

# **WELCOME TO TRUMAN STATE UNIVERSITY**

**International Student Pre-Arrival  
Orientation – Exchange Students**

**Fall 2015**

# J-1 EXCHANGE VISITORS

The J-1 Exchange Visitor Program is a Department of State program developed to foster global understanding through educational and cultural exchanges.

You are participating in a student exchange, meaning that you will be required to attend classes regularly, maintain full time enrollment, and are encouraged to take advantage of social and cultural opportunities on-campus and in the wider Kirksville community.

All exchange visitors are expected to return to their home country upon completion of their program in order to share their exchange experiences.

For questions about your J-1 visa, visit the [Department of State Website](#)

## Getting a J-1 Visa:

- To acquire a J-1 visa, you must apply to and be accepted by a J-1 Sponsor. This is either Truman or ISEP.
- You will receive a document called a “DS-2019,” which verifies your eligibility to participate in the exchange. You will receive this document from your J-1 sponsor, either Truman or ISEP.
- Pay the SEVIS fee. You may do this online at [fmjfee.com](http://fmjfee.com)
- Take your DS-2019, receipt of your SEVIS fee payment, your passport, your program acceptance letter, and documentation of your financial means to the U.S. embassy/consulate for your visa appointment.
- At the visa interview, try to relax. The interview is to establish the answers to four questions:
  - Who are you?
  - Why do you want to go to the United States?
  - How will you support yourself while in the United States?
  - What do you plan to do after you finish your program?

## VISA ACQUIRED – NOW WHAT?

As a J-1 student, you are required to follow the laws governing your J-1 exchange visa. It is your responsibility to review this pre-arrival information. You are required by law to participate in orientation upon your arrival.

Once you submit a travel plan to the Center for International Students (CIS), we will make sure someone picks you up from the Kirksville Airport (students who arrive in St. Louis will need to book a flight on Cape Air, a small airline that runs between Kirksville and St. Louis), the LaPlata Train Station (students arriving at the Chicago airport will take the Amtrak train to the LaPlata Train Station), or the Kirksville Greyhound bus stop.

You will be met by a Cultural Integration Leader (CIL) who will help you check into your dorm room and get settled in.

You are required to report for orientation.

You have the right to work up to 20 hours per week on campus.

You are prohibited from working off-campus.

You will automatically be enrolled in 12 credit hours. You may change courses, but you may not drop below 12 credit hours.

# ISEP

- The ISEP program differs from all other exchange programs in several ways. For ISEP students, the ISEP program issues the DS-2019 and handles insurance. ISEP students who need to update immigration documents or apply for academic training must do so directly through ISEP. Unfortunately Truman does not have access to the immigration records of ISEP students.
- At the beginning of the semester, Truman will collect the DS-2019s of ISEP students and send them to ISEP Central for required updates.
- ISEP students who require replacement DS-2019s should be aware that this process could take several weeks, as the new documents would have to come from the ISEP Central Office in Washington, DC.
- For the reason mentioned above, it is imperative that ISEP students do not forget their DS-2019 when arriving in the United States. It would take a very long time for the replacement DS-2019 to reach you.
- ISEP students will have insurance coverage that differs from that of other international students due to ISEP program requirements, for this reason ISEP students must pay for their own TB test, when is usually about \$110

## Traveling to Truman:

1. Thoroughly review the information provided here:

<http://www.truman.edu/international/admitted-international-students/new-student-information/>

The information on Truman's home page is specific to American students. Make sure you review the international information to know when you need to arrive.

2. Plan ahead – You can use online services to purchase plane tickets from your home country to the United States. You can get to Truman using the Kansas City Airport (MCI) and taking the Truman shuttle, the St. Louis Airport taking Cape Air, or the Chicago Airport and taking the Amtrak. But keep in mind that the United States is a VERY large country. Arriving in Kansas City or St. Louis means you are still at three hours from Truman. You will need to plan ahead to get from the airport to Kirksville. See the website above for more information, and if you still have questions, you can email [intladmit@truman.edu](mailto:intladmit@truman.edu).


