



WELCOME TO THE UNIVERSITY OF OREGON

J-1 SCHOLAR PRE-ARRIVAL GUIDE

International Student and Scholar Services

Welcome!

It is with great pleasure that the University of Oregon (UO) welcomes you to our campus and to Eugene. The Office of International Student and Scholar Services (ISSS) is here to assist you with all of your immigration matters and any general questions or concerns you may have throughout your stay. ISSS also provides social and cross-cultural programming for scholars. The university places great value on the contribution and participation of visiting international scholars, such as yourself--we aim to make your program as successful and seamless as possible.

The J-1 Scholar Pre-Arrival Guide is designed to provide a comprehensive overview of the immigration and arrival process, as well as to familiarize you with Eugene, the University of Oregon, and the resources available to you. Please thoroughly review this guide both before and after arriving to Eugene, as you will find a number of helpful resources for each stage in the process. This guide should compliment the many resources available through your host department and the university at large.

Please do not hesitate to contact ISSS prior to your arrival if you should require any assistance. We look forward to supporting you prior to and during your J-1 International Scholar Program. Welcome to the University of Oregon!



Contact Information

International Student and Scholar Services
5209 University of Oregon
Eugene, Oregon 97403

Office: Oregon Hall, 300 W
Phone: 541-346-3206
Email: ischolar@uoregon.edu

International scholar advising available by
appointment only:

Monday, Wednesday, and Friday
10:00 a.m. – 12:00 p.m.
1:00 p.m. – 4:00 p.m.

TABLE OF CONTENTS

4 **PRE-ARRIVAL**

Pre-Arrival Checklist
J-1 International Scholar Overview and Categories
J-1 Status Maintenance and Regulations
212 (e) J-1 Home Residency Requirement and Repeat Bars
Applying for a J-1 Visa

- SEVIS Fee
- Suggested Supporting Documentation
- Dependents

Pre-Departure Planning
Entering the United States

12 **ARRIVAL TO THE UNIVERSITY OF OREGON**

Introduction to the University
Mandatory Medical Insurance
Mandatory Check-In Orientation with ISSS
UO ID Card and Email
Social Security Card

14 **POST-ARRIVAL - LIVING IN EUGENE**

About Eugene
Housing Information
Eugene Neighborhoods
Utilities
Banking
Driving and Parking
Public Transportation
Shopping
Health and Safety
Dependents and Family Members

- Visa Regulations
- Work Authorization
- Invitation Letter for Family Members

Resources for Families with Children

Pre-Arrival Checklist

- Read all of the information in the J-1 Scholar Pre-Arrival Guide. All of the items listed below are discussed in further detail in this guide.
- Verify that all the information on your DS-2019 is correct. Note the program begin date and notify your host department and ISSS immediately if your travel plans have changed.
- Pay the SEVIS FEE online at www.fmjfee.com/i901fee/index.html.
- 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.
- Purchase or make plans to purchase medical insurance coverage. The U.S. Department of State requires all individuals who enter the United States in J-1 status to have medical insurance for themselves and all their accompanying dependents in J-2 status throughout the entire duration of their program.
- 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 International Student and Scholar Services to schedule an appointment with the ISSS Advisor for your mandatory J-1 Check-in Orientation within the first 15 days of your arrival to Eugene.
- Arrange for transportation from the Eugene airport to your hotel or apartment. Ride-share services such as Uber or Lyft are *usually* available to order at the airport.

J-1 International Scholar Overview and Categories

The J-1 Visitors Program was created in 1961 under the Mutual Educational and Cultural Exchange Act with the aim of strengthening relations between the United States and other countries and fostering cultural exchange. It is currently administered by the U.S. Department of State and facilitated by university campuses nationwide. There are many categories under the J-1 Visa Program, but only a few that are utilized for visiting scholars.

Short Term Scholar:

Duration: Six months or less (no extension available beyond six months; no change of category is permitted)

Purpose: Professors, Research Scholars, and other individuals with similar education or accomplishments travel to the United States on a short-term visit to lecture, observe, consult, train or demonstrate special skills at research institutions, museums, libraries, post-secondary accredited academic institutions, or similar types of institutions.

