

J-1 STUDENT

WELCOME AND INSTRUCTIONS



The Harvard International Office (HIO) congratulates you on your acceptance to Harvard!

Please read and follow the step-by-step instructions on how to obtain and maintain F-1 student status. Review this information in its entirety and follow the steps outlined. Please also review the resources on the [HIO website](#). If you have any questions, contact your [HIO International Student Advisor](#) (HIO Advisor).

About the Harvard International Office (HIO)

The HIO is part of the University's Central Administration and offers services to the 10,000 international students, student interns, and scholars at Harvard College, the graduate and professional schools, as well as the numerous research centers and affiliated teaching hospitals.

The HIO provides information and advising on a wide range of topics, including immigration issues (visa issuance, travel, work authorization), adjustment to life in the United States (U.S.), and resources at Harvard and in the community. Since its inception in 1944, the HIO has acted as a liaison between international students and scholars and the U.S. government agencies that have jurisdiction over their stay here. Through the years, the HIO has played an increasingly important role in advocacy with government agencies and legislators on issues concerning international students and scholars.

Each school at Harvard has a designated HIO Advisor for international students to consult with for questions related to compliance with the F-1 student regulations. Please refer to the [HIO website](#) to confirm your school's HIO Advisor.



HARVARD
International Office

Follow these 7 steps to obtain and maintain your J-1 status

1 REVIEW YOUR VISA DOCUMENTS

Review your Form DS-2019(s) for accuracy and promptly alert your [HIO Advisor](#) of any errors on the document(s).

2 PAY MANDATORY I-901 SEVIS FEE

All new J-1 students, including Canadian citizens, are required to pay the I-901 SEVIS Fee.

Visit www.fmjfee.com to pay the I-901 SEVIS Fee using the information from your DS-2019 (see below). Print your receipt. Your receipt is needed for your visa interview and your entry to the U.S.

If you are returning from a leave of absence, you are required to pay the SEVIS fee again because you have been issued a new J-1 Form DS-2019 and SEVIS number.

If your start date was deferred and you have already paid the SEVIS fee, we cannot confirm if your previous payment will still be valid. Please [contact](#) SEVP to confirm.

Harvard's Program Number: P-1-00124

Country of Birth: MEXICO	Citizenship Country Code: MX	Citizenship Country: MEXICO	FEMALE	NO
Home Residence Country: MEXICO	Position Code: 900	Position: CATEGORY - OTHER	SEVIS ID NUMBER	J-1
02138-3703	Program Number: P-1-00124			
SHORT-TERM SCHOLAR; SPECIALIST; STUDENT ASSOCIATE; STUDENT BACHELORS; FERN; STUDENT MASTERS; STUDENT NON-DEGREE				HARVARD'S PROGRAM NUMBER
accompanied by number (0) of immediate family members.				
4. Exchange Visitor Category: STUDENT ← VISA CATEGORY				



Requirements for Canadian Citizens

Canadian citizens and their Canadian citizen J-2 dependents are **not** required to obtain a visa in their passports to enter the U.S.

Canadian citizens must present their valid passports, original Form(s) DS-2019, and I-901 SEVIS fee receipt to enter the U.S.

Canadian Citizens: Skip to Step 5

Do you need a new J-1 visa if you were previously admitted to Harvard?

If you are returning from a leave of absence:

- You are required to apply for and obtain a new J-1 visa at a U.S. Embassy or Consulate because you have been issued a new J-1 SEVIS number and government record.

If your Harvard admission was deferred and you have already applied for your Harvard J-1 visa:

- If your Harvard J-1 visa stamp will be valid when you are permitted to enter the U.S., you will NOT be required to obtain a new Harvard J-1 visa stamp.
- If your Harvard J-1 visa stamp will expire before you are permitted to enter the U.S., you will need to apply and obtain a new J-1 visa at a U.S. Embassy or Consulate.

In some cases the U.S. Embassy or Consulate may waive the interview requirement if you meet certain qualifications. For more information please see the [website](#) of the U.S. Embassy or Consulate you will be visiting.

IF YOU HAVE CONFIRMED YOUR J-1 VISA WILL BE VALID FOR ENTRY TO THE U.S., SKIP TO STEP 5.

3 SUBMIT DS-160 VISA APPLICATION

The DS-160 is an online visa application form that you (and your dependents, if applicable) must complete before applying for a J-1 student visa at a U.S. Consulate or Embassy.

