



INTERNATIONAL AFFAIRS

University of Oregon

# **J-1 STUDENT INTERN HANDBOOK**

## **WELCOME TO THE UNIVERSITY OF OREGON**

You are about to embark on an excellent opportunity to fully engage in research and practical training in your field in the United States. As a visiting student intern at the University of Oregon (UO), you will have the unique opportunity to further your educational goals toward your degree, interact with other students and scholars in your field, and gain exposure to U.S. culture and business practices in your chosen field of study.

The University of Oregon was established in 1876 and is considered to be Oregon's "flagship" university. UO Alumni include seven Oregon governors, two Nobel laureates and nine Pulitzer Prize winners. 22,000 students currently attend the University of Oregon, with over 3000 international students from all over the world. The University of Oregon is a leading national research institution. We are honored to host international researchers and interns who make significant contributions to the level of scholarly excellence and rich diversity of knowledge at UO. We are also proud of our nationally acclaimed football team, the Oregon Ducks!

This handbook is designed to prepare you for your internship at the UO. The handbook will cover the visa process, pre-arrival preparations, check-in and orientation and your reporting responsibilities during and at the conclusion of your internship. Please read the entire handbook and bring it with you for future reference.

If you have any questions about your internship or any information presented in this handbook, please contact your UO sponsor below:

### **Contact**

Becky Megerssa, SEVIS Coordinator  
International Student and Scholar Services  
Phone: 541-346-1436  
Email: [sevis@uoregon.edu](mailto:sevis@uoregon.edu)

Office of International Affairs  
Oregon Hall 3<sup>rd</sup> Floor  
<https://map.uoregon.edu/85224c491>

## **TABLE OF CONTENTS**

- 4 Quick Reference: Pre-Arrival Checklist**
- 5 J-1 Student Intern Program**
  - Office of International Affairs Contact Information
  - Program Information
- 7 Purpose of the Exchange Visitor Program**
  - Office of Designation Contact Information
  - Two-Year Home Residence Requirement 212(e)
  - Waiver of 212(3)
- 9 Pre-Arrival Information**
  - J-1 Visa/SEVIS Fee
  - Travel to the U.S.
  - Travel to Eugene, Oregon
  - Temporary Lodging Upon Arrival
  - Housing Information
  - Cost of Living Expenses
  - Medical Health Insurance
  - Orientation/Immigration Check-In
  - Employment
  - Social Security Number
  - Study/Taking Classes
  - Departure
- 15 Living in Eugene, Oregon**
  - Life and Customs in the U.S.
  - Cultural Adjustment
  - About Eugene, Oregon
  - Cultural Activities
  - Urgent Care and Hospitals
  - Health and Safety
  - Banking
  - Driving
  - Parking and Transportation
  - Public Transportation
  - Shopping
  - Dependents and Family Members
  - Resources for Families with Children
  - Eugene Public School System

## **PRE-ARRIVAL CHECKLIST**

- ✓ Read the entire handbook. All of the items listed below are discussed in further detail in this guide
- ✓ Verify that all the information on your DS-2019 and DS-7002 is correct. Note the program begin date and notify your host department and ISSS immediately if your travel plans change
- ✓ Pay the SEVIS FEE online at [www.fmjfee.com/i901fee](http://www.fmjfee.com/i901fee)
- ✓ Review the Department of State website and schedule an appointment as soon as possible to apply for a J-1 Visa at the nearest U.S. Consulate or Embassy
- ✓ <https://j1visa.state.gov/participants/>
- ✓ Purchase or make plans to purchase medical insurance coverage. The U.S. Department of State requires all visitors who enter the United States in J-1 visa status to have medical insurance for themselves and all dependents in J-2 status. See section on Health Insurance for more information.
- ✓ Research housing options and arrange for short-term accommodations when you arrive in Eugene. Although ISSS is unable to assist you in arranging housing, this guide provides an overview of housing options in the Eugene area
- ✓ Contact ISSS to schedule an appointment with the SEVIS Coordinator for your mandatory J-1 Student Intern Check-in and Orientation within 15 days of your arrival in Eugene
- ✓ Arrange for transportation from the Eugene airport to your hotel or apartment

## **J-1 STUDENT INTERN PROGRAM**

You have been approved to be sponsored by the University of Oregon for a J-1 exchange visitor visa under the J-1 Student Intern Program based on your application materials and the attestation from your home country university that you are currently pursuing a degree in your home country.

The goal of the J-1 Student Intern Program is to give international college-level students the opportunity to participate in an internship program in the U.S. that will fulfill the educational objectives for the student's degree program in their home country.