Professor:

Duration: Three weeks – Five years (No extensions past five years permitted)

Purpose: The Professor category is for a foreign Professor who enters the United States for the primary purpose of teaching, lecturing, observing or consulting at accredited post-secondary academic institutions, museums, libraries,

or similar types of institutions. A Professor may also conduct research, unless disallowed by the sponsoring organization.

Research Scholar:

Duration: Three weeks – Five years (No extensions past five years permitted)

Purpose: This category is for a foreign Scholar who enters the United States for the primary purpose of conducting research, observing or consulting in connection with research projects at research institutions, corporate research facilities, museums, libraries, post-secondary accredited academic institutions, or similar types of institutions. A Research Scholar may also teach or lecture, unless disallowed by the sponsor.



Maintaining Valid J-1 Status

Arrival and Mandatory Check-In Orientation

J-1 exchange visitors are required by law to check in with International Student and Scholar Services (ISSS) within 30 days of arrival to the United States. Once a scholar has checked in, his or her immigration record will be “validated” in the federal SEVIS database--the first step for J-1 status maintenance. See page 11 for more information about Check-In Orientation with ISSS.

Passport and DS-2019

The DS-2019 immigration document and passport must remain valid at all times while the international scholar is in the U.S. The J-1 visa “sticker” in the scholar’s passport allows the scholar to enter the U.S. and may expire while the scholar is in the U.S. However, the DS-2019 must never expire while the scholar is participating in the J-1 exchange program.

Travel

In order to travel in and out of the United States while in J-1 or J-2 status, the scholar must obtain a travel signature from the ISSS Advisor on his or her DS-2019 form prior to departing the U.S. If the scholar’s J-1 visa has expired, he or she will need to apply for a new visa before returning to the United States.

Contact Information Changes

Changes in the scholar’s U.S. address, phone number, and/or email address must be reported to the ISSS Advisor within 10 days of the change, as required by immigration regulations. Email contact information changes to ischolar@uoregon.edu.

Employment in J-1 Status

The research scholar or professor’s appointment to a paid position shall be temporary, even if the position itself is permanent. Incidental lectures or short-term consultations are permitted with the approval of the Responsible Officer (ISSS Advisor) so long as they are directly related to the objectives of the participant’s program, and do not delay the exchange program’s completion date. A scholar in J-1 visa status may not be a candidate for a tenure-track position.

Occasional Lectures or Consultations

Scholars may present an occasional lecture or provide occasional consultation for a non-UO employer if approved by the sponsoring department and ISSS. The ISSS Advisor will prepare a letter authorizing the employment following review and approval of all supporting documentation. A scholar requesting reimbursement or wages for lecturing or consulting must present the following documents to ISSS prior to the activity:

- Letter from the outside employer or host detailing the dates, terms, hours and description of the activity
- Letter from the department head or supervisor recommending the activity and explaining how it will enhance the exchange visitor’s program

Study in J-1 Status

Scholars may enroll in classes at the UO as long as the classes are incidental to their primary activity. If a scholar plans to study toward a degree-seeking program, it may be advisable to apply to change status to F-1 or J-1 student categories. Contact ischolar@uoregon.edu or call (541) 346-3206 to make an appointment with the ISSS Advisor if you have any questions regarding how studying may affect the maintenance of J-1 immigration status.

Mandatory Health Insurance

Scholars are required, as a condition of their J-1 visa status in the U.S., to have health insurance for themselves and all accompanying family members in J-1 or J-2 visa status. In some cases, international scholars employed by the University of Oregon may be provided with health insurance coverage. If the scholar is not provided with adequate health insurance coverage, he or she may enroll in a private insurance plan. See page 13 for more information on health insurance plans and requirements.