## Traveling to Truman:

### Step 3: The Port of Entry

Make sure you have all of your documents to enter the United States. Things you MUST bring:

- i. Passport
- ii. Visa (unless you are a Canadian citizen)
- iii. DS-2019

Things you should bring, just to be safe:

- i. University Acceptance Letter
  - ii. SEVIS Fee Payment Receipt
  - iii. Bank Documents
  - iv. Return Ticket (if you have one)
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## Port of Entry (Continued)

When you go through the customs, an officer will examine your documents. He or she will ask you some questions to make sure you aren't bringing any prohibited items.

Prohibited items include:

- Fruits
- Vegetables
- Animals
- Alcohol
- Weapons of any kind (firearms, explosives, knives, etc.)
- More than \$10,000 in cash

Normally all goes well. If you are detained at the Port of Entry, don't panic. Just answer the questions and provide them with as much information as possible.

If you are missing something, for example, if you forgot your DS-2019, they will do research on you and might give you a form letting you know what you need to do once you arrive in Kirksville. Sometimes they might call the school to verify the information. The vast majority of students enter the U.S. with no problems whatsoever.



## Fee Breakdown:

| <b>Standard Exchange Program (for SEVIS Purposes) 2015-2016</b>           |                 |   |                     |                       |
|---|-----------------|---|---------------------|-----------------------|
| <i>These expenses should be used for the following Exchange Programs:</i> |                 |   |                     |                       |
| Burgos (Spain)  | ESSCA (France)  | IPAG (France)                           | Puccini (Italy)     |                       |
| Deusto (Spain)  | Genova (Italy)  | Lixin (China)                           | UCDO (France)       |                       |
| ESCIP (France)  | Hosei (Japan)   | LUCCA (Italy)                           | Wiesbaden (Germany) |                       |
| <b><u>2 Semester Exchange</u></b>   |                 | <b><u>1 Semester Exchange</u></b>       |                     |                       |
| Program Sponsor<br>(Truman Pays)  |                 | Program Sponsor<br>(Truman Pays)        |                     |                       |
| Tuition/Course Fee  | \$13,818        | Tuition/Course Fee                      | \$6,909             | General fees include: |
| General Fees*   | \$536           | General Fees*                           | \$268               | Info Tech Fee         |
| Orientation Fee   | \$600           | Orientation Fee                         | \$600               | Heath Center Fee      |
| <b>Total</b>  | <b>\$14,954</b> | <b>Total</b>                            | <b>\$7,777</b>      | Athletic Fee          |
| <b>Personal Funds</b><br>(Student Pays)                                   |                 | <b>Personal Funds</b><br>(Student Pays) |                     |                       |
| Housing   | \$9,366         | Housing                                 | \$4,683             | Activity Fee          |
| Insurance   | \$1,312         | Insurance                               | \$656               |                       |
| Books   | \$1,000         | Books                                   | \$500               |                       |
| Housing Deposit   | \$150           | Housing Deposit                         | \$150               |                       |
| TB Test Fee   | \$110           | TB Test Fee                             | \$110               |                       |
| <b>Total</b>  | <b>\$11,938</b> | <b>Total</b>                            | <b>\$6,099</b>      |                       |
| <b>Combined Total</b>   | <b>\$26,892</b> | <b>Combined Total</b>                   | <b>\$13,876</b>     |                       |

## Health Care and Insurance Costs:

As of May 15, 2015, the Department of State requires that each J-1 Exchange Visitor have health insurance that meets the criteria below.

| Item                               |                  |
|------------------------------------|------------------|
| Medical benefits                   | <b>\$100,000</b> |
| Repatriation of remains            | <b>\$25,000</b>  |
| Medical evacuation                 | <b>\$50,000</b>  |
| Deductible per accident or illness | <b>\$500</b>     |

Truman's International Student Insurance meets these criteria. But why do you need so much insurance?

1. Because it's the law
2. Because these are some examples of medical bills students have had in recent years. Without insurance, the students would have been responsible for paying the entire amount.

