Your Fulbright Roadmap

Fulbright Mission and Goals

The Fulbright Mission
to increase mutual understanding between the people of the United States and the people of other countries.

The Fulbright Objective
is for you to share the skills and knowledge acquired in the U.S. upon your return to your home country.
Understanding Fulbright

Sponsors
- U.S. Department of State
  - Bureau of Educational and Cultural Affairs
  - U.S. Embassies
- Binational Fulbright Commissions/Foundations

Administering Agencies
- AMIDEAST
- Institute of International Education
- LASPAU

Even though processes may vary, policies are consistent across agencies.
Your Fulbright Advisor and You

- Provides assistance and support during your program.
- Address personal and academic concerns.
- Liaises with your university offices.
- Manages J-1 non-immigrant record.
- Manages the financial aspects of your Fulbright grant & ensures you receive Fulbright financial benefits.

Grant Timeline
Report Arrival

Within 10 days of arrival in the United States, you **must report your arrival** and verify the following information with your administering agency in order to maintain your legal status in the US.

1. Provide copies of the following documents:
   1. DS-2019 Form
   2. Copy of J-1 Visa
   3. Electronic I-94 document (printed from [www.cbp.gov/I94](http://www.cbp.gov/I94))

2. Report your local address and contact information.
3. Receive information from your administering agency with other reporting requirements, such as arrival report or survey.

Differences between DS2019 and J visa

**DS-2019:**
- Certificate of Eligibility for Exchange Visitor Status
- Facilitates the issuance of a J visa
- *Must* be valid during your stay in the US
- Official immigration document confirming US legal status
- Need valid travel signature to travel abroad
- Can be reprinted if lost or damaged

**J-1 entry visa:**
- Visa is needed *only* to enter the US
- May expire, as long as DS-2019 is valid
- Can only be renewed abroad
- Travel exceptions: Canada, Mexico & Caribbean
Grant Timeline

Getting to know your university

Visit the International Students Office
- attend orientation and find on-campus resources

Meet your International Student Advisor
- works with all international students and scholars on campus and is an excellent resource for information on living in the United States.

Meet your Academic Advisor
- helps plan academic program so you complete your degree on time, monitors your academic progress, and provides advice on academic issues and professional goals.
Getting to know your university

- **Registrar** - to register, add, or drop courses, and request transcripts and proof of full-time enrollment
- **Bursar** - (may be known by another name on your campus) - to pay tuition, fees, & other expenses
- **International Student Office** - to find helpful resources for international students. This is where international student advisors work.

Financial Matters

- Review the financial information listed in your Terms of Appointment.
  - Dates of your Fulbright grant payments
  - Billing for university related payments
  - Additional health insurance requirements
  - Renewability of Fulbright grant and/or awards from your U.S. university, if applicable
- Contact your administering agency or the Fulbright Commission in your home country about setting up direct deposit and first stipend check.
The Stages of Culture Shock

1. Honeymoon - Everything is new and exciting; you are likely to be busy during this time.

2. Withdrawal – Realization that this is not vacation; you might feel irritable and hostile towards Americans.

3. Understanding – Understanding your new environment and finding a routine.

4. Integration & Acceptance – Starting to consider the university your new town, your home.

Making the Most of Your Fulbright

1. Honeymoon
2. Withdrawal
3. Culture Shock
4. Understanding
5. Integration & Acceptance!
Recognizing Culture Shock

- **Homesickness** for your family, friends and country.
- **Depression and Anxiety**— In the U.S. it is more common to discuss mental health issues such as depression, anxiety and loneliness.
- **Dependence** on fellow nationals or International Student Advisor
- **Hostility** – minor irritations make you feel angry

Strategies for Culture Shock

- Take a break from your studies and have some time to relax.
- Remain flexible, respectful and open-minded.
- Eat well, sleep well, and take good care of yourself.
- Exercise and do outdoor activities to relieve stress and tension.
- Talk to someone from your cultural background who has been living in the U.S. to discuss how to deal with values shock.
- Keep in touch with family and friends.
- Do not lose your sense of humor; laugh at your mistakes.
- Visit your university’s counseling center.
Grant Timeline

Maintaining Your J-1 Status

- Stay in contact with your Fulbright Advisor.
  - Report changes in degree requirements and degree completion date.
  - Report any address changes within 10 days of moving.
  - Share any achievements or difficulties, especially those that may impact your performance.
- Reporting Requirements:
  - Transcript
  - Proof of Enrollment
  - Visiting Researcher Progress Report
  - Any travel plans
  - Any additional forms required by your administering agency
Complying with J-Visa Regulations

- Am I in valid J-Visa status?