Departure

When a J-1 scholar and their J-2 dependents depart the United States or the University of Oregon, the scholar must notify ISSS by email to ischolar@uoregon.edu. J-1 and J-2 status allows for a 30-day grace period following the expiration date of the DS-2019 or the end date of the J-1 program before the scholar and dependents must depart the United States. Many scholars use this time to travel and sightsee within the U.S. before returning home.

Two-year Home Residency 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 212(e) two-year home residency 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)
- Is a J-2 dependent of a J-1 Exchange Visitor who is subject to the two-year home residency requirement

Waiver of 2-year Home Residency Requirement

If a scholar applies for a waiver of the 212(e) two-year home residency requirement, he or she may complete the existing J-1 program, but no extensions may be granted after the 212(e) requirement has been waived. For the terms and conditions of the 212(e) requirement, please see item 1(e) on page 2 of the form DS-2019. If you have questions about the requirement, please visit the U.S. Department of State website or contact ISSS.

12-Month Bar

Time spent in any J status (including J-2 status) during the 12-month period preceding the professor or research scholar’s program begin date may trigger the “12 month bar” and restrict participation as a new Professor or Research Scholar (22 C.F.R. § 62.20(d)(2)).

An individual may not enter into J-1 Professor or Research Scholar status on a DS-2019 issued “to begin a new program” if he or she was physically present in any J status (including J-2 status) for “all or part of” the “twelve month period immediately preceding the date of program commencement set forth on his or her Form DS-2019.” This rule does not apply to time spent as a short-term J-1 Scholar, J-1 transfers, or presence in J status for less than six months.

24-Month Bar

An individual who spends time in J-1 Professor or Research Scholar status becomes subject to a 24-month bar on “repeat participation” in those same categories after completing his or her program. This does not affect those entering another J status besides “Professor” or “Research Scholar.”

PREPARING FOR DEPARTURE TO THE UNITED STATES



Applying for a J-1 Visa

A valid J-1 visa is required to enter the United States in J-1 status. Please schedule a visa interview and apply for a J-1 visa at your local consulate as soon as you receive your DS 2019 and Welcome Packet from the University of Oregon. Visa processing times can vary depending on the consulate. Please review visa application procedures and processing times on the Department of State website:

<https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/wait-times.html>

Visa Application Checklist:

- All J-1 visa applicants must pay the I-901 SEVIS Fee. The SEVIS Fee must be paid at least three business days before the scheduled visa application interview at the U.S. Consulate. For most individuals, the SEVIS Fee can be paid electronically by completing Form I-901 and paying with a credit card through the Internet at www.fmjfee.com/i901fee/index.html. You will need the information from your DS-2019 in order to complete the I-901 SEVIS Fee payment.
- Review all necessary documentation on the Department of State and Consular websites.
- Bring financial documentation to the consular interview (bank statement, UO employment contract, government sponsorship letter, etc.) covering the amount stated on your DS-2019 form).
- Dependents must use their individual DS-2019 forms to apply for J-2 visas, with accompanying financial documentation.

Entering the United States

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 scholar and any accompanying family members
- Proof of financial support (originally presented at the U.S. Embassy or Consulate)

Recommended:

- Courtesy Appointment form, UO employment contract or Letter of Welcome from the University of Oregon sponsoring department

Temporary Lodging and Airport Transportation

In order to make your transition to Eugene as smooth as possible, it is recommended that you secure temporary lodging and transportation from the airport before departing your home country. The UO Friendship Foundation and the Division of Global Engagement facilitate a temporary host family program in conjunction with volunteers from the Eugene community. Host families provide airport pick-up and temporary lodging for incoming international students and scholars for a brief period of a few days to one week following arrival. A host family can be a great introduction to local culture!