Electronic submission of the [DS-160 application](#) is the first step in the visa application process. The U.S. Department of State has compiled a list of [FAQs](#) that may be helpful in completing the DS-160. For questions related specifically to your Harvard visa sponsorship, please review the [HIO's DS-160 FAQ](#).

After you have completed the DS-160, you must take the following steps:

- Print and keep the DS-160 barcode page. (You will not need to print the full application.)
- You must schedule a visa interview appointment. The U.S. Embassy or Consulate does not schedule an appointment for you. For country-specific instructions, visit the [website](#) of the U.S. Embassy or Consulate where you will be interviewed.

- Pay the visa application processing fee. Review country-specific instructions on the U.S. Embassy or Consulate [website](#). Note, the DS-160 visa application fee is nonrefundable and nontransferable. You must pay this fee first before booking a visa appointment.



Please note, if you need to change the location of your visa interview after paying this fee, you will not be able to transfer your payment and will need to pay a new DS-160 visa application fee before booking an appointment at a new U.S. Embassy or Consulate.

After completing your DS-160 visa application form, you will be able to book your visa interview. If there are no appointments available to book, you will need to keep checking their calendar for more appointment spots to open. If there are appointments available to book, you should book the earliest appointment possible. If the earliest appointments available are after your arrival date or start date in the U.S., then you will need to follow the U.S. Embassy or Consulate's instructions to request an emergency or expedited appointment, or keep checking back to see if more appointment times open in the coming months. Most Embassies or Consulates have these instructions available on their [website](#).

In some cases the U.S. Embassy or Consulate may waive the interview requirement if you meet certain qualifications. For more information, please visit the [website](#) of the U.S. Embassy or Consulate you will be applying at.



Once you have booked a visa appointment, please [report](#) this information to the HIO.

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APPLY FOR YOUR J-1 VISA

Schedule an appointment for your visa interview at a U.S. Consulate or Embassy as soon as possible.

You must bring the following documents to a U.S. Consulate or Embassy to [apply for your J-1 visa](#): valid passport (must use passport from country of citizenship listed on Form DS-2019), Form DS-2019, I-901 SEVIS Fee receipt, DS-160 confirmation, and any additional documents required by the U.S. Consulate or Embassy.

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ENTER THE UNITED STATES

You may enter the U.S. up to 30 days prior to the program start date listed on your Form DS-2019.

Upon entering the U.S., you must present the following documents to the Customs and Border Protection official:



Valid Passport (must use passport from country of citizenship listed on Form DS-2019.)



Original Form DS-2019 (no photocopies)



Valid J-1 visa in passport (except Canadians)



I-901 SEVIS Fee receipt

If you will be transiting through another country on the way to the U.S., please check that country's transit/visa policies for entry.

Canadian Citizens: Do NOT use NEXUS or Global Entry when entering the U.S.



You must contact your school's admissions office if you are unable to enter the U.S. until after the start date on your Form DS-2019.



J-2 Dependents: Spouse & Children

Accompanying dependents (spouse and unmarried children under the age of 21) who will travel to the U.S. need their own J-2 Form DS-2019 and must obtain J-2 visas (except Canadians). J-2 dependents cannot enter the U.S. prior to the J-1 student. J-2 dependents can remain in the U.S. as long as the J-1 student is enrolled or otherwise maintaining status. Notify your [HIO Advisor](#) if your J-2 dependents have permanently left the U.S. or never came to the U.S. in J-2 status.

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REGISTER ARRIVAL WITH THE HIO

You are required to register your J-1 status immediately upon arrival to the U.S.

Once you have arrived in the U.S., follow the steps to below to submit your required registration to the HIO:

- Download and complete the [HIO Registration Form](#)
- Email the completed form to: internationaloffice@harvard.edu
- The HIO will notify you via email when your registration has been processed.

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MAINTAIN YOUR J-1 STATUS

Once you have registered your arrival with the HIO, you are responsible for continued compliance with J-1 regulations. You can find more information about maintaining your J-1 status on the [HIO website](#), including details about:

Full-Time Enrollment: International students must enroll in a full course of study each semester. Never drop below full-time status without first speaking to your [HIO Advisor](#).

Extensions: If you are eligible for an extension of your J-1 status, you must apply to the HIO for an extension at least one month before the program end date on your Form DS-2019.

Health Insurance: Both Massachusetts law and J regulations require that students enrolled in an institution of higher learning participate in a student health insurance program or in a health benefit plan with comparable coverage. All Harvard students are automatically enrolled in the Harvard University Student Health Program (HUSHP) and the cost of the plan is applied to their student bill. J-2 dependents are not automatically enrolled in a health insurance plan. You must take action to obtain health insurance that meets the [J requirements](#) for your J-2 dependents. More information about insurance and health care is available on the [HIO website](#).

