department will be required to evaluate and certify your English language proficiency.





# J-1 Student Intern Application

The J-1 Student Intern program facilitates temporary, full-time internship opportunities for international students who are enrolled at one of our overseas partner universities or are invited to do an internship on campus with a NC State faculty supervisor. The internship must be an integral part of their academic program at the home university. Student Interns do not take courses and do not receive university course credit from NC State, so there are no tuition charges. Students are responsible for finding their own internships or research opportunities.

## Internships can:

- last between 2-12 months;
- begin and end at any time;
- be paid (MUST be at least minimum wage \$7.25/hour) or unpaid;
- must be full-time (minimum of 32 hours per week).

## HOW TO APPLY TO THE J-1 STUDENT INTERN PROGRAM

You can find detailed steps for the application process at the [OIS website](#). In summary, these are the actions you must take:

**STEP 1.** The Student Intern applicant must read this pre-arrival guide.

**STEP 2.** Student Intern and NC State supervisor/host department fill out form DS-7002.

**STEP 3.** Prospective Student Intern fills out online application

**IMPORTANT:** The application must be submitted at least 60 days before the expected start date for the internship. The online application is available at [go.ncsu.edu/iac\\_apply](http://go.ncsu.edu/iac_apply). In this application, the prospective student intern will provide biographical information, academic history, information about the internship program, language proficiency and sponsorship funding. The applicant will be required to upload .pdf files of supporting documentation. The application system will not accept the application without the files. Before starting to fill out this application, make sure that you have .pdf files of the required documentation.

**STEP 4.** Student intern pays internship fee.

**STEP 5.** OIS issues DS-2019 and student intern applies for J-1 visa.

**At this time, NC State is accepting J-1 student interns for internship positions affiliated with NC State University, on NC State payroll only.**

## REQUIREMENTS FOR STUDENT INTERNS

- Must be currently enrolled in a degree seeking post-secondary academic institution outside the United States;
- Must be invited by a NC State faculty member;
- Must be in good academic standing at the home university;
- Must be recommended by a faculty advisor at the student's home university;
- Must return to the home university for at least one full semester of academic courses after the internship period;
- Must participate in a research/internship experience that's integral to the student's academic program;
- Must check-in with OIS at NC State as soon as they arrive on campus;
- Must submit an evaluation every 6 months up to the end of the internship.



## Pre-Arrival information

### MANDATORY HEALTH INSURANCE

The Department of State (DOS) requires all participants of the J-1 Exchange Visitor Program to have and maintain health insurance which covers the exchange visitor and all accompanying family members for the entire duration of their DS-2019—even if the dependents (J-2) are arriving in the U.S. at a later date of the principal (J-1). Please note that this requirement holds even if you or your family members are temporarily abroad. Proof of health insurance for J-1 and J-2s must be provided at the OIS Check-In appointment. The health insurance plan must cover all participants for accidents, sickness, medical evacuation and repatriation: the regulations currently require at least \$50,000 per accident or illness, US\$500 maximum deductible per illness, US\$10,000 provision for medical evacuation and US\$7,500 maximum repatriation coverage.

**The minimum coverage amounts are US\$100,000 per accident or illness; US\$50,000 provision for medical evacuation; and US\$25,000 maximum repatriation coverage, with a US\$500 maximum deductible.**

Visit this link to find a list of health insurance providers which offer the above coverage. Health insurance costs vary based on age, healthcare needs and number of persons covered. Below is an estimated cost of health insurance. Please note that these rates are based on one sample plan, are subject to change, and can be higher depending on age of the participant.

Participant only: US\$87.60 per month  
Participant and Spouse: US\$382.45 per month  
Participant, Spouse and children: US\$520.40 per month  
Participant and children (no spouse): US\$225.55 per month

### Applying for the J-1 Visa at the U.S. Consulate/Embassy:

**Step 1:** Check your documents; make sure you check the form DS-2019 carefully to ensure the information is correct. If you believe there is an error, please contact OIS directly (ois@ncsu.edu). Your passport needs to be valid at least 6 months into the future at all times (during the visa application process and your stay in the U.S.).