- For more information, please visit: ffisoregon.org
- Application: oregon.qualtrics.com/jfe/form/SV_cFUiEaEGcvOVg7X

Please ensure that you have temporary lodging arranged in advance and the address on hand when you arrive. There are a few options for transportation from the Eugene airport to your destination:

- Shuttle Service: hubairportshuttle.com/
- Eugene Airport: www.eugene-or.gov/index.aspx?nid=1075
- Uber
- Lyft

Hotels near the University of Oregon

Americas Best Value Eugene

(541) 343-0730

Location: 1140 W 6th Ave., Eugene, OR 97402

www.redlion.com/americas-best-value-inn/or/eugene/americas-best-value-inn-eugene

Hyatt Place

(541) 343-9333

Location: 333 Oakway Center Rd., Eugene, OR 97403

<https://www.hyatt.com/en-US/hotel/oregon/hyatt-place-eugene-oakway-center/eugzo>

Best Western New Oregon Motel

(541) 683-3669

Location: 1655 Franklin Blvd Eugene, OR 97403

www.bestwestern.com/neworegonmotel

Campus Inn & Suites

(541) 343-3376

Location: 390 E Broadway, Eugene, OR 97401

www.campus-inn.com

Holiday Inn Express & Suites

(541) 342-1243

Location: 2117 Franklin Blvd., Eugene, OR 97403

<https://www.ihg.com/holidayinnexpress/hotels/us/en/reservation>

The Broadway Inn

(541) 344-5233

Location: 476 E Broadway, Eugene, OR 97401

www.eugenebroadwayinn.com/

University Inn & Suites

(541) 342-4804

Location: 1857 Franklin Blvd., Eugene, OR

97403 www.eugeneuniversityinn.com

Travelers Inn

(541) 342-1109

Location: 540 E Broadway, Eugene, OR 97401

www.travelersinneugeneoregon.com/en-us

Inn at the 5th

(541) 743-4099

Location: 205 E 6th Ave., Eugene, OR 97401

<https://www.innat5th.com/>

La Quinta Inn & Suites

(541) 344-8335

Location: 155 Day Island Rd., Eugene, OR 97401

<https://www.wyndhamhotels.com/laquinta>

Graduate Hotel Eugene

(541) 342-2000

Location: 66 E 6th Ave., Eugene, OR 97401

www.graduatehotels.com/eugene/

Housing Information

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, International Student and Scholar Services (ISSS) cannot make housing arrangements for you.

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 your housing situation. Scholars are not eligible for UO on-campus student or family housing. However, there are plenty of apartment complexes and single-family homes close to the University of Oregon.

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 to clarify important lease components (payment forms accepted for rental payments, utilities included in the rent, length of the lease, penalties of lease cancellation, amount of security or cleaning deposit required and whether or not deposits are refundable when you move out). Be careful of signing a long lease, as they are very difficult to break. If you must leave earlier than the end date of the lease, you may be responsible for all rent payments until the property manager is able to find a new tenant and cancel your lease agreement. Some apartments carry month-to-month leases. These are by far the most convenient and flexible agreements for renting an apartment. You may also want to obtain a letter of character recommendation from a faculty member from your department if you will be unable to provide former housing references.

On-Campus International Guest Apartment

Please note: This requires your sponsoring UO department to inquire about availability. gsi.uoregon.edu/intlapartment

Please access the following links for a sampling of off-campus housing information:

Online Websites:

- offcampushousing.uoregon.edu/
- eugene.craigslist.org
- www.zillow.com/homes/for_rent/
- rentals.com
- rent.com
- apartmentguide.com
- apartments.com
- eugenerent.com
- forrent.com
- apartmentratings.com
- eugenerentals.com

Popular Apartment Complexes:

- bouldersontheriver.com
- www.heronclub.com/rent-information/
- www.foresthillsapts.com/

Short Term Housing:

<https://www.airbnb.com/>

Property Management Companies:

- **Jennings Group Inc.**
www.jenningsgroup.com/
(541) 228-9876
- **Bell Real Estate Inc.**
www.bell-realty.com
(541) 688-2060
- **Chinook Properties**
www.chinookproperties.net
(541) 484-0493
- **Northwoods Property Management**
www.northwoodspm.com
(541) 914-2282
- **Emerald Property Management**
www.emeraldpm.com/
(541) 741-4676
- **Acorn Property Management LLC**
www.acornpm.net
(541) 683-6166
- **Von Klein Property Management**
www.vonkleinrentals.com
(541) 485-7776

INTRODUCTION TO UO



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 professors and researchers 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!