The office responsible for your J-1 visa sponsorship is International Student & Scholar Services (ISSS) in the Office of International Affairs. Our ISSS staff of professionals are experts in J-1 immigration regulations and support over 3,000 degree-seeking, non-degree and visiting international students.

### **Office of International Affairs Contact Information**

Your ISSS contact person pre- and post-arrival is below.

#### **Contact**

Becky Megerssa, SEVIS Coordinator  
International Student and Scholar Services  
Phone: 541-346-1436  
Email: [sevis@uoregon.edu](mailto:sevis@uoregon.edu)

Office of International Affairs  
Oregon Hall 3<sup>rd</sup> Floor  
<https://map.uoregon.edu/85224c491>

### **Program Information**

Your internship program and site of activity is detailed on Form DS-7002, Training/Internship Placement Plan (TIPP), including any employment information and terms and conditions of employment. You are permitted to engage in full-time employment during the internship program as outlined on your TIPP, with or without wages or other compensation. Employment is not required for participation in the program. You may be employed, however, only with the approval of the University of Oregon's Responsible Officer and your home institution's dean or academic advisor.

You are required to purchase a health insurance plan to cover the dates of your internship program as shown on Form DS-2019, program begin and program end date. We also strongly recommend your health insurance plan cover any time spent in the U.S. before the program begin date or after the program end date. Please refer

to the section on health insurance for required insurance coverage amounts and some plan recommendations.

As a visiting student, you will not be eligible for a UO ID card and university email account. You may use public services on campus normally available to other community members, like the library and the Erb Memorial Union (student center). You can pay a fee to access the Student Recreation Center which offers indoor and outdoor activities, sports, fitness and classes.

### Knight Library

<https://library.uoregon.edu/knight-library>

Built in 1935-1937, the Knight Library is the largest library on campus, housing the Library's collections of materials in the humanities, social sciences, music, and business, as well as the library's special collections, government documents, microforms, and maps.

### Erb Memorial Union (EMU)

<https://emu.uoregon.edu/>

The Erb Memorial Union (EMU) is the center for student activities and involvement. It brings together opportunities for all students to experience community, meet up with friends, attend a lecture series, enjoy a cup of coffee, or just hang out and study. The EMU is more than a building; it's a variety of programs and services designed to help you get the most out of your student experience. It's your union; and it was designed to support you and serve as the largest living room you'll ever have.

### Student Recreation Center

<https://uorec.uoregon.edu/memberships/>

Visiting students may apply for a membership to the Student Recreation Center. Day passes and access cards (multiple visit cards) are also available for purchase.

1. Obtain a Community Card from the EMU card office (\$10).  
<http://emu.uoregon.edu/card>
2. Bring your Community Card, proof of age, and visit the SRC Service Center located in the Main Lobby to pay the appropriate fees and fill out corresponding paperwork.

## **PURPOSE OF THE J-1 EXCHANGE VISITOR PROGRAM**

The J-1 Exchange Visitor Program was created in 1961 under the Mutual Educational and Cultural Exchange Act. The Exchange Visitor Program, administered by the U.S. Department of State, furthers foreign policy interests of the U.S. by increasing the mutual understanding between the people of the U.S. and the people of other countries by means of mutual educational and cultural exchange experiences. The Department of State designates, monitors and partners with government agencies, academic institutions, educational and cultural organizations, and corporations to administer the Exchange Visitor Program.

The University of Oregon is designated by the U.S. Department of State to conduct educational and cultural exchange programs in several different categories through which qualified foreign nationals can come to the U.S. to study, teach, conduct research, work and train. These categories include professor, visiting scholar, specialist, student non-degree and student intern. You are being sponsored under the student intern category based on the purpose of your visit and because you meet the eligibility requirements for J-1 visa sponsorship under this specific category. For more information about the J-1 Exchange Visitor Program go to <https://j1visa.state.gov>.

## **Department of State Contact Information**

In general, all questions related to your internship program at the UO and all non-emergency issues, questions or concerns should be address to the Office of International Affairs.

In the event, you are mistreated and/or your rights are violated, and your sponsor is not providing the help you need, the Department of State has activated a helpline to ensure the health and safety of its exchange participants. Among other prohibitions, no sponsor may threaten program termination, or otherwise retaliate against a participant solely because he or she has instituted a complaint or taken action to gain assistance from an outside entity regarding a complaint. Participants can contact the State Department at any time via the hotline 1-866-283-9090 or at [jvisas@state.gov](mailto:jvisas@state.gov).