**Step 2:** Pay the SEVIS fee (\$180) with Form I-901. Make sure to print the confirmation of payment of this fee; you will need this for your visa application. For more information and how to pay, please visit: <https://www.fmjfee.com/i901fee/>

**Step 3:** Apply for the J-1 visa with the nearest U.S. Consulate/Embassy. Please refer to their website for detailed information on which documents to bring, and when to visit them for your visa interview. For a list of all Embassies, please visit: <http://www.usembassy.gov/>

**\*\*Family members (J-2 status) will have to apply for their own visa and pay applicable visa fees. They do not have to pay the SEVIS fee as your fee covers the entire family.**

**Step 4:** Review the health insurance requirements for you and dependents that are traveling to the U.S. All J-1 Scholars and dependents **MUST** have valid health insurance throughout the duration of their DS-2019.

**Please note that failure to maintain adequate health insurance for the principal and dependents throughout the duration of your DS-2019 is considered to be a violation of the Exchange Visitor Program regulations, which will result in termination from the program.**



## WHAT TO BRING

Do not bring too many items from home that can easily be bought in the U.S. Be sure to bring enough toiletries with you to last several days upon arrival. You do not know how soon you may be able to go to a store to buy the basic necessities. Raleigh has many ethnic grocery stores, a Farmers Market (where you can buy local, fresh vegetables/fruits) and large shopping centers. Many foods from your country can be bought in Raleigh too! A list of ethnic grocery stores can be [found here](#).

### Clothing

Check with your department regarding specific dress code. A good raincoat or umbrella is necessary. You will also need a coat for cold weather. Heavy winter clothing is not necessary unless you plan to travel to colder areas of the country. It very rarely snows in North Carolina.

### Electrical Items

The U.S. uses 110v electrical current. Many small electrical items like hair dryers and electric razors are inexpensive in the U.S. and you may wish to purchase those items when you arrive. If you bring a computer, or other electrical items, you may buy a simple plug adaptor in the U.S.

### Linens and Towels

Bed linens, pillows, blankets and towels can be purchased inexpensively in Raleigh. Past Scholars have suggested bringing one set of linens and towels for the first days you are here then purchasing more if you need.

### Medical Items

Make sure that any prescription medications you bring with you are labeled and are in their original containers. Make sure the name on the containers matches the name on your passport to avoid any problems when you are entering the U. S. Please bring a copy of any prescriptions you will need using the generic name of the medication in English.

### Money

Make sure your ATM card will work in the U.S. before you leave! The Cirrus, Plus, Mastercard and Visa systems are the most widely accepted. We recommend you have access to enough funds to cover immediate expenses. We recommend you have at least \$1,000 in hard currency, travellers checks or pre-paid cards in case you need quick access to cash when you first arrive. You can change your money at a local bank. There may be a conversion fee, but it will probably be less than the fee at the airport.

## HOUSING

There are a number of short-term and long-term housing options for you around the NC State campus. Please find below a list of resources and helpful websites to aide you in your search as well as tips on what to be mindful of when renting in the U.S.

### On-campus housing options

University Housing at NC State invites you to be our guest and stay in one of our accommodations located either at the Avent Ferry Complex or E.S. King Village. This is a comfortable, convenient and economical alternative for guests affiliated with the University who want to stay close to campus.

E.S. King Village apartments range from \$690 (Studio) to \$725 (1 bedroom) per month. See more [information here](#). Avent Ferry Complex guest rooms are \$32.50 per night. See more [information here](#).

### Off-campus housing options

Raleigh is a rapidly developing city and securing affordable off campus housing may be a challenge due to the current demand and expense of rental units. It is important to try and secure accommodations as early as possible. Please find a list of resources to aide you in your search [in our website](#).





# Arrival in the U.S.

**IMPORTANT:** You should enter the U.S. no more than 30 days prior to the start date on your DS-2019 form. If you are unable to enter the U.S. within 7 days after the start date on your DS-2019, you should notify your department at NC State of your expected arrival date.

## At the Airport

You will be asked to show your documents in the first city you arrive in in the U.S. to be given permission to enter the country. Please carry with you (in your carry-on bag, NOT in your checked baggage):

- Passport with J-1 visa stamp
- Original DS-2019 form
- the supporting documentation that you showed to the United States Embassy to obtain the visa.