Arrival to Campus

Once you have settled into your housing situation, you will want to tour the UO campus and meet with your department contact. Following your department introduction, there are a number of activities you will need to take care of in order to begin your J-1 program here at the University of Oregon.

Mandatory Medical Insurance

All J-1 and J-2 exchange visitors are required by law to maintain medical insurance for the entire duration of their program. The University of Oregon only offers health insurance to scholars who are employed by the university. You will be required to provide proof of private or governmental insurance during your check-in session upon arrival to UO. Please ensure that the health insurance you purchase meets all federal requirements imposed by the Department of State:

- Medical benefits of at least \$100,000 per accident or illness
- Repatriation of remains in the amount of \$25,000
- Expenses associated with the medical evacuation of the exchange visitor to his or her home country in the amount of \$50,000
- A deductible not to exceed \$500 per accident or illness.

Sample of private insurance companies:

Please Note: The University of Oregon does not recommend any particular private insurance plan, or verify that the plans meet Department of State requirements.

- Compass: <https://www.studenthealthusa.com/>
- PGH Global: www.pghstudent.com/
- ISO – isoa.org (most commonly used by scholars)
- PSI Health Insurance – psiservice.com
- IMG International Medical Group – imglobal.com
- ISP International Student Protection - intlstudentprotection.com/
- GeoBlue Cover Your World – geobluetravelinsurance.com
- International Student Insurance – internationalstudentinsurance.com

Please Note: Medical costs in the United States can be extraordinarily high. The US Department of State requires a minimum coverage amount of \$100,000 per illness or accident, but in reality the cost of a medical emergency can be much higher. It is strongly recommended that scholars obtain a health insurance plan with coverage of at least \$500,000 per illness or accident.

Mandatory Check-In Orientation with ISSS Advisor

You must contact International Student and Scholar Services (ISSS) as soon as you arrive in Eugene to schedule an appointment with the ISSS Advisor for mandatory Check-in Orientation. The Check-in Orientation must take place within 15 days of arrival to the United States. Please bring your passport, health insurance, and DS-2019 to your Check-In Orientation appointment. Contact ischolar@uoregon.edu or call 541-346-3206 to schedule an appointment.

UO ID Card and Email

During your on-boarding process, your host department will assist you in obtaining your UO ID and UO email address. ISSS is also able to assist.

Social Security Card

If you will be a paid employee of the University of Oregon, you will need to submit a Social Security card to the Payroll Office in order to initiate employment. You may apply for a social security number 10 days after your arrival to the United States. You must check in with ISSS prior to applying for a Social Security Number (SSN). To obtain a Social Security Number, take the following documents to the local Social Security Administration Office:

- Passport
- I-94 Entry Record (<https://i94.cbp.dhs.gov/I94/#/home>)
- Current J-1 DS-2019 form
- Current J-2 DS-2019 form (for J-2 visa holders)
- EAD card (J-2 visa holders)

Due to COVID-19, applications for social security numbers and cards may require that you call the Social Security Administration Office in advance: (866) 563-3450
The Eugene office is open Monday-Friday from 9am-4:00pm.

Social Security Administration
2504 Oakmont Way
Eugene, OR 97401

Post-Arrival: Living in Eugene

About Eugene

Eugene is consistently ranked as one of the best college towns to live in the United States. It 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: 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:

- www.planeteugene.com/arts.html
- www.downtowneugene.com/
- www.hultcenter.org/
- www.eugenemusicians.com/music-venues/

Friendship Foundation for International Students and Scholars

ffisoregon.org

In the Conversation Friend Program, facilitated by the Friendship Foundation for International Students and Scholars, volunteers meet for one hour a week with an international student, scholar, or spouse to practice conversational English. One hour a week can significantly help to improve everyday conversation skills and cultural knowledge. Conversation Friends may spend their hour shopping, cooking, visiting the Saturday Market, or going to the library. Activities are as varied as the participants.



