

PREPARING FOR DEPARTURE

I. Acquiring a J-1 Visa

After the events of September 11, applicants for exchange visitor visas will probably face greater scrutiny and visas may take longer to process. Therefore, you should apply for your J-1 visa as soon as possible after you receive your IAP-66 form. Also, men between the ages of 16 to 45 will be given an additional form to complete when they apply for their visa.

As a recipient of a CAPES Fellowship, you must apply for the J-1 Exchange Visitor Visa under the sponsorship of the Institute of International Education (IIE) at a U.S. embassy or consulate. Make an appointment as soon as possible. In order to receive your J-1 exchange visitor visa, you will need the following forms and documents:

- ◆ Valid passport
- ◆ IAP-66 form provided by IIE
- ◆ Proof of your CAPES Fellowship, providing evidence of your financial support
- ◆ US university admission letter
- ◆ Completed J-1 Visa application (DS-156 form)
 - ◆ you can receive further information about the Exchange Visitor visa at <http://travel.state.gov/visa/exchange.html>
 - ◆ you can view, print, and even download an application at http://travel.state.gov/visa_services.html#apps. Click on the “DS-156 Nonimmigrant Visa Application” link. (*You will need Adobe Acrobat to open and print this application form.*)
- ◆ extra passport-size photographs
- ◆ US \$65 application fee

The U.S. embassy or consulate may require additional documentation, e.g. academic transcripts, medical forms, etc. Call the embassy or consulate before you make an appointment and ask what documents are required.

(Note carefully, you can arrive in the U.S. up to 30 days prior to the start date of your program. You should not come into the U.S. on a tourist (B) visa with the intent to change to the J-1 visa after your arrival. You will not be able to enroll in classes until you have J-1 visa sponsorship.)

II. J-1 Information

Under U.S. law, exchange visitors who receive home country funding are required upon completion of their authorized activities to reside in their home country for two (2) years before they may apply for non-immigrant visas (H and L) as temporary workers, for permanent residence, or as immigrants to the U.S.

III. Medical Insurance

J-1 exchange visitors and J-2 dependents must have health insurance coverage that meets minimum U.S. immigration standards. You must arrange for health insurance either prior to or immediately upon arriving in the U.S. Your U.S. university will be able to provide you with information on obtaining adequate health insurance coverage. An insurance policy for you and your dependents should provide the following:

- ◆ medical coverage of at least \$50,000 per person
- ◆ repatriation of remains in the amount of \$7,500
- ◆ medical evacuation benefits of at least \$10,000
- ◆ deductible of \$500 or less per accident or illness

IV. Documents To Carry With You To The U.S.

Important documents to carry with you to the U.S.

- ◆ Valid passport
- ◆ IAP-66 form
- ◆ Letters of admission and other information provided by your U.S. university



- ◆ Copies of diplomas, official transcripts (in envelopes sealed by your university), and other official academic documents from previous post-secondary institutions attended. Documents should be in Portuguese and in English translation.
- ◆ Medical records, including immunization history from your doctor, dental records, prescriptions, eye glass prescriptions, etc. for you and any dependents accompanying you.
 - ◆ Most U.S. universities will require that you show documentation of adequate measles, mumps and rubella immunity. Many will also require that you show proof of tuberculosis (TB) screening or will ask you to participate in TB screening on the U.S. campus.
- ◆ Marriage certificate and birth certificates for children
- ◆ International student ID, ITIC, or ISIC card--can be used for discounts to museums, trains, buses and other touring related activities
- ◆ International drivers license (*if you have one*)
- ◆ Banking information (*account number and routing numbers*)
- ◆ US currency, traveler's checks, credit cards, etc.
- ◆ Any home country insurance information
- ◆ Important phone numbers and other points of contact for people at home and in the U.S.
- ◆ Extra passport-sized photos
- ◆ Computer diskettes of important document files or scanned images of the above for use as back up copies.

Note:

- 1) *Always pack important and original documents and items in your carry on bag--not in your regular suitcase, as luggage can be lost or routed incorrectly on airlines. Also, you will need to show your passport and IAP-66 form to U.S. immigration when you arrive in the US. You may also need to show you US university letter of admission and financial documentation. So keep these documents with you!*
- 2) *You should also make copies of your passport, IAP-66 form, medical records and other important document and leave the copies with a family member or trusted friend in your home country. Should you lose any of these important papers, you still will have access to the copies.*

V. What To Pack

Climates vary greatly in the U.S. While some cities have cold winters and hot summers (e.g. Chicago and New York) other cities have consistent weather throughout the seasons (e.g. San Diego). Check with your U.S. university or weather services on the Web for further information.

As a general rule, PACK LIGHT! Even if you are in the US for a year or longer, you'll be better off packing light and then purchasing things you need. Space will be limited in planes and in dorm rooms. You may find that many of the items you need can be bought in the US for less money than in your home country. Also, contact your airlines to confirm the baggage limits on your flight. YOU will pay for excess baggage weight and will not be reimbursed by the program.

VI. Arriving in U.S. (at your port-of-entry)

The J-1 visa issued by the embassy or consulate in your country does not guarantee entry to the U.S. The Immigration and Naturalization Services (INS) has authority to deny admission at the port-of-entry, therefore, please be careful to have all your documents in order upon arrival. While you are on the plane, the flight attendant will provide you with a white form called the I-94 Arrival/Departure Record. You will need to fill out all pertinent information regarding your arrival in the U.S. at the port-of-entry. An INS inspector will review the I-94 and your travel documents and stamp your passport and Form IAP-66 to indicate the entry date, location, nonimmigrant classification and length of your authorized stay. The inspector will return to you the pink copy of the IAP-66 form. The I-94 Departure Record will be attached to your passport. ***Please note carefully, it is very important the INS official annotate your I-94 to reflect "J-1" and "D/S" (duration of status).***

Keep your documents in a safe place! These documents provide verification of your legal nonimmigrant student status while in the U.S.

VI. Arriving At Your U.S. University Report to the International Student Office

You should report to the International Student Office as soon as possible after your arrival. Most offices are open from Monday through Friday during regular working hours, 9 a.m. to 5 p.m. Check the information that your university provided regarding what to do once you arrive. When you get to the International Student Office, let the advisors know that you are a CAPES Fellow on IIE sponsorship. We will have forwarded a WELCOME PACKET to you in care of the International Student Office. Make sure that you pick up your WELCOME PACKET as it will contain important information and forms that you must return to IIE.

Housing

It is important to arrange for housing now. If you have not already received information on housing from your U.S. university, you should write immediately to the International Student Advisor. In your letter you should request information about the various types of housing available (e.g. dormitory rooms, university-owned apartments, off-campus rooms and apartment rentals, etc.). If you have received information, make sure that you complete and return all required housing forms as soon as possible.

Report your address to IIE

Within 10 days of your arrival you must send to IIE your local U.S. address and other contact information. Federal J visa regulations require that as your sponsor IIE needs to receive within 10 days the address of the actual physical location where you are residing in the U.S.

Enjoy your trip!