

A paved walkway in a park-like setting with trees and a large circular seal on the ground. The seal features a central emblem with a book and a leaf, surrounded by the text "THE OHIO STATE UNIVERSITY" and "DISCIPLINA".

J-1 Scholar Orientation



International Scholars Team

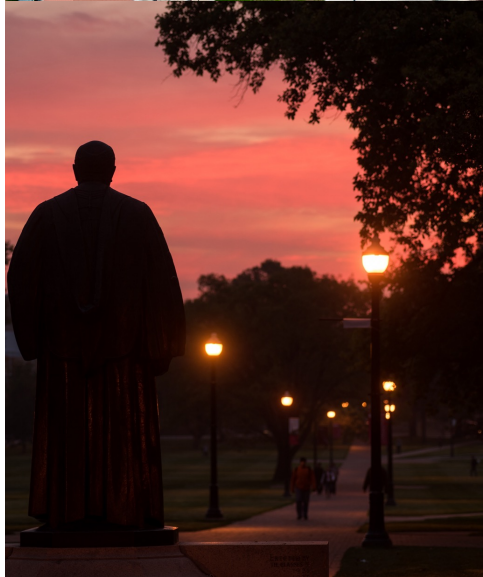
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The Ohio State University



The midwestern states





The Oval

- The Oval is the heart of Ohio State's campus



The Union

- Gathering place for the Ohio State community
- Dining options:
 - Espress-OH
 - Sloopy's Diner
 - Union Market
 - Woody's Tavern



University Libraries

- The Columbus campus has 11 libraries
- View locations and hours at library.osu.edu



Mascot: Brutus Buckeye

- Brutus has been Ohio State's official mascot since 1965



“O-H” “I-O”

- No matter where you go in the world, if you yell “O-H,” someone will reply “I-O”

Post-arrival checklist



Activate your email

- Ohio State: my.osu.edu
- Nationwide Children's Hospital: see human resource person

Employee identification cards

- University departments
 - BuckID Office at 3040 Ohio Union (12th Avenue & High Street)
- Wexner Medical Center
 - See human resources representative
- Nationwide Children's Hospital
 - See human resources representative

Social Security Number (SSN)

- You should get an SSN if you are paid in the United States for tax purposes
 - Apply in person 14 days after arriving
- Social Security Administration
 - 200 N High St
 - Take the #2 bus south to downtown and get off on Spring Street

Taxes & GLACIER

- Sign up for GLACIER
 - Taxes subtracted from Ohio State wages
- Human Resources will reach out within two weeks
- If they do not, contact them:
 - (614) 292-6220
 - tax@osu.edu
- Learn more about paying taxes and GLACIER at go.osu.edu/Scholar-Taxes



Get an Ohio Driver's License

- Get an Ohio Driver's License
 - bmv.ohio.gov
 - Closest Bureau of Motor Vehicles location at 4503 Kenny Rd, Columbus, OH 43220

Public transportation

- Central Ohio Transit Authority (COTA) Buses: cota.com
 - Columbus' bus system
 - Exact amount required
 - Passes available
- Campus Area Bus Service (CABS): ttm.osu.edu/cabs
 - Campus' bus system
- Nationwide Children's Hospital to Ohio State Wexner Medical Center
 - Free shuttle
 - View schedule at the bottom of this page: go.osu.edu/NCH-Shuttle

Immigration regulations



Address reporting

- Employee Self Service: Workday
 - Learn about updating your address with the university at go.osu.edu/Address-Change
- You **must** report a change of address within 10 days

Health insurance

- Required for all J-1s and J-2s throughout the entirety of your program
- Sign up **as soon as possible**
- Upload documentation into IntBuckeye J-1 Scholar Services
- For any issues or questions, please email oiainsurance@osu.edu
- Options:
 - Gallagher Accident & Sickness
 - Ohio State Health Plan (if applicable)
 - Government-sponsored, DOS-compliant health plan

Gallagher Insurance

	Platinum Plan	Gold Plan	Bronze Plan	Basic Plan
Scholar & Dependent Monthly Rates*	\$140	\$107	\$77	\$65
Maximum Per Covered Accident & Sickness	\$250,000	\$250,000	\$150,000	\$100,000
Deductible Per Participant Per Policy Term	\$0	\$100	\$250	\$300
Co-insurance Rate	100% U&C	100% U&C	80% U&C	80% U&C
Emergency Medical Evacuation		\$50,000		100%
Repatriation of Remains		\$25,000		100%

- DOS requirements
 - Gallagher accident and sickness is cost effective and meets the DOS requirements

Scholar services appointments

- Appointments are available Monday-Thursday from 1-4 p.m.
- Meet with a Scholar Immigration Specialist to discuss:
 - Health insurance
 - Travel signature
 - Extension of program
 - Transfer of program
 - Driving
 - Departure
- Make an appointment at go.osu.edu/ScholarServices

J-1 program activities

- DS-2019 is specific to:
 - Your department
 - Work address
 - Funding amount, source
- You need a new DS-2019 before making any changes
- See a Scholar Immigration Specialist to make changes



Your program and employment

- Approved for Ohio State and your department
- Occasional lecture or consultation
 - Paid or unpaid
 - Written permission needed from a Scholar Immigration Specialist two weeks in advance