Customs and Border Protection (CBP) will issue you an electronic I-94 record when you enter the U.S. After you arrive you will need to print your I-94 yourself by visiting the [CBP I-94 Retrieval web page](#). Make sure this form shows your admission class as "J-1" and admit until date as "D/S". Your dependents should show J-2 as the class of admission. Please print your new I-94 prior to attending the OIS Check-In. We will need a copy of your I-94 to complete your check-in process. Also, if you have employment on campus such as a TA or RA your department will need the I-94 to complete your hiring paperwork. Please print multiple copies of the I-94 for these purposes.

## Travel to Raleigh

Raleigh is located in the state of North Carolina (NC) about 280 miles from Washington D.C., 400 miles from Atlanta, Georgia; 500 miles from New York City; and 800 miles from Chicago, Illinois. Amtrak train and Greyhound bus services are available to Raleigh from various ports of entry into the US. The nearest airport is Raleigh-Durham (RDU) International Airport ([www.rdu.com](#)). It is about 15 miles away from the University.

The nearest Amtrak train ([www.amtrak.com](#)) and Greyhound bus ([www.greyhound.com](#)) stations are in downtown Raleigh (about 5 minutes by taxi from the university). Please note that basic safety precautions need to be taken when at the Raleigh train and bus stations. Pay attention to your baggage, money and personal belongings.

## Average Temperatures in Celsius

	High	Low
August	31	18
September	27	16
October	22	8
November	16	3
December	11	3
January	10	-1
February	11	-1
March	16	3
April	22	8
May	26	13
June	29	17
July	31	18



## Travel to NC State University

Besides taxis, there are shuttle services available from the airport to the university. Please inquire at the airport Information Center (near the baggage claim area) for assistance. A taxi ride to NC State from the airport is around \$30-35. More information [available here](#).

### Taxi Companies\*

RDU Airport Taxi Service	(919) 840-7277
Accurate Taxi Service	(919) 781-1188
Service American Cab co.	(919) 850-9195
Cardinal Cab	(919) 828-3228
Carolina Livery	(919) 957-1111
Citizen Airport Taxi	(919) 771-6282
Executive Express Taxi	(919) 233-6798
G & J Transportation	(919) 235-0997
R & G Airport Shuttle	(919) 840-0262
Safely Taxi Co.	(919) 807-1700
Thomas Transportation	(919) 244-4746
Tri City Taxi	(919) 821-0095
Triangle Yellow Cab Co.	(919) 832-5811
Yellow Cab	(919) 875-1821

\* Each of these entities are private companies and are not associated with North Carolina State University; the contact is provided here only as information about travel possibilities, and any arrangements you choose to make are strictly between you and the entity. North Carolina State University does not endorse or recommend any of these entities.

### Directions to OIS

Ask the Taxi to bring you to “NC State University” in Raleigh (not University of North Carolina – that’s a different university in Chapel Hill!). OIS is located in 320 Daniels Hall, 111 Lampe Drive. Daniels Hall is off of Hillsborough St (north-east campus between the Library and the Bell tower). OIS is open 8:00am -5:00pm, Monday-Friday only.

**Getting Around:** If you plan to use public transportation during your stay, visit this link to acquire a GO-Pass card for a small fee. The GO-Pass is a bus pass which will allow you to ride the local bus lines for free. NC State also has the Wolfline which is a bus line with stops in the areas surrounding the campus. The Wolfline is free to ride. If you are going to be here for more than 3 months and wish to drive a car, we recommend that you get a North Carolina driver’s license. You can apply anytime during your stay here, however, no sooner than 5 days after your OIS Check-in. Visit [this link](#) to get more information about getting a driver’s license in North Carolina (NC).

## TO-DO LIST AT NC STATE

**Meet with Department:** Meet with your supervisor in your host department to become familiar with your work place and complete any necessary paperwork with the personnel representative of the department. You will receive your Campus ID number from the personnel representative.

**OIS Check-in:** Your department at NC State will schedule your check-in appointment with OIS. Check-in is mandatory. Bring the following documents/information to your appointment: passport, visa, DS-2019, I-94, proof of health insurance for principal and dependents and U.S. address.

**Spouse Check-in:** If your spouse has or will accompany you to the U.S., make sure to sign him/her up for the Spouse Check-in provided by OIS. Email [ois@ncsu.edu](mailto:ois@ncsu.edu) to schedule a check-in appointment. This is a great opportunity for them to become familiar with the NC State Campus community and learn about available resources and programs.