- Do I have a valid DS-2019?
Do I have a valid DS-2019?

Your DS-2019 must be valid and available during your stay in the U.S. If it is lost, it must be replaced as soon as possible.

Your J-Visa is your key to enter the U.S. – it may expire without consequence.

Complying with J-Visa Regulations

- Am I in valid J-Visa status?
  - ✓ Do I have a valid DS-2019?
  - ✓ Do I have valid I-94 information?
Do I have valid I-94 information?

Your I-94 information must be valid and correct during your stay in the U.S. You can access it by going to: www.cbp.gov/I94

Complying with J-Visa Regulations

- Am I in valid J-Visa status?
  - Do I have a valid DS-2019?
  - Do I have valid I-94 information?
  - Do I have a valid passport?
Do I have a valid passport?

Your passport must be valid for at least 6 months into the future. You may renew your passport in the U.S.

Complying with J-Visa Regulations

- Am I in valid J-Visa status?
  - Do I have a valid DS-2019?
  - Do I have valid I-94 information?
  - Do I have a valid passport?
  - Is my address up-to-date?
Is my address up-to-date?

You must notify your administering agency of an address change within 10 days of moving so that your SEVIS record can be updated.

Complying with J-Visa Regulations

- Am I in valid J-Visa status?
  - Do I have a valid DS-2019?
  - Do I have valid I-94 information?
  - Do I have a valid passport?
  - Is my address up-to-date?
  - Am I enrolled full-time?
Am I enrolled full-time?

You must be enrolled full-time every semester except in the last term of the program. (Visiting researchers are exempt.)

Visiting Researchers submit a signed letter confirming full-time research.

Am I progressing academically?

You must make satisfactory academic progress: Overall GPA of 3.0 or higher and no more than one “Incomplete” per semester.

Visiting Researchers submit a Visiting Researcher Progress Report.
Complying with J-Visa Regulations

- Am I in valid J-Visa status?
  - Do I have a valid DS-2019?
  - Do I have valid I-94 information?
  - Do I have a valid passport?
  - Is my address up-to-date?
  - Am I enrolled full-time?
  - Am I making satisfactory academic progress?
- Congratulations, you are in valid J-Visa status!

Work Authorization

The primary purpose of your participation in the Fulbright Program is to undertake your approved academic program – not to seek employment.

You must check with your Fulbright Advisor prior to seeking employment.

Your Fulbright grant could be reduced by earned income.

J-1 regulations limit work authorization to a maximum of 20 hours a week during the academic year and 40 hours a week during summer and holidays.
Academic Training

- Academic Training (AT) is an opportunity to gain professional experience in the U.S. that supplements the academic experience.
- AT is not guaranteed for all grantees and must be approved before commencing AT activities.
- The Fulbright Program and your specific country program have specific policies concerning AT. To determine your eligibility for AT, consult with your Fulbright Advisor.
- AT can take place during your studies or immediately following your studies depending on country policy. Both pre-degree completion AT and post-degree completion AT count towards total overall time eligible for AT.

International Travel

- You must have a valid travel signature on your DS-2019 to re-enter the U.S. (Travel signatures are valid for 12 months.)
- Inform your Fulbright Advisor of the dates of your travel, destination, and contact information while abroad.
- Duration of permissible travel varies by program – check with your Fulbright Advisor.
- Note that your Fulbright funding may be reduced if you will be outside of the U.S.
Dependents

- Contact your Fulbright Program Advisor to see if J-2 sponsorship for your dependents is allowed and, if so, for information on obtaining DS-2019 forms for dependents.

- Be sure to inform the International Students Office on campus that your family has arrived. Offices might have programs and services for J-2 dependents.

Grant Timeline

- Application-Directions
- Arrive
- First Week on Campus
- Tax Season
- Renewal and Summer Plans
- Departure
- Maintain J-3 Status
Tax Season

- All J-1 Exchange Visitors must report information to the Internal Revenue Service (IRS) while in the U.S.

- Depending on your sources of funding in the U.S., you will apply for a Social Security Number (SSN) or Individual Taxpayer Identification Number (ITIN) in order to report information to the IRS.
  - SSN: If you will earn income through employment in the U.S., you are eligible for a Social Security Number (SSN).
  - ITIN: If you will not earn income through employment in the U.S., you must apply for an ITIN.

Tax Season

- You will receive information on taxes and filing your tax return in the spring semester.

- IIE’s GRANTAX tax-management service will file your tax return on your behalf, free of charge. You are required to use GRANTAX’s services, whether you owe taxes or not.