Bureau of Educational and Cultural Affairs  
U.S. Department of State  
State Annex SA-5, Fifth Floor  
Washington, DC 20522-0505

## **Two-year Home Residence Requirement [212(e)]**

The purpose of this requirement is to ensure that the home country benefits from the exchange visitor's experience in the United States. The two-year requirement states that the person who is subject to this requirement may not change to another

nonimmigrant status in the U.S. or acquire H, L, or immigrant status, until that person has resided for two years in his/her home country or country of legal permanent residence or has been granted a waiver of the two-year requirement. The 212(e) requirement will usually be stamped into the visitor's passport and noted on the original DS-2019.

Not all exchange visitors are subject to this requirement. Exchange visitors may be subject to the two-year home residency requirement if the visitor:

- Received funding from his/her home government or the United States government, or are funded directly by a government for the purpose of international exchange
- Acquires a skill that is in short supply in their home country according to the "Exchange Visitors Skills List"
- Participates in a J-1 graduate medical education or training program sponsored by ECFMG (Educational Commission for Foreign Medical Graduates)

#### **Waiver of 2-year Home Residence Requirement**

If a visitor applies for a waiver of the 212(e)-two-year home residence requirement, he or she may complete the existing J-1 program, but no extensions may be granted after the 212(e) requirements has been waived. For the terms and conditions of the 212(e) requirements, please see item 1(e) on the back of the form DS-2019. If you have questions about the 212(e) requirements, please contact ISSS. For more information, go to <https://travel.state.gov/content/visas/en/study-exchange/student/residency-waiver.html>



## **PRE-ARRIVAL INFORMATION**

### **J-1 Visa/SEVIS Fee**

A valid J-1 visa is required to seek admission to the U.S. When applying for a J-1 visa, you must submit the following documents to the U.S. Embassy or Consulate nearest you:

- DS-2019, Certificate of Eligibility for Exchange Visitor Status
- DS-7002, Training/Internship Placement Plan
- DS-160, Online Nonimmigrant Visa Electronic Application
- Valid Passport
- One 2x2 photograph
- Pay visa application processing fee (\$160)

For detailed information on applying for a J-1 visa, visit the Department of State website at <https://j1visa.state.gov/participants/how-to-apply/interviews-documents/>.

### Visa Interview

As part of the visa application process, an interview at the U.S. Embassy or Consulate is required. Learn how to schedule an appointment for an interview, pay the application processing fee, review embassy specific instructions, and much more by visiting the U.S. embassy or consulate website where you will apply.

<https://www.usembassy.gov/>

### SEVIS Fee

With reference to Form DS-2019 you must pay a SEVIS I-901 fee (\$180) to the Department of Homeland Security (DHS). This fee should be paid before your J1 visa interview. For more information about the SEVIS I-901 Fee and how to pay it, visit the DSHS website at <https://www.ice.gov/sevis/i901>.

### **Travel to the U.S.**

A J-1 visa allows you to request permission to enter the U.S. A visa does not guarantee entry into the United States. The Department of Homeland Security (DHS), U.S. Customs and Border Protection (CBP) officials at the port of entry have authority to permit or deny admission to the United States. If you are allowed to enter the United States, the CBP official will stamp your passport with an admission stamp admitting you in J-1 D/S status. If you need to prove your legal J-1 status, you can access your most recent I-94 arrival and admission record online at <https://i94.cbp.dhs.gov/I94/#/home>.

You will need the following items in hand when entering the United States and passing through Customs and Border Patrol at the Port of Entry:

Required:

- Valid Passport(s) containing a valid J-1 visa (or J-2 visas for accompanying family members)
- Original, signed DS-2019 form(s) for the you and any accompanying family members
- Original, signed DS-7002
- Proof of health insurance including a copy of the policy showing plan benefits and exclusions
- Proof of financial support (originally presented at the U.S. Embassy or Consulate)

Recommended:

- Invitation letter from the UO department/faculty
- Welcome letter from International Student & Scholar Services

You may not arrive more than 30 days before the program start date shown on your DS-2019. Upon completion of your exchange program, you have a grace period of 30 days to depart the United States.

Learn more about admissions and entry requirements, restrictions about bringing food, agricultural products, and other restricted/prohibited goods, and more by reviewing the CBP website at <https://www.cbp.gov/travel/international-visitors>.

**Travel to Eugene, Oregon**

There are a few options for transportation to Eugene, Oregon depending on whether you fly into the Eugene domestic airport or Portland international airport. The Portland airport is a two-hour drive from Eugene, Oregon.

- Eugene Shuttle Service: <http://www.omnishuttle.com/>
- Portland to Eugene Shuttle Service: <http://www.hutshuttle.com>
- Eugene Airport: <http://www.eugene-or.gov/index.aspx?nid=1075>

**Temporary Lodging Upon Arrival**

Before arrival, you may wish to check with your host academic department to see if they are able to offer assistance in locating suitable housing. Unfortunately, ISSS cannot make arrangements for housing.

