



ODU J-1 EXCHANGE VISITOR PRE-ARRIVAL GUIDE

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DEFINITION OF THE J-1 EXCHANGE VISITOR STATUS

Eligibility Requirements for Exchange Visitor Categories

Exchange Visitors are to enter the U.S. for the purpose of participating in a designated exchange program.
Conditions vary



Exchange Visitors are admitted pursuing a certain objective and cannot change educational objectives while in the United States. In addition, it is not possible to switch from one category to another (e.g., from short-term scholar to research scholar, student to research scholar, etc.).

Another important purpose of the program is to “increase mutual understanding between the people of the United States and the people of other countries by means of educational and cultural exchanges”. Therefore, the VISA office and sponsoring department work towards providing visiting scholars with opportunities to participate in educational and cultural events to facilitate cultural exchange.

After completing the Exchange Visitor Program in the United States, certain exchange visitors are required to live in their home countries for a total period of two years before they are eligible to apply for a green card, an H visa, or an L visa. The purpose of the two-year home residency requirement (also known as “*deportation bar*”) is to enforce the return of exchange visitors to carry out the educational exchange objectives of the program.

Waivers of the residency requirement can be recommended by DoS and granted by USCIS but are difficult to obtain. The two-year require

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Exchange Visitors will be admitted to the United States with the following:

- Valid passport
- Valid U. S. J-1 visa in the passport
- Valid DS-2019 and proof of sufficient funds.



: Kindergarten in Norfolk and Virginia Beach is free depending on your neighborhood residency. To enter kindergarten, your child must be 5 years old by September 30th of the current school year.

If you will be coming to ODU with your child, your child will be assigned a public school depending on your residency.

Your child will be assigned a public school depending on your residency. You can find your school at

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Immunization Forms

As part of enrollment documents, you will need to submit physical and immunization forms completed by a doctor. You can visit any Urgent Care facility to have the form completed with your immunization records (translated to English) you brought with you. You do not need to make an appointment at an Urgent Care, and you will be charged a fee for a visit approximately \$40.)



Healthcare in the U.S. is complicated and very expensive; while in many countries latu

Transportation

: provides safe transportation for students, faculty and staff who would otherwise have to walk alone at night. SAFE RIDE helps the ODU community get home safely. For more information, please visit odu.edu/parking.

provides the campus community with regular daytime, evening and weekend shuttle bus service. There is no shuttle service in the summer semester or during holiday breaks. The Monarch Loop is the primary shuttle route that circumvents the campus. On weekends, additional shuttles depart from the Parker Ave. roundabout to popular destinations including: Walmart, Kroger, Ghent and the MacArthur Center (Downtown Norfolk). For more information, please visit odu.edu/parking.

Zipcars are cars that students, faculty, and staff can reserve online or on your mobile device 24/7. Low hourly rates include gas, insurance and 180 miles per day. ODU has four Zipcars, parked in Lot 23, behind the baseball f

Visitor & child—no spouse	\$ 2500	\$ 7500	\$ 15000	\$ 30000
Visitor, spouse & one child	\$ 2750	\$ 8250	\$ 16500	\$ 32401 14.64 reW i