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

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

<table>
<thead>
<tr>
<th></th>
<th>Platinum Plan</th>
<th>Gold Plan</th>
<th>Bronze Plan</th>
<th>Basic Plan</th>
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<tbody>
<tr>
<td>Scholar &amp; Dependent Monthly Rates*</td>
<td>$140</td>
<td>$107</td>
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<td>Maximum Per Covered Accident &amp; Sickness</td>
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<tr>
<td>Repatriation of Remains</td>
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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

• **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?