**Campus ID Card:** Obtain a Campus ID card at the West Dunn Building open from Monday through Friday, from 8am to 5pm. You will need to get your Campus ID number from your department to retrieve your Campus ID card.

**SSN Application:** If you are going to receive payment from NC State, you need to apply for a Social Security Number (SSN). You should apply for the SSN at your earliest convenience, however, no sooner than 10 days after your arrival and 5 days after your OIS check-in. Visit [this link](#) for more information.

**Get Involved:** Familiarize yourself with the cross-cultural programs at NC State University. Get more information [here](#).

**Taxes:** If you receive payment from NC State, you must meet with the International Employment and Taxation Office to set up your tax withholdings. Their office is located in the Administrative Services II building. Please email [foreignnationaltax@ncsu.edu](mailto:foreignnationaltax@ncsu.edu) to schedule an appointment.

**Open a U.S. Bank Account:** We recommend that you open a bank account with one of the banks located close to campus. Bring all your immigration documents with you. Visit [this link](#) for more information and locations.

**Language Resources:** Visit [this link](#) to get more information about language resources on campus if you would like to practice your English skills during your stay.

**Be Safe:** Take note of the NC State safety procedures and the services available for you through Campus Police. More information [here](#).





# Living in Raleigh

In Raleigh, there is something for everyone. There are world class museums, open-air amphitheaters, historic sites, professional theater companies, award-winning restaurants, professional sports and vibrant festivals.

Use websites, newspapers and talk to other faculty and staff to learn about what's going on. Here are some helpful sites:

Raleigh's newspaper -- [newsobserver.com](http://newsobserver.com)

Online magazine -- [newraleigh.com](http://newraleigh.com)

Weekly guide to local art, music, and events -- [indyweek.com](http://indyweek.com)

Search engine for local restaurants and events --

[triangle.citysearch.com](http://triangle.citysearch.com)

Tourist website -- [visitraleigh.com](http://visitraleigh.com)

Downtown Raleigh guide --

<http://downtownraleigh.liveworkplay.com/>

[List of Ethnic restaurants](#)

If you want personal recommendations, ask someone at OIS -- we would love to tell you where we like to eat!

## Dining on Campus

On campus there are various fast food restaurants at the Talley Student Center or Atrium (Library). If you are interested in healthier food options (fresh fruits, vegetables, etc.), you can choose to eat at the Dining Halls on campus.

## U.S. Telephone calls

Local phone calls from a public pay phone cost \$0.50 cents and accept U.S. coins (quarters \$0.25, dimes \$0.10, and nickels \$0.05) and calling cards. It might be wise for you to get U.S. coins or buy a phone card as soon as possible in case you need to make a phone call from an airport in the U.S. You can purchase a domestic calling card at grocery stores, drug stores, etc. Shop around for good rates! There is usually a basic fee for telephone and different long distance calling plans. If there is an emergency and you need to quickly reach someone outside of the country, you can contact the international operator at #00. This service may be a bit expensive but convenient in the case of an emergency. For emergencies in the U.S. (i.e. car accident, deep cuts, etc.) the emergency assistance number is 911.

## Cell phones

There are many cell phone companies so do some research to determine which plans are most advantageous for your calling destination. Some companies include: Verizon, AT&T, Sprint and T-Mobile. Most companies want you to sign a 1-2 year contract (especially if you want a free/cheap phone) and want you to have a Social Security number. If you don't want to sign a contract or don't have a Social Security number, you can buy "pre-paid" phone plans and pay for the phone.

## Shopping

There are grocery stores within walking distance of campus, and many a short bus ride away. A list of ethnic grocery stores can be found on [OIS' website here](#). There is also a shopping mall that is easily accessible by bus ([crabtree-valley-mall.com](http://crabtree-valley-mall.com)).

