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This email is being sent to all enrolled international students.

During these uncertain times, we want you to know that ISSS advisors are working hard to support each and every one of you, whether you are in Oregon or back in your home country.

ISSS Advising Support

We are all staying home and practicing social distancing. This may continue for the remainder of the spring term. If you need help with anything, please call or email ISSS and an advisor will get in touch with you.

Although our office in Oregon Hall is not open to students, our ISSS advisors are still available to advise you remotely on all immigration matters including OPT, CPT, I-20 extensions, travel signatures, reduced course loads and registration issues.

Please contact us:

Phone: Monday – Friday, 9am to 5pm (Pacific time), 541-346-3206

Email: intl@uoregon.edu (we will respond within 24-48 hours)

WeChat: wjamerson. When you add wjamerson, she will put you in a group called ISS front desk online. Click on WeChat barcode below.

WeChat Barcode

Temporary Changes by ISSS

For temporary immigration policy changes for spring term, please refer to our FAQ webpages at <https://issu.uoregon.edu/immigration-faqs-after-coronavirus-travel-restrictions>.

Temporary Changes by the Office of the Registrar

For temporary policy changes for spring term, please refer to the Office of the Registrar's website at <https://registrar.uoregon.edu/2020-temporary-changes>.

Optional Practical Training (OPT)

If you are graduating spring term and plan to apply for OPT work authorization to extend your F1 status for 12 months, now is the time to apply! USCIS is NOT closed to OPT application processing. Download the OPT packet at <https://issu.uoregon.edu/optional-practical-training-opt> then call the ISSS office to schedule a phone appointment with an ISSS advisor, 541-346-3206.

Free Food Services

For a list of services and programs that offer free food, meals and support for accessing resources, go to <https://dos.uoregon.edu/food>.

Student in Crisis Fund

To apply for emergency financial assistance, the UO has set up a "Students in Crisis Fund". Go to <https://around.uoregon.edu/content/1-million-goes-students-crisis-fund-help-ducks-need>.

Remote Resources for Students

Information for students including support, guidance and tips is available at <https://remote.uoregon.edu/students>

Required U.S. Address & Telephone Number

If you have moved to a new address or changed your telephone number, you are required to update your contact information in Duckweb under "Personal Information."

Student Health Insurance & Waiver Deadline

All international students are automatically enrolled in and billed for the UO Student Health Benefits Plan. If you want to remain enrolled in the UO Student Health Benefits Plan, or if you have already requested a waiver of the UO Student Health Benefits Plan, there is nothing you need to do. If you do not want to remain enrolled in the UO Student Health Benefits Plan and have not requested a waiver this year, the deadline to request a waiver for spring term is May 1st. Go to <https://health.uoregon.edu/insurancewaivers>

Forms and Resources

For a quick link to forms and resources, go to <https://iss.uoregon.edu/forms>



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