- If you receive either funding or visa sponsorship through IIE, you are required to use GRANTAX’s services. Your grant sponsor, the U.S. Department of State, has arranged through IIE to pay the taxes due on your Fulbright grant. If you have tax obligations on other forms of income received in the U.S., you are responsible for these obligations; your grant sponsor only pays taxes related to your grant.
Grant Timeline

Continuing Fulbright

- Extending your DS-2019
  - Your original DS-2019 may not be valid for the duration of your academic program.
  - Policies on DS-2019 extensions vary. Check with your Fulbright Advisor.
  - Keep your Fulbright Advisor informed of your summer plans.

- Renewing your Fulbright Funding
  - Some Fulbright grants are renewable. See your Terms of Appointment or check with your Fulbright Advisor.
Grant Timeline

Departure Plans

- Check your Fulbright terms of appointment for information regarding your return travel benefits, if applicable.
- Your Fulbright advisor will provide information on departure procedures and reporting requirements.
- There is a 30 day grace period after the completion of your program.
Two Year Home Residency Requirement

- A U.S. government-sponsored Exchange Visitor is subject to the two-year home residency requirement.
- Requirement: Physical presence in your home country for an aggregate of two years.

Remember...
The Fulbright Mission is to increase mutual understanding between the people of the United States and the people of other countries.

The Fulbright Objective is for you to share the skills and knowledge acquired in the U.S. upon your return to your home.

POP QUIZ
Scenario 1

Paula from Ecuador and her friend Mohammed from Egypt were comparing their terms of appointment and noticed that Paula receives monthly payments while Mohammed does not. They emailed Joe from the UK, whom they met at a Gateway orientation, and his terms of appointment looked completely different!

How would you explain this to them?

Scenario 1 - Response

Each Fulbright grant is a result of the partnership between the U.S. government and your home country government. Each grant is unique.
Scenario 2

Hiroshi from Japan was very excited about his Fulbright, but after classes started he felt overwhelmed. He doesn’t think he’ll be able to cope with all of these responsibilities and is considering dropping a class. He’s feeling stressed out!

What should Hiroshi do? Who should he talk to?

Scenario 2 – Response

Stress, both academic and personal, is common especially during the first semester. It is important to contact:

- Your Fulbright Advisor: Changes to academic program may have an impact on J-1 status.

- Contact with Academic Advisor: Your advisor knows your degree requirements and what classes will be offered when.
Scenario 3

Darwin from Indonesia has just completed his first year of his masters in biology, and has been actively blogging about his experience in the U.S. His blog has become so popular that he was approached by CNN for an internship opportunity! He submitted his application for work authorization, and his Fulbright Advisor had several questions.

What are the factors to consider with employment?

Scenario 3 - Response

The primary purpose is pursuing the grant, so employment is always secondary and must contribute to the program you were nominated to pursue as a Fulbrighter.

- How is the internship related to his degree program?
- Does Fulbright program policy allow employment?
- Depending on his Fulbright terms of appointment, his Fulbright grant amount might be reduced based on income earned through employment.

Your purpose for being in the U.S. is to complete your approved academic and cultural exchange program. Employment must be approved in advance.
Scenario 4

Pinar from Turkey met the love of her life, Mike from Michigan, while pursuing a master’s degree in the U.S. Two months before finishing her degree, Mike proposed to Pinar! Pinar and Mike are excited about planning their future. She knows that as a Fulbrighter, she has a two year home residency requirement.

What should they be aware of while planning their future?

Scenario 4 - Response

Marrying a U.S. citizen does not impact the two year home residency requirement, so they will need to keep this in mind while making their plans.
Take Time to Experience U.S. Culture

- Local events hosted by Fulbright Alumni Associations
- IIE’s Regional Offices will contact you about special events in your area
- Check with the International Office at your university for local events and other enrichment opportunities
- If you live in or visit New York City, be sure to contact One to World (www.one-to-world.org) and IIE’s Cultural Events Desk located in IIE New York—they offer free tickets to theater, orchestra, musicals, art exhibits and more.

Resources

- Administering Agencies: Fulbright Advisor and online handbooks.
- Fulbright alumni (State Alumni)
  - Online Research Center: Access to periodicals and scholarly journals (Proquest, Ebsco, Time, Wall Street Journal, Rolling Stone)
- Other Fulbrighters/international students on campus

alumni.state.gov  www.amideast.org  foreign.fulbrightonline.org  www.laspau.harvard.edu
Social Networking with Fulbright

On Twitter
#Fulbrightenrichment

On Facebook
facebook.com/fulbright

On Google+

Make sure to review the social media and blogging guidelines in your Fulbright folder.

On Video
youtube.com/fulbrightprogram
vimeo.com/fulbright