Updates to Form DS-2019: Contact your HIO Advisor if information on your Form DS-2019 such as your name, field of study, funding source or amount, needs to be changed.

Employment: J-1 students in good standing are eligible for on-campus employment. Employment is limited to 20 hours per week when school is in session, and can increase to full time during official holidays and vacations. **Authorization** is required for off-campus employment. You must confirm eligibility for off-campus employment with your [HIO Advisor](#).

Early Withdrawal: If for any reason a J-1 student is not able to complete an academic program, they must notify their **HIO Advisor** and receive approval before withdrawing from their academic program at Harvard.

Grace Period: After completing your program you are allowed to remain in the U.S. for up to 30 days from the program end date on your Form DS-2019.

12 Month Bar: If your DS-2019 duration is six months or more, the Department of State imposes a wait period of 12 months before you are eligible to return to the U.S. in the J-1 Research Scholar or Professor Category. Note: The J-1 Research Scholar or Professor visa category is most commonly used at Universities for academic appointments.

212(e) Two-Year Home Residency Requirement: In some cases, the J-1 visa carries with it a two-year home residence requirement which obliges visa holders and their J-2 dependents to return to their home countries for two years before being eligible to apply for only the following visa categories: an immigrant visa or a non-immigrant H or L visa. Visit the [HIO website](#) for more information.

Resources

Resources for J-1 Students

Contacting fellow international students and scholars: To help make connections in the U.S., you may request contact information of those from your home country at Harvard. To make this request, email the HIO internationaloffice@harvard.edu with your name, date of birth, and country of citizenship.

Harvard ID Card: You will receive instructions from your school about where and when you can collect your ID.

Host Program for International Students: If this will be your first time studying in the U.S., we invite you to participate in the Host Program. You will be matched with a local volunteer who will help with your transition to life in the U.S. If you are interested in learning more or signing up, please check the **HIO website**. You can submit an application via the **HIO website**.



Please note that the Host Program is not available to Harvard College or Harvard Business School students.

Orientations: Orientations will be organization by your school and typically include a session with your **HIO Advisor**. You also are welcome to attend one of the "Getting Started" orientations offered by the HIO. You can find more information on the **HIO website**.

J-1 Exchange Visitor Guide: This guide, available on the **HIO website**, provides more information about your time in the U.S. and visa status.

Resources for Spouses, Partners, and Children

Information on resources for Spouses, Partners, & Children can be found on the **HIO website**.

Harvard Student Spouses and Partners Association (HSSPA):

HSSPA is a volunteer-run organization open to spouses and partners of all Harvard affiliates. Social group meetings may include: café visits, book clubs, painting and arts, brewery tours, etc. Membership is free, but you must complete the **Membership Form**. For more information about HSSPA, please visit their **website**.

Dependent Resources:

Students with family members joining them in the U.S. may review the HIO website for information on:

- [J-2 Employment Authorization](#)
- [Childcare and Schooling](#)
- [Spouse Resources](#)

Other Resources: You can find information about additional resources by visiting the **HIO website**.



J-1 Student Checklist

- Review your visa documents
- Pay mandatory I-901 SEVIS Fee
- Prepare for Visa Application
(except Canadians)
- Submit DS-160 Visa Application
(except Canadians)
- Apply for your J-1 visa by
scheduling an interview at a U.S.
Consulate or Embassy
(except Canadians)
- Put your original Form DS-
2019, passport, and I-901
SEVIS fee receipt in your carry-
on bag.
- Enter the U.S. and present the
required documents to U.S.
Customs and Border Protection
officials.
- Register with the HIO



Once you have registered with the HIO, you are responsible for continued compliance with federal J-1 regulations.

Helpful Reminders and Tips from the HIO

Add the HIO email address
(internationaloffice@harvard.edu)
to your email contacts lists.



Contact your HIO Advisor if you notice any errors on your Form DS-2019 or if you have any questions about the step-by-step instructions.



Sign and date your Form DS-2019 as soon as you receive it.

Ensure that you receive your original Form DS-2019 back from the U.S. Consulate or Embassy.
(except Canadians)

Do not pack your passport or Form DS-2019 in checked luggage. Always have these documents on your person when traveling to the U.S.



Continue to check the HIO website for information and resources regarding travel and entry requirements.