Although housing is readily available in the Eugene area, it is difficult to arrange in advance of arrival to Eugene. You may wish to stay in temporary lodging from a few days to a week while you are arranging permanent housing. Student interns are not eligible for UO on-campus student or family housing. Below is a list of local hotels close to the University of Oregon.

For a list of hotels and restaurants in Eugene, please visit the Eugene visitor's website at <https://www.eugencascadescoast.org>.

### **Housing Information**

Before you sign a lease or rental agreement, you may want to drive or walk through a neighborhood before making an appointment to see a house or apartment. Make a list of questions to ask any potential landlord that clarify important lease components (payment forms accepted for rental payments, utilities included in the rent, length of the lease, amount of security or cleaning deposit required and whether or not deposits are refundable when you move out). Please access the following links for a sampling of off-campus housing information:

UO Off-Campus Housing Website

<https://offcampushousing.uoregon.edu/>

Online Websites:

<http://eugene.craigslist.org>

[http://www.zillow.com/homes/for\\_rent/](http://www.zillow.com/homes/for_rent/)

<http://rentals.com>

<http://rent.com>

<http://apartmentguide.com>

<http://apartments.com>

<http://eugenerent.com>

<http://forrent.com>

<http://apartmentratings.com/rate/finder>

<http://eugenerentals.com>

### **Cost of Living Expenses**

The cost of living depends on your choices for housing and lifestyle. Rents in Eugene can range from \$350 for a single room to \$800 or more for a studio or one-bedroom apartment per month. Some costs, such as personal expenses, cell phone, internet, food, entertainment, travel and the like are difficult to project and vary from person to person. However, in general you should budget approximately \$1000 per month for personal expenses in addition to housing.

### **Medical Health Insurance**

You are required, as a condition of your J-1 visa status in the U.S., to have health insurance for yourself and all accompanying family members. The period of required coverage is the actual duration of your internship as recorded on your DS-2019 program begin date and program end date.

Federal regulations require exchange visitors to purchase a health insurance plan which will cover you from the day you arrive in the U.S. to the day you leave the U.S. When researching health insurance plans, please give the following information to the insurance provide to make sure the policy meets the following requirements:

Minimum Benefits:

- (1) Medical benefits of at least \$100,000 per accident or illness;
- (2) Repatriation of remains in the amount of \$25,000;
- (3) Expenses associated with the medical evacuation of exchange visitors to his or her home country in the amount of \$50,000; and
- (4) Deductibles not to exceed \$500 per accident or illness.

Any policy, plan, or contract secured to fill the above requirements must, at a minimum, be:

- (1) Underwritten by an insurance corporation having an A.M. Best rating of "A-" or above; a McGraw Hill Financial/Standard & Poor's Claims-paying Ability rating of "A-" or above; a Weiss Research, Inc. rating of "B+" or above; a Fitch Ratings, Inc. rating of "A-" or above; a Moody's Investor Services rating of "A3" or above; or such other rating as the Department of State may from time to time specify; or
- (2) Backed by the full faith and credit of the government of the exchange visitor's home country; or
- (3) Part of a health benefits program offered on a group basis to employees or enrolled students by a designated sponsor; or
- (4) Offered through or underwritten by a federally qualified Health Maintenance Organization or eligible Competitive Medical Plan as determined by the Centers for Medicare and Medicaid Services of the U.S. Department of Health and Human Services.

Private Health Insurance Plans

**DISCLAIMER:** The University of Oregon does not endorse any specific plan; nor can we verify that any plan meets the Department of State requirements. The links below are informational only. Individuals are required to make their own assessment of their healthcare needs and make an independent decision on which plan they choose to purchase. **Proof of coverage that meets Department of State requirements will be required upon check-in with International Student & Scholar Services.**

Compass:

[https://www.compassstudenthealthinsurance.com/health\\_wellness.html](https://www.compassstudenthealthinsurance.com/health_wellness.html)

The Harbour Group: <https://secure.visit-aci.com/Insurance/isp/harbour/>

Cultural Insurance Services International: <http://www.culturalinsurance.com/>

United Healthcare Global: <https://uhcsafetrip.com/>

PSI Health Insurance: <https://www.psiservice.com/index.do>

PGH Global: <https://www.pghstudent.com/>

IMG International Medical Group: <https://www.imglobal.com/>

ISP International Student Protection: <https://isp.intlinsure.com/>

GeoBlue Cover Your World: <https://geobluetravelinsurance.com/>

International Student Insurance:  
<https://www.internationalstudentinsurance.com/>

### **Orientation/Immigration Check-In**

You are required to contact ISSS as soon as you arrive in Eugene to schedule an appointment with Becky Megerssa for mandatory immigration check-in and orientation. The check-in and orientation must take place within 7 days of your arrival to the U.S. Please bring your passport, DS-2019, DS-7002, and health insurance policy to your check-in appointment.

