Maintaining J-1 Status
J Exchange Visitors: Research Scholar, Short-term Scholar and Visiting Professor Category

1. Report change of address, U.S. phone number & email
   - Report change of address, U.S. phone number, and email address to your department and the Yeshiva University International Office (OISS) within 10 days of change.
   - Report any changes to J-2 email addresses within 10 days of change to the OISS.

2. Maintain J program objective
   - Your legal J-1 visa/immigration status is only valid as long as you are maintaining your appointment with Yeshiva University and are engaging in research and/or teaching Yeshiva University as noted on your Form DS-2019.

3. Do not accept any unauthorized employment
   - J-1 Exchange Visitors are only allowed to receive payment as specifically noted on the Form DS-2019 unless given prior written authorization from the J Exchange Visitor program sponsor.

4. Keep documents valid and accurate
   - **Extending Program:** Contact your department 4 months prior to the end date on your Form DS-2019. Your department must submit a J extension request to the OISS. Please note that you must receive your extended Form DS-2019 prior to the end date of your current DS-2019 to ensure a continuation of your legal visa/immigration status and to avoid accruing unlawful presence.
   - **Keep your passport valid:** Contact your home country embassy or consulate should your passport require renewal.

5. Get a travel endorsement and understand your travel documents
   - **Before** any international travel, ensure you will have the necessary travel documents for your return and obtain a travel signature from OISS if needed. OISS generally recommends that the signature be current within 6 months of your re-entry date.

6. Understand your grace period after completion
The Department of Homeland Security allows Exchange Visitors an additional period of 30 days following the end date of his or her Form DS-2019 to prepare for departure:
   - CANNOT extend J program during the 30-day grace period.
   - CANNOT conduct research/teach/work or get paid during the 30-day grace period.
• CANNOT transfer during the 30-day grace period.

7. Report early departure

• J-1 scholars must inform both the host department and YU International Office if they will be ending their program more than 15 days before the end date of the Form DS-2019.

• J-1 scholars must inform the OISS if accompanying J-2 dependents’ final departure from the U.S. is prior to the scholars’ departure date.

8. Maintain health insurance

• You, and your J-2 dependents, must maintain health insurance coverage that meets J-1 federal guidelines for the entire length of your program.