Bronchitis: \$3,249

Knee sprain: \$1,312 total

Severe abdominal pain: \$3,871 total

Car accident: \$41,359 initial visit  
\$7,185 follow-up

Horseback riding accident: \$134,682

Active TB: \$378,588



Healthcare in the U.S. is very complex and very expensive.

This is why the law requires students to have health insurance. Since we cannot predict emergencies, it is best to have it, even if you never use it.

International student health insurance is provided through The Lewer Agency. Check out the Lewer website and Truman website for important information about insurance

# Insurance

All J-1 visa holders are required by law to have health insurance.

ISEP – ISEP requires students have insurance through IEES & FrontierMEDEX. Coverage from this program is different from the coverage of other international students. The Truman CIS cannot contact this company directly, so ISEP students should take special care to understand the benefits and exclusions of their insurance policy. The Truman CIS can do their best to assist students in understanding the policy. The ISEP policy does not cover the mandatory TB testing.

All other exchange programs -Truman **REQUIRES** all international students to have insurance coverage through the Lower Student Insurance Agency. The charges for this insurance are \$656.10, which is included in the statement tuition and fees and is non-refundable. There are NO waivers. We strongly discourage students from purchasing their own insurance before they arrive, as they will still pay for Lower Student Insurance coverage. For more information about Lower Student Health Insurance, you can visit the website.

## Other fees:

J-1 students must live on campus. They may be employed up to the 20 hours per week on campus if they wish. They may be employed off-campus.

It is impossible to say the exact amount of money you will need to live in Kirksville, but here are some estimates to help guide you:

- Transportation: \$30-100 per month
- Restaurant meal: \$6-15 per meal
- Winter Clothes: \$50-150
- Textbooks: \$50-500 per semester
- Room furnishings: \$75 - 200
- Note: This list is not exhaustive. It does not include any additional fees or emergency costs, such as a medical emergency.
- Please note that the cheapest options of items listed will not always be available, so you should not just add the minimum amounts together and assume that is all you will need to spend.

# Housing

Exchange students will live in Truman's Residence Halls. They should choose the 1 year housing contract.

This includes students who will be at Truman for one semester only. This is the only group of students who are not obliged to fulfill the one year residence requirements.

Residence Hall Fees are between \$3,980-\$4683 per semester.



# Exchange Student Scholarships

Exchange student scholarships will be applied to your account to cover the amount agreed upon by your specific exchange program.

Occasionally, exchange student scholarships are not applied to your student account until after the first bill is due. This means that you may still have a large bill even after the first due date.

This is not a problem. If you still have a large bill two weeks after school starts, you can contact the Student Accounts Office for assistance.





# OTHER SERVICES

The CIS has forms and information to help international students with many of the processes they will need to do in the United States:

- Opening a U.S. bank account – representatives of the bank will be on campus during certain hours to help international students
- Getting a social security number – students who work on campus will need to apply for a social security number. The CIS has the forms you need and can advise you if you have questions.
- Getting a drivers license – The CIS has the information you will need if you want to get a drives license in the U.S.
- Getting a state ID – for students who do not need a drivers license but do want to be able to prove their age, the CIS can help you apply for a state ID so you won't have to carry your passport.

# J-1 Academic Training

All J-1 students are eligible to apply for J-1 Academic Training if they maintain good standing during their time at Truman.

J-1 Academic Training is a temporary work permit issued for the duration of a student's program (either 18 weeks or 36 weeks) allowing the student to work in their major field of study.

Application packets are available at the CIS Office. ISEP students need ISEP authorization, and should contact the main ISEP office.



# 212(E)

- Some J-1 Visitors are subject to the 212(e) two-year home residency requirement. This means they are required to spend two years in their home country before they are eligible for a different type of visa.
  - Students subject to 212(e) are still eligible for academic training
  - Students subject to 212(e) are eligible to change to F-1 student status. However, they would be required to complete their two-year home residency requirement in order to be eligible for H-1 (a professional visa) or legal permanent resident status.
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