Banking

It is recommended that visiting scholars 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 use 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.

To open a banking (checking or savings) account in the U.S. you will need your passport, UO ID card and sufficient 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 with 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 must first obtain an Oregon Driver’s License, which requires a written exam and a driving test. For more information on the requirements for an Oregon Driver’s License, see the Oregon Department of Motor Vehicles (DMV) website:

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://transportation.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. **It is highly advised that you use a high quality "U-Lock" to secure your bicycle.**

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: www.ltd.org/.

Please download the Umo App to ride LTD buses.

For more information on how to get your Umo pass, please visit transportation.uoregon.edu/bus.

Shopping

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

Market of Choice

1960 Franklin Blvd, Eugene, OR 97403

Albertsons

1675 W 18th Ave, Eugene, OR 97402

Safeway

145 E 18th Ave, Eugene, OR 97401

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

- Valley River Center
- Saturday Market
- Fifth Street Public Market
- Gateway Mall
- Oakway Center

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

New:

Target

2750 Gateway St, Springfield, OR 97477

Walmart

4550 W 11th Ave Eugene OR , 97402

Used:

Salvation Army Re-sale

2065 W 7th Ave, Eugene, OR 97402

Good Will Industries

435 E Broadway, Eugene, OR 97403

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 911

Walking on campus: Push red button on outdoor call box Call boxes are also located on yellow posts or side of buildings.

Safe Ride

The University of Oregon Safe Ride program offers free shuttle rides around the campus area during nighttime hours for UO students, faculty and staff. For more information on this program, see: pages.uoregon.edu/saferide/index.html

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



DEPENDENTS AND FAMILY MEMBERS



J-2 Visa Regulations

J-1 visa holders are required to present the passport, DS-2019, and health insurance information of all J-2 dependents to the ISSS Advisor upon arrival to Eugene. 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 ISSS if they depart the United States 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 scholar 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 to 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: 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 ISSS Advisor before mailing the application.

Invitation Letter for Family Members

In order to assist family members of UO Scholars in their application for a B1/B2 tourist visa at a US Consulate, ISSS will issue a personalized Invitation Letter upon request. Please make an appointment for this service by emailing ischolar@uoregon.edu.

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>

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:

www.eugene-or.gov/643/Explore-Eugene

www.lanekids.org/calendar

www.sciencefactory.org/

www.eugenecascadescoast.org/family/

www.facebook.com/eRaptors

www.eugene-or.gov/Facilities/Facility/Details/12

www.facebook.com/pages/Kid-Activities-in-Eugene/480774311960197

Safety

Oregon law requires that anyone riding in a moving car must be wearing a seat belt. Children must be secured in an appropriate child passenger restraint (safety seat or booster seat) until they are at least 6 years old or weigh at least 60 pounds. Infants under 20 lbs. must be secured in a rear-facing car seat. It is illegal to leave a young child unattended in a house or car.

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. Springfield School District Features 16 primary schools, seven middle schools, two high schools and three alternative schools. 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: www.4j.lane.edu/

Springfield Schools Guide: www.springfield.k12.or.us

For reviews and ratings of local public schools, preschools and daycare centers, see:

www.greatschools.org/oregon/eugene/schools



GO UO DUCKS!

Additional Questions

The Division of Global Engagement and the University of Oregon are pleased that you will be with us. We hope to make your stay a pleasant one at the University of Oregon, whether it's for one week or three years. If you have any questions regarding your visa status or other matters during your stay in Eugene, please call 541-346-3206 or email ischolar@uoregon.edu to make an appointment with an ISSS Advisor.



UNIVERSITY OF
OREGON

International Student and Scholar Services

5209 University of Oregon, 330 Oregon Hall
Eugene, OR 97403

To make an appointment with an ISSS Advisor call
541-346-3206

issu.uoregon.edu/faculty-scholars