J1 Orientation

Office of Immigration and Human Resources Services
Case Western Reserve University
Welcome to CWRU

• Contact information for Immigration and Human Resource Services (IHRS)

• **Main Phone:** 1-216-368-4289

• **J1 coordinator**
  - Mark Doblekar - mpd3@case.edu
Health Insurance

• All J1 scholars are required to carry health insurance for themselves and all dependents. Paid employees may be covered by the university. This would have been offered in your invitation letter. Coverage starts the first day of each month. All J1 scholars who are supported by their home government, home institution, or are self supported, must have coverage.
• Adequate coverage is defined as $50,000 for health and accident care, $10,000 for medical evacuation to your home country, and $7,500 for repatriation of remains in the event of death and a deductible not to exceed $500 per each occurrence.

• These rates will increase on May 1, 2015. The new Rates will be:
  • $100,000 for health and accident care,
  • $50,000 for medical evacuation to your home country,
  • $25,000 for repatriation of remains in the event of death,
  • and a deductible not to exceed $500 per each occurrence.
Some insurance options

- Some options for insurance include plans provided by ISOA at [www.isoa.org](http://www.isoa.org), Compass Benefit at [www.compassbenefit.com](http://www.compassbenefit.com), as well as the Postdoctoral Benefits Program provided by Case Western Reserve University through Garnett-Powers at [www.garnett-powers.com/case](http://www.garnett-powers.com/case)/

- These can be bought online and paid online.
Travel

• J1 holders can freely travel within the USA

• If international travel is required, the exchange visitor (EV) will need to have their DS-2019 signed by our office. If this travel is work related, we will also need, the address you will be staying at for the duration of time outside the US, the dates of travel, and the name of the conference you are attending.

• The EV should make sure their visa allows them to re-enter the US.

• The EV should also make sure that they have the proper visa to enter the country they plan to visit.
Change of Address

• Exchange visitors **must** report a change of address to our office within 10 days.

• The Department of State also requests emails addresses for all exchange visitors.
Cultural Aspect of the J1 Program

• The J1 visa program is to allow the exchange visitor an enriching cross-cultural opportunity to gain mutual understanding of diverse backgrounds and customs. They will learn new skills and techniques that can be taken back to their home country to enhance it's growth and development.
• The exchange visitors should make an effort to speak with US citizens on a daily basis to enhance this process and improve their English skills.

• The Department of State urges all exchange visitors to keep a diary to track the cultural experiences that occur. These would include but not be limited to:
  ▪ Museum visits
  ▪ Sporting events
  ▪ Concerts
  ▪ Movies
Safety

• Exchange visitors should follow all safety regulations that might be posted in their place of work.

• They can report any concerns to our office in strict confidence with no fear of retaliation.

• The department of state has offered this contact information for further reporting.
• The Department of State publicizes jvisas@state.gov as the primary point of contact for J-1 visa exchange visitors.

• Regulations require that designated sponsors provide this e-mail address to all incoming participants to allow them direct communication with the Department.

• For emergency situations, exchange visitors can use the J-1 Visa Emergency Hotline (1-866-283-9090) to contact the Department. Duty officers are available 24 hours a day.