The orientation will take about 30 minutes and will cover many of the topics in this handbook. Copies of your immigration documents will be made and your DS-2019 record will be validated in the federal SEVIS database. You will be required to provide your local U.S. address, local phone number, and a valid email address. We will also collect copies of your health insurance policy which details the coverage of benefits.

Contact [sevis@uoregon.edu](mailto:sevis@uoregon.edu) or call 541-346-1436 to schedule an appointment.

### **Employment**

You are not eligible for employment or compensation in the U.S. except for a stipend or compensation as specifically outlined in the DS-7002 (Training/Internship Training Plan). Violation of this regulation is grounds for immediate termination of UO sponsorship and departure from the U.S.

### **Social Security Number**

If you are being paid a stipend for your internship, you will need to apply for a social security number, if you have never applied for one before. You may apply for a social security number within five days after your check-in and orientation with ISSS. To obtain a social security number, you will need to take the following documents to the local Social Security Administration Office:

- Passport
- I-94 Entry Record (retrieve at [CBP.gov/I94](http://CBP.gov/I94))
- DS-2019 form
- Social Security Verification Form signed by UO department and ISSS

Applications for social security numbers and cards must be made in person. The Eugene office is located at the following address:

Social Security Administration  
2504 Oakmont Way  
Eugene, OR 97401  
Hours are Monday-Friday, 9:00 a.m. - 4:30 p.m.

**Study/Taking Classes:**

You are not permitted to enroll in or audit any UO classes unless a required component of the DS-7002 (Training/Internship Training Plan.)

**Departure**

When you complete your program, and know of your departure date from the U.S., you must notify International Student & Scholar Services by email to [sevis@uoregon.edu](mailto:sevis@uoregon.edu). J-1 and J-2 status allows for a 30-day grace period following the program end date on the DS-2019. You may remain in the U.S. up to 30 days after the program end date to sightsee and wrap up your visit to the U.S.

## **LIVING IN EUGENE, OREGON**

### **Life and Customs in the U.S.**

A quick search of the internet will provide you with many online resources and facts about U.S. culture and customs. A guide for new immigrants to the U.S. may be a first starting point to learn more about American life and customs. Go to <https://www.uscis.gov/tools/settling-us/welcome-united-states>.

### **Cultural Adjustment**

Cultural adjustment is a process an individual has to go through to be able to work effectively and live comfortably in a place that is new and unfamiliar to them. Living in a new culture requires you to learn a new set of cultural patterns and behaviors. This process can be very challenging and sometimes uncomfortable. There are generally three main types of cultural adjustment\*.

Culture Surprise usually occurs during the first few days of your visit as you initially become aware of superficial differences. Examples: people dress differently, signs are in a different language, nonverbal behaviors are different.

Culture Stress is a fairly short-term response to "stimulus overload." This occurs when you begin to respond to the behavior of the "new" culture. Examples: trying to drive a car, doing your own shopping, hearing comments about yourself.

Culture Shock is a normal, healthy psychological reaction to the stress of living in a different culture. You experience feelings of tension and anxiety because you have lost familiar cultural cues. Your actions do not always get you what you want. And your inability to communicate effectively with others is frustrating.

*\*Janet and Milton Bennett, 1999*

At some point during the cultural adjustment process, you will probably experience culture shock. Culture shock is caused by the stress of being in a new culture and is a normal part of adjusting to a new place. When you live in a new culture, your own values are continually brought into question. Also, you are cut off from the cultural clues and known patterns with which you are familiar. Kalvero Oberg, the man first credited with diagnosing culture shock, describes it this way:

"These signs and clues include the thousand and one ways in which we orient ourselves to the situations of daily life: when to shake hands and what to say when we meet people, when and how to give tips...how to make purchases, when to accept and when to refuse invitations, when to take statements seriously and when not..."

You will probably not just wake up one morning and say, "Oh, I am experiencing culture shock!" It is a gradual, cumulative process that builds up slowly. It is

important to recognize the symptoms of culture shock so you can be better prepared for it.