## Raleigh Transportation

There is a university bus line called the "Wolfline" that is free. The Capital Area Transit bus is the city bus line and scholars can ride for free after obtaining a GoPass from the University Transportation office ([www.raleighnc.gov/transit](http://www.raleighnc.gov/transit) or [www.raleighrides.org](http://www.raleighrides.org)) There are several CAT routes from the NC State campus to most parts of Raleigh. There is also a TTA bus route that goes from the campus area to some of the international grocery stores. Without a car, this will probably be your primary mode of transportation. If you want to view the bus route, you can go online or you can pick up a Wolfline map in OIS, Talley Student Center or the Transportation Office. You can even track the bus route online so that you do not miss your bus! If you plan to drive in the U.S., you can bring your home country's driver's license. It is recommended that you apply for a NC Driver's license, but you can also drive in North Carolina with a license from your home country for 60 days from your arrival date. North Carolina does NOT recognize the "International Driver's License."





## OIS Programs

The **Office of International Services** has several programs to help international scholars meet **Americans** and vice versa. If you are interested in learning more about **American culture** or teaching others about your own culture, you may want to **join** these programs. You can **find** more information, including applications on the [OIS website](#).



**Breaking Bread** gives international scholars the chance to have a meal with an American family at their home. This is a fun way to learn more about America and have a nice home-cooked meal! If you are interested you must turn in an application to OIS.



**Cultural Crossroads** is a weekly meet up for a new discussion about cultural diversity and tips on how to navigate university life. No registration required. Offered every Wednesday, from 5 to 6pm. Follow the entire series or attend the discussions that interest you the most! Check out the [OIS website for the schedule](#).



**English Conversation Club** is a fun place to practice your English with Americans. It is a great place to learn idioms and slangs. To see this semester's meeting times, see the [OIS website](#).





**iM.O.M** - International Moms or Mates (iM.O.M.) is a group for spouses of international students and scholars at NC State University. Students and scholars are encouraged to schedule a separate check-in appointment for their spouses. Please call 919-515-2961 to schedule a spouse check-in. All spouses are advised to bring their travel documents with them to the check-in (I-20/DS-2019, passport, and I-94 card printout). More information is provided during check-in.

**ISSERV** connects international students with service projects at NCSU and in the Raleigh community. It is a great way to meet new people with interests similar to yours! You can volunteer individually or with a group. Application required.

**Culture Corps** lets you share your country and culture with others at NC State and in the surrounding community. Culture Corps members often give presentations in school classrooms or for community organizations. It's a great way to practice your English and your presentation skills. Application required.







# Campus Resources

## Special Accommodations

If you have any special needs for accommodation in terms of physical access, or you have a learning disability, or other circumstance or issue that requires our special attention, please let us know. For further information please contact an OIS staff member or the Disability Services Office at NC State. Speech-to-Speech (STS): This service, provides communication assistants (CAs) for people with difficulty being understood by the public on the telephone. The Speech-to-Speech access number for North Carolina is 1-877-735-8261.

**Text Access:** Text access translates auditory information into text to be read on a computer or other display device. Visit this website to learn more about Text Access at NC State.

**Assistive Listening Devices:** For persons with hearing aids or who have difficulty hearing, the Disability Services Office can provide assistance for your use during class. Visit [this website](#) to learn more about ALD use on campus.

**Accessible Classrooms & Buildings on campus:** NC State upholds strict regulations regarding building and classroom accessibility.

## Campus Safety

The NC State Department of Public Safety, located off Old Stadium Drive, is responsible for maintaining a safe and pleasant environment in which to live and learn. Concerned with the protection of life and property, the university police officers enforce both the laws of the State of North Carolina and regulations of the university. Emergency blue light telephones have been placed about campus for your safety. These phones are distinctly marked with a red phone box attached to a white pole with a blue-lighted bulb on top. When activated, you will be in immediate voice contact with a Public Safety Officer. The officer will also receive a digital readout pinpointing your exact location.

*Emergency number:* 919.515.3000 (on campus) or 911 (other areas)

**Safety Escort Service:** This service is provided by the Campus Police department to all members of the University at any time, day or night, by calling 919.515.3000. If you feel unsafe, call the number and a police officer will meet you at your location and escort you to any location on campus.

## Computer Access

Your NC State email (Unity) account and password are established as soon as your host department completes your hiring process as an Exchange Visitor at NC State. Check with your department to determine when you will receive your Unity ID and password. You can access email from overseas if you know your Unity ID and password. Contact the Office of Information Technology (919-515-3013), [oit.ncsu.edu](http://oit.ncsu.edu) to identify your password or if you have any problems accessing your email.