Enrolling in classes

- Cannot interfere with J-1 program
- Cannot earn credit for a degree
- Cannot be a J-1 scholar **and** a graduate associate
 - Teaching
 - Research
 - Administrative

Program extensions

- Extension restrictions:
 - Maximum stay for J-1: short-term scholars: six months
 - Research scholars and professors: five years
 - 30-90 days before DS-2019 expires
 - Human resources professional in your department must start the process

J-1 program transfer

- To conduct research at another university or hospital
- Discuss with the Office of International Affairs
- Need new institution's DS-2019
- No gaps between end and start dates
- Ohio State Transfer Form must be uploaded to J-1 departure form in IntBuckeye

Departure

- 1-2 weeks before the end of your program, request J-1 departure to your department human resources
- Fill out J-1 departure form in IntBuckeye and notify your human resources contact

Grace period

- 30 days to leave the United States
- Begins the day after your last day of your work/program
- Even for early termination of your program

Key requirements and notes

Keep documents safe

- Keep all past, present and future DS-2019s
- Keep passport, DS-2019, I-94 in a safe location
- Keep copies in a separate, safe location

Have a valid passport

- Must always be valid six months into future
- Renew with your country's embassy

J-2 dependents

- Dependents include your spouse and unmarried children under 21 years of age
- Must have health insurance
- May work with permission

International travel as a J-1 Exchange Visitor





Travel signature

- 15-minute appointment with a Scholar Immigration Specialist
- Sign DS-2019 for re-entry to the United States
- Make an appointment at go.osu.edu/ScholarServices

Re-entry to the United States: Valid visa

- To return to the United States to continue with your J-1 program, you must have:
 - Valid visa
 - Valid passport
 - Valid and signed DS-2019
 - Proof of funding letter from department
- Traveling for more than one month requires permission with signed form
 - Learn more at go.osu.edu/Scholar-Travel

Canada, Mexico, Caribbean reentry: Expired visa

- Stay less than 30 days
- To return to the United States, you need:
 - A visa valid six months into future
 - Signed DS-2019
 - Previous I-94 card/printout
 - Proof of funding, support
 - Letter from department

Two important restrictions

Two-year home country return

- 212(e)
 - Determined at the embassy
 - Return to home country for an aggregate of two years
 - If you might want to return with H, L, or immigrant visa in the future
 - Waiver is available, but approval will end the ability to extend J-1 visa program

24-month repeat participation bar

- You cannot begin a new J-1 Research Scholar or Professor program for 24 months
- Able to return as:
 - Short-Term Scholar
 - Tourist
 - Student

Personal safety



Emergency phone number

- Call 911
 - Used throughout the United States
 - Police, fire, ambulance
- If you have an emergency while on campus, you can use the blue light phones to call 911



Buckeye Alert Emergency Notification

- Sign up at buckeyealert.osu.edu
- Alerts for emergency situations, severe weather

Everyday living in Columbus





Seasonal weather

- Variable weather, especially in spring and fall

Grocery shopping near campus

- Grocery store chains
 - Kroger, Giant Eagle
 - Discount: Aldi's, Save-a-Lot
- Many international grocers
- Products may not taste the same as home
 - Shipping and transportation
 - Ingredients may vary if produced in the United States



Recreational sports facilities

- Ohio State has five recreational sports facilities
- Membership required

Restaurants

- “Americanized” Chinese, Italian, Indian, German, Mexican, Middle Eastern, etc.
- [Yelp.com](https://www.yelp.com)
- **Well known restaurants:**
 - Akai Hana
 - The Guild House
 - Milestone 229
 - Rossi Bar & Kitchen
 - Wolf’s Ridge Brewing
 - Watershed Distillery
 - Lindey’s
 - Barcelona
 - Forno
 - Little Palace
 - Pistacia Vera
 - Fox in the Snow Café
 - Basi Italia
 - Katalina’s Café
 - The Sycamore
 - Aab India
 - Cambridge Tea House
 - Northstar Café



Explore Columbus

- Ohio, Palace, and Southern Theaters
- Franklin Park Conservatory & Botanical Gardens
- North Market Farmers Market (June-October)
- German Village
- The Scioto Mile
- Easton Town Center
- The Columbus Zoo and Aquarium/The Wilds

Sports in Columbus

- American football – Ohio State (September-November)
- Basketball – Ohio State (December-March)
- Baseball – Columbus Clippers (April-September)
- Ice hockey – Columbus Blue Jackets (October-April)
- Soccer (Football) – Columbus Crew (March-October)

Explore the United States

- 95 miles (152 km) to Cincinnati, OH
- 127 miles (204km) to Cleveland, OH
- 162 miles (260 km) to Pittsburgh, PA
- 354 miles (569 km) to Chicago, IL
- 379 miles (609 km) to Nashville, TN

Resources, shopping and dining

- Experience Columbus – experiencecolumbus.com
- 614 Magazine – 614now.com
 - Columbus Restaurant Week
- Columbus Underground – columbusunderground.com
- Concerts and other events:
 - Schottenstein Center – schottensteincenter.com
 - Nationwide Arena – nationwidearena.com
 - Promo West Live – promowestlive.com

Office of International Affairs Scholar Conversation Hour

- Free
- Tuesdays from 12-1 p.m. in 160 Enarson Classroom Building during the academic year
- Email Dan Montour at montour.3@osu.edu with any questions

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Questions?