### Some Symptoms of Culture Shock\*\*

- anxiety, crying a lot
- irritability, hopelessness
- homesickness, distrust of hosts
- depression, withdrawal
- fatigue, stereotyping
- boredom, self-doubt
- avoiding contact with host nationals, difficulty studying effectively

Not everyone experiences culture shock in the same way. You may have difficulty sleeping while your friend sleeps most of the time. You may experience many of the symptoms listed above or only a few of them. The most important thing to remember is that culture shock is a normal part of the adjustment process. If your symptoms are severe, be sure to let others know how you are feeling. Talk to a friend, an international scholar advisor, or a counselor in the community. You do not have to be alone!

### What You Can Do to Help Fight Culture Shock:

1. Realize that culture shock is a natural part of adjusting to a new culture. Practically everyone who lives abroad experiences culture shock to some degree—you are not alone. If you are familiar with the symptoms of culture shock and anticipate them, you will have an easier time adjusting.
2. Don't be afraid to share your feelings with others. Talk to other international students about what you are feeling and experiencing. You will probably find that others can relate to how you are feeling.
3. Become involved in activities on campus or in the community. This is a good way to meet people and will help enrich your time in the United States. If you feel uncomfortable joining a program or activity, ask a friend to come with you.
4. Develop a "support system." Being away from family and friends who normally support you can be difficult. It is important to connect with others who can provide you support.
5. Take care of yourself. Living in a foreign country can be very stressful on your body. Remember to get plenty of rest, eat well, and exercise. Join an intramural sport, try out Dixon Recreation Center, cook your favorite dish from your country, or try the local ethnic grocery stores.
6. Take some "time out." Speaking a foreign language all day can be very exhausting! Remember to spend some quiet time each day reading a book or listening to music in your own language.



7. Keep your sense of humor. It is important to be able to laugh. Allow yourself to see the humor in misunderstandings and embarrassing situations.
8. Set small goals for yourself. Remember that many of the things that were easy for you may not be so easy in a new culture. Make realistic goals so you can feel good about reaching them.
9. Ask questions and learn from others. If you don't understand something, remember that it is okay to ask for help. OSU faculty and staff, classmates, and other international students can help answer your questions and increase your understanding of American culture.
10. Keep a positive attitude. You will most likely experience some negative feelings while you are in the U.S. While this is perfectly normal, it is important to not let them dominate you. You might try keeping a list of your enjoyable experiences so your outlook remains positive.

*\*\*Material adapted from Survival Kit for Overseas Living, Robert Kohls, Chicago: Intercultural Press, 1994.*

### **About Eugene, Oregon**

Eugene is consistently ranked as one of the best college towns to live in in the United States, and boasts incredible natural beauty and many cultural activities. Eugene has a temperate climate with cool, wet winters and warm, dry summers, and is surrounded by the Cascade mountain range and eight major rivers. It is about one hour from the Pacific Ocean by car.

Eugene is home to approximately 156,000 residents – the second largest city in Oregon following Portland. Eugene's city slogan is "A Great City for the Arts and Outdoors." It is known as "Tracktown USA" due to local enthusiasm for running, track and field, although other popular outdoor activities include rock climbing, kayaking, river rafting, hiking and skiing. For more information on Eugene and surrounding areas, visit the Eugene, Cascades and Coast website:  
<http://www.eugencascadescoast.org/>.

In addition to the natural environment, Eugene also boasts significant cultural and artistic events and venues. The residents of Eugene are strong supporters of cultural events, music and the arts. For more information on local events and cultural activities, see:

<http://www.planeteugene.com/arts.html>  
<http://www.downtowneugene.com/>  
<http://www.hultcenter.org/>  
<http://www.eugenemusicians.com/music-venues/>

### **Cultural Activities**

The UO offers a variety of cultural activities many of which are available to visiting international students including field and shopping trips, outdoor trips, language circles, social events and student-run clubs and events. Check out the opportunities below:

### Outdoor Program

<https://outdoorprogram.uoregon.edu/about>

The Outdoor Program provides a wide range of information, gear rentals, resources, trips, events and clinics, as well as a bike events, loans, and self-service maintenance shop- all our activities and resources reflect our philosophy. Visiting students can participate in OP trips and events by paying the general community rate of just \$25 a year.

### Mills International Center

<https://mills.uoregon.edu>

The Mills Center is never a dull place to be because it is a popular place for holding events. Some examples of past events are art exhibitions, movie nights, and study abroad information sessions. There are some regular events as well, such as Language Circles (a great way to practice speaking foreign languages), Game Nights, *Chill in The Mills*, and more. Mills Center is also a great place to make new friends from all over the world.

