



MAINTAINING J-1 STATUS Visiting Language Instructors

As a student in the U.S. in J-1 status, you are required to follow specific federal laws. This page is meant to provide a generic overview of certain J-1 requirements; it does not contain all laws for every situation. If you ever have questions or concerns, always contact your advisor in the Center for International Education (CIE) for specific guidance.

As a J-1 student, it is your responsibility to maintain your non-immigrant J-1 status. Failure to follow the laws for J-1 status can result in you losing your legal ability to be in the U.S., and may harm your chances of getting a new visa in the future. To ensure you are following J-1 laws, you must:

1. Attend the mandatory International Orientation.
2. Keep your passport valid at all times, in most cases for at least 6 months into the future.
3. Ensure your I-94 record is always marked as J-1, D/S when you re-enter the U.S.
4. Conduct employment only at the University of Mary Washington (educational institution listed on your DS-2019).
5. Maintain required health insurance coverage for your J-1 status and your J-2 dependents as legally required.
6. Notify CIE of your change of physical address (where you live in the US) within 10 days of the change. This address cannot be a P.O. Box or a departmental address.
7. Not let your DS-2019 expire. You must remember the expiration date on your DS-2019, and request a program extension prior to the expiration date.
8. If traveling outside the U.S., ensure you have a valid visa and a recent travel signature on your DS-2019.
9. Depart from the U.S. within 30 days after completing your program of study.
10. Make arrangements for a new, short term tourist/visitor visa, if you plan to take an international trip during your 30 day grace period. To apply for a B-2 visitor visa, make an appointment with the U.S. consulate or embassy in the country you will be visiting *before* you leave the U.S. Passport holders from [some countries](#) are eligible for the Visa Waiver Program, in which case you must:
 - a) Register online with [ESTA](#)
 - b) Bring your flight itinerary for your final flight leaving the U.S.