## Library Services

NC State's main libraries are D.H. Hill Library (North Campus) and Hunt Library (Centennial Campus). There are several other specialized libraries located on campus. You can access their websites from the main Library webpage. You will automatically have access with your campus ID card: you can check out books and use their computer labs and other services. The library website offers many tools in order to further your success at NC State. Tools like the Academic Search Premier, Technology Lending, Research Guides and Citation builders will enhance scholarly writing and are available through the [library website](#).

## Campus Recreation

NC State has a very elaborate Recreation Center: the Center is located in the Carmichael Complex and includes a fully equipped gymnasium, swimming pools, outdoor sporting facilities, and a variety of classes (yoga, indoor and outdoor club sports, fitness, etc.). They also offer affordable rentals of camping and other outdoor activity equipment. You can request full access to the Recreation Center with your campus ID card. There will be a monthly charge for its use, you can find rates and additional information [on their website](#).



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### TERMS OF AGREEMENT OF RIGHTS AND RESPONSIBILITIES

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Please read and sign this page in acknowledgement of your rights and responsibilities as a J-1 Scholar.

**1. Purpose of Visit:** J-1 Exchange Visitors are here to pursue a specific objective, research goal, learning experience, etc. You are not allowed to engage in activities which alter your principal program objectives.

**2. Health Insurance:** All J-1 Exchange Visitors must maintain adequate health insurance for themselves and J-2 dependents for the length of the DS-2019. For information on the minimum requirements the insurance must meet, please refer to page 2 of your DS-2019.

**3. Employment:** As a J-1 Exchange Visitor, you may only work or conduct research in the field listed under item 4 on your Form DS-2019. You cannot undertake any form of work, paid or unpaid, without prior consultation and written approval from OIS. You should not resign from your position at NC State or accept a change in position appointment without first contacting OIS. More information here.

**4. Change of Address:** All J-1 Exchange Visitors are required to inform OIS within 10 days of any change of address. Please complete the Change of Address Form online and submit it to OIS.

**5. Changes to your J-1 program:** Any proposed changes in program dates, funding, site of activity, supervisor, program activities, etc. must be authorized by OIS in advance. Contact OIS if you anticipate changes need to be made to your program.

**6. Travel:** To travel outside of the U.S. during your Exchange program, you will need to obtain a travel endorsement on your DS-2019 before you leave. You should not leave the U.S. for more than 30 days without prior approval from your NC State supervisor and OIS. When traveling abroad for more than 30 days, you should take your J-2 dependents with you.

**7. Departure:** When you leave the U.S. permanently, please submit the Departure Form before your departure, so OIS can update your immigration record accordingly.

**8. 12 month bar on repeat participation:** If you have been in the U.S. in a J-1 Exchange program for more than 6 months, you are subject to a 12 month bar on returning to the U.S. as a J-1 Research Scholar or Professor category. People in the Short Term Scholar category are exempt from this bar.

**9. 24 month bar on repeat participation:** If you are in the U.S. in the J-1 Research Scholar or Professor category, you are subject to a 24 month bar instead of the above 12 month bar. This bar prohibits you from returning to the U.S. for a 2nd program as a J-1 Research Scholar or Professor for 24 months after your initial program ends.

**10. Two Year Home Residency Requirement (212(e)):** You may be subject to the 2 year home residency requirement based on government funding or the skills list. If you are subject, it means you are not eligible to apply for H, L, or permanent residence visas/statuses or a change of status within the US, until you either fulfill the requirement (by spending an aggregate of two years in your home country) or obtain a waiver of the requirement. Do not apply for a waiver without first consulting OIS.

**11. English language:** English language proficiency is required to participate in the J-1 Exchange Visitor Program. Your Sponsor Department at NC State is responsible for attesting your language skills and ensure that you can understand and communicate effectively with your colleagues at NC State University.

**12. Cross Cultural Activities:** As part of your Exchange program, it is expected that you actively participate in cross-cultural activities at NC State University. Opportunities are available to you through programs sponsored by OIS and do not require a large time commitment on your part.

I have read and understand the above requirements of the J-1 Exchange Visitor Program. By signing below, I indicate my agreement and understanding of all of the above.

Signature

Date