### ExplOregon

<https://blogs.uoregon.edu/exploreregon/>

The Office of International Affairs organizes trips and activities in the Eugene/Springfield region and in Oregon. These activities include hiking, river rafting, skiing, volunteer opportunities, as well as trips to local festivals, famous state parks, sport events, and factory outlets. Come experience the local culture, make new friends, practice a language, have fun! Follow us on [Facebook](#).

### **Urgent Care and Hospitals**

In the U.S., emergency care at hospitals is for life-and-death emergencies or serious injuries. If you are sick or injured, but it is not a life-or-death illness or injury, you should seek medical care from an Urgent Care facility. Emergency care is very expensive. Urgent care is more affordable and more likely to be covered by your insurance health plan.

### Urgent Care (Multiple Locations)

Eugene Urgent Care: <https://eugeneurgentcare.com/>

## Emergency Care

PeaceHealth—Sacred Heart Medical Center, University District:  
<https://www.peacehealth.org/sacred-heart-university-district>

## **Health and Safety**

Generally, the UO campus and town of Eugene is safe. However, we suggest that all visitors stay alert and follow common sense, especially at night. If there is an emergency or immediate safety concern:

**On campus: Call 6-6666**

**Off campus: Call 9-1-1 (for emergencies only)**

**Walking on campus: Push red button on outdoor call box**

**Call boxes are also located on yellow posts or side of buildings.**

Contact the UO Department of Public Safety for more safety tips and information:  
<http://police.uoregon.edu/>

## **Banking**

We recommend you open a checking account immediately upon arrival to Eugene in order to pay bills such as rent or utilities. Landlords and property management companies will not usually accept cash, and temporary credit cards may not cover rental amounts. Most checking accounts include an ATM / Debit card so you can withdraw cash from your account as well as using the card for purchases. Checks are also commonly accepted at grocery stores or retail shops to pay for purchases, although you will need to show an official form of ID when using this option.

## Credit Cards

If you have no credit history in the U.S., it may be difficult to obtain a credit card. You can establish a credit history by obtaining a “Secure Credit Card” which will require you to deposit money for its usage. Within a few months of using the Secure Credit Card, you may be eligible for other credit cards. However, you may need a Social Security Number to be eligible and you are only eligible to apply for a Social Security Number if you are being paid for your internship.

To open a banking (checking or savings) account in the U.S. you will need your passport, UO ID card and funds for the account. You do not need a Social Security number to open a bank account. A checking account allows you to pay for items without carrying cash by using checks or a debit card. Savings accounts are used for saving money for a longer time.

## Banks near campus:

- Oregon Community Credit Union (UO Duck Store), 13th & Kincaid, 541-346-4331
- US Bank, 810 E 13th Avenue, Eugene, 541-465-4280

- Bank of America, 201 E 11th Avenue, Eugene, 800-432-1000
- Wells Fargo, 99 E Broadway, Eugene, 541-465-5622

### **Driving**

In order to drive in the state of Oregon, you can drive with a foreign license but you must carry an International Driving Permit in English. You can also apply for an Oregon Driver's License, which requires a written exam and a driving test.

For information on International Driving Permits:

<https://www.dmv.org/international-driver-permits.php>

For more information on Oregon Driver's License:

<http://www.oregon.gov/ODOT/DMV/pages/driverid/index.aspx#dl>

### **Parking and Transportation**

If you are planning to drive a car and park on campus, you will need to buy a parking permit from the UO Department of Parking and Public Transportation:

<https://parking.uoregon.edu/>. Be aware of specific parking lot designations and follow the guidelines of the campus parking map in order to avoid ticketing:

<http://infographics.uoregon.edu/campusmaps/parkingmap.pdf>

Bicycles used on campus must be registered for a fee. When you register your bicycle, you will be given a sticker for your bicycle. Bicycle registration, and tips for keeping your bicycle safe are available from the Department of Parking and Public Transportation.

### **Public Transportation**

Eugene hosts a well-maintained bus line system for commuters and visitors. You may purchase passes or pay per ride on a daily basis. For information on the EMX and Lane Transit buses, see the LTD website: <https://www.ltd.org/>. Bus rides are sometimes free on Oregon Ducks home game days!

