



Global Engagement Office (GEO)
Speare Memorial Hall, Room 108
17 High Street, MSC 62
Plymouth NH 03264

Voice: 603.535.3370 Fax: 603.535.2870

Maintaining Legal Status (J-1)

As an exchange student on a non-immigrant (J-1) visa, you must meet certain requirements in order to comply with the regulations for your status.

Basic J-1 rules:

- Always attend the school authorized on your DS-2019.
- Always enroll full time.
- Maintain registration for each semester.
- Keep passport valid.
- Notify your international advisor within 10 days of your current U.S. address.
- Have your international advisor endorse your DS-2019 before you travel.
- If you are considering any changes to your educational program, see your international advisor.
- Limit on-campus employment to a maximum of 20 hours per week while school is in session (students in J-1 status must have authorization by the international advisor. No off-campus employment is allowed.
- J-1 students must provide proof of health and accident insurance, which includes a medical evacuation and repatriation benefit.

It is very important that you seek advice from one of the international student advisors before dropping below a full-time course load or taking a term off from your studies.

Upon completion of the program, you are allowed 30 days to prepare for departure from the United States, unless they have applied for academic training or are transferring to a new J program.

If you officially withdraw from school before completing your program, without transferring to another school, your visa status may be in jeopardy – see your international student advisor immediately.