### **Shopping**

There are a number of grocery stores around campus, each with slightly different pricing and product choice:

- Market of Choice  
1960 Franklin Blvd
- Albertsons  
1675 W 18th Ave
- Safeway  
145 E 18th Ave

For household items, you may want to visit a few of the following local retail stores:

New:

- Target: 2750 Gateway St, (Springfield)
- Walmart: 4550 W 11Th Ave

Used:

- Salvation Army Re-sale 2065 W 7th Ave
- Good Will Industries: 435 E Broadway

For clothing and local wares, visit the following shopping venues:

Valley River Center: <http://www.valleyrivercenter.com/>

Saturday Market: <http://www.eugen Saturdaymarket.org/>

Fifth Street Public Market: <https://www.5stmarket.com/>

Gateway Mall: <http://www.theshoppesatgateway.com/>

Oakway Center: <http://oakwaycenter.com/>

## **Dependents and Family Members**

### J-2 Visa Regulations

J-1 visa holders are required to present a passport, DS-2019 and health insurance information of all J-2 dependents when checking-in with International Student & Scholar Services. All dependents must be covered by health insurance for the entirety of their stay in the United States, under the same health insurance requirements as that of the J-1 visa.

J-2 visa holders are required to notify International Student & Scholar Services if they depart the U.S. and return to their home country. The status of a J-2 visa holder is dependent upon the status of the J-1 primary visa holder. If the J-1 exchange visitor permanently departs the United States, the J-2 dependent must depart as well.

### Work Authorization for J-2 Visa Holders

The U.S. Citizenship and Immigration Service (USCIS) permits J-2 visa holders to apply for employment authorization if the employment is not necessary for the financial support of the principal J-1 visa holder. The purpose for the J-2 dependent's employment should be an interest or activity that might include maintaining oneself in his/her own profession, family travel, or other recreational or cultural activities.

The J-2 visa holder may apply for employment authorization any time after arrival in the U.S. It can take several months to obtain the authorization, so the J-2 may wish

to apply early. The J-2 work authorization will be valid only for as long as the J-1 exchange visitor's stay is valid.

*Please see the USCIS website for the necessary form I-765 and instructions:*

<http://www.uscis.gov/i-765>

If the J-2 visa holder is granted permission to work, he/she will receive an Employment Authorization Document (EAD). The EAD is an identification card laminated in plastic, with individual's photograph and the expiration date of the work authorization.

J-2 visa holders may work part-time or full-time in any position, for any employer. USCIS can authorize employment for the J-2 visa holder for the duration of the J-1 Exchange Visitor's program, not to exceed four years.

Important reminders:

- The J-2 visa holder must be in valid J-2 status and the primary exchange visitor must hold valid J-1 status as shown on the I-94 Entry Record
- The income of the J-2 visa holder may not be used as the primary financial support of the J-1 visa holder
- It is very important to keep photocopies of everything sent to the USCIS.
- The address listed on the I-765 application should be valid for the next 3-4 months. If the J-2 dependent changes address, the US Postal Service will not forward mail from USCIS. If the current address is not going to be valid for the next 3-4 months, talk to the International Scholar Adviser before mailing the application.

### **Resources for Families with Children**

Eugene is a great place for families with children. Kids can enjoy the extensive number of outdoor parks, public swimming pools, bike paths and children's events that are held throughout the year around the Eugene area.

#### UO Family List Serve

The University of Oregon Family List Serve provides a subscription to announcements of family-oriented events on campus and around Eugene. These events are a great way to meet other UO families!

<https://hr.uoregon.edu/content/uo-families-email-list-serve>

#### Local Activities and Venues

Eugene is home to a number of indoor and outdoor venues for children and families to enjoy year-round. For more information on great local activities, events and adventures with children, please see:

<http://www.sciencefactory.org/>

<http://www.eugencascadescoast.org/family/>

<https://www.facebook.com/eRaptors>

<http://www.eugene-or.gov/Facilities/Facility/Details/12>

<https://www.facebook.com/pages/Kid-Activities-in-Eugene/480774311960197>

### **Eugene and Springfield Public School System**

#### Pre-school and Daycare:

Preschool and daycare are private childcare services provided for children under the age of five. The costs for these programs may range anywhere from \$600 – 1200 per month for full time care, less for part time. Prices depend on the child’s age, center location, reputation, services and meals. It’s a good idea to ask local families about a preschool’s reputation and standing before placing your child. It is typical practice to “sit in” for a half or full day to observe the class before reserving a spot for your child in a center.

UO faculty and staff are eligible to enroll their young children in on-campus childcare centers at the University of Oregon. Review individual websites for costs, wait list information and program descriptions:

<https://hr.uoregon.edu/content/child-care-campus>

#### Public School

The Eugene School District 4J features 27 primary schools, 13 middle schools, eight high schools and three charter schools. There are also language immersion schools in Spanish, Japanese and French. Public school is free to all children, and frequently includes English as a Second Language programs. For more information on enrollment, districts and local schools, see:

Eugene Public School Guide: <http://www.4j.lane.edu/>

For reviews and ratings of local public schools, preschools and daycare centers, see: <http://www.greatschools.org/oregon/eugene/schools>