

J-1

**Research Scholars and
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California State University, East Bay

Office of Academic Affairs
Student Services & Administration Building SA4300
Phone: 510-885-3711 / Fax: 510-885-2295
<http://www.csueastbay.edu/oa>

Center for International Education (CIE)
Student & Faculty Support Building SF102
Phone: 510-885-2880 / Fax: 510-885-2787
www.csueastbay.edu/cie

Checklist

THINGS TO DO BEFORE YOU DEPART:

- Obtain Visa
- Make Flight Reservations: Please let us know of your arrival date or any change in travel plans:
OAA (Karen.Ling@csueastbay.edu) or CIE (Miguel.Silva@csueastbay.edu)
- Research Housing options
- Make Temporary Housing Arrangements
- Purchase and inform yourself about health insurance (www.csuhealthlink.com)
- Pack Accordingly
- Learn more about CSUEB
- Inform yourself about the San Francisco Bay Area.

THINGS TO DO UPON ARRIVAL:

VISA AND IMMIGRATION INFORMATION

THE ENTRY VISA

department head or supervisor recommending such activity and explaining how it would enhance the exchange visitor's program.

Note on Dependents: J-2 visitors are eligible to apply to the Bureau of Citizenship and Immigration Services for employment authorization. The purpose of employment must not be to support the J-1 Visitor. More information is available at the Center for International Education.

J-1 SCHOLAR ELIGIBILITY

- 1) Research Scholars and professors may not be a candidate for tenure track positions.
- 2) 12 Month Bar: A professor or research scholar may not be in the U.S. in J-1 visa status for any part of the 12 month period preceding the start date of their program, indicated on Form DS-2019. The 12 month bar is waived if the visitor was a) present in the U.S. no more than 6 months; or b) participating in the Short-term Scholar category.
- 3) 24 Month Bar: Effective November 18, 2006, there is a 24 month bar on repeat participation in the J Professor or Research Scholar categories. In other words, if you have been in the U.S. as a J-1 Professor or J-1 Research Scholar in the prior 24 months, you may not return to the U.S. in either of those two J-1 categories. Furthermore, once you complete your stay at CSUEB as J-1 Professor or J-1 Research Scholar, you will not be eligible to return to the U.S. in one of these two categories for a period of 24 months.

STUDYING AT CSU EAST BAY

As a professor or research scholar, your primary activities are to engage in research, teaching, and/or lecturing at California State University, East Bay. As such, you may not enroll in degree programs since this constitutes a shift of your primary purpose to studying. If you are interested in enrolling in degree programs, please speak with your advisor at the Center for International Education about changing to F-1 visa status or applying for an F-1 (student) visa.

TWO Y

CHANGE OF ADDRESS

- ♦ When you arrive, immediately notify OAA and CIE of your local contact information (mailing address, phone number, your and each accompanying spouse and dependents' emails).
- ♦ If your address, telephone, or email changes during your stay in the USA, you are required by federal regulations to inform the Center for International Education (CIE) within 10 days of the change. Students/Scholars who do not notify CIE of changes in contact information will have problems with the U.S. Citizenship and Immigration Service (USCIS) that may lead to withdrawal from the university and possible deportation from the country.

TRAVELING INTERNATIONALLY

It is your responsibility to determine whether you will be required to obtain a visa to enter the country of your destination. To re-enter the U.S.:

- ♦ Make sure your passport and J visa have not yet expired (otherwise, you will not be allowed to re-enter!)
- ♦ Your J visa must indicate "M" under "entries" (that means you can have multiple entries on the same visa)
- ♦ *****Bring your DS-2019 to the Center for International Education for endorsement by a Responsible Officer or Alternate Responsible Officer and complete the blue "DS-2019 Request Form." You should allow at least five working days to obtain the endorsement.*****
- ♦ Please see our handout on Travel to Canada, Mexico, and the Caribbean" if you are traveling to those countries.

You will need to bring your passport, I-94, and DS-2019 (with the endorsement) with you when you travel. You are discouraged from traveling to another country close to the expiration of your DS-2019 if you plan to re-enter the United States. If school has already ended or your program has completed, the officials at the port of entry may feel that you no longer have a legitimate reason to re-enter the United States. You will not be allowed to re-enter the United States on your J visa if your DS-2019 has expired.

Note on Dependents : J-2 dependents' status relies on the status of the J-1. Therefore, when the J-1 is out of the U.S., the J-2 should also accompany the J-1. It is inadvisable to leave J-2 dependents in the U.S. if the J-1 is to be gone for an extended period of time.

TRAVEL TO EAST BAY

MAKING FLIGHT RESERVATIONS

When making flight reservations, take into account the dates when you can move into your accommodations.

DURATION OF STAY:

Regulations allow you to arrive up to 30 days prior to the start of your program and leave 30 days after the end of your program, provided you do not engage in employment or any exchange activities during that time and have maintained your J visa status. Your program dates are indicated in box 3 of your DS-2019.

AT THE AIRPORT

Make sure you keep your passport and DS-2019 in your carry-on bag when traveling. Do NOT put them in your luggage to be checked in at the airport! Show your DS-2019 to the immigration official upon your arrival.

Whatever your final destination may be, you will have to go

Taxis will cost about \$70-\$100 from San Francisco International Airport to Hayward.

- ♦ What is included in the rent (gas, electricity, water, parking, laundry)?
- ♦

FAIR HOUSING OFFICE

The Echo Housing Assistance Center (510-581-9380, http://www.dca.ca.gov/r_r/fairhou1.htm) provides assistance to both landlords and tenants and mediates discrimination and other housing complaints.

TEMPORARY HOUSING ARRANGEMENTS

This listing is provided as a courtesy to you. California State University, East Bay does not inspect these listings and the University accepts no responsibility for the condition and acceptability of the units listed with it.

If you decide to arrive before you are allowed to move into your accommodations, you should make arrangements for temporary housing before your arrival. If you arrive a week or more prior to moving in, you may wish to stay in San Francisco and explore the city before moving to Hayward. San Francisco is a convenient 40 minute BART ride from Hayward and a direct shuttle or bus will take you to Cal State East Bay from the Hayward BART station.

MOTELS NEAR CAL STATE EAST BAY

Comfort Inn
24997 Mission Boulevard
Hayward, CA
Tel: 510-538-4466
\$69 & up/night + tax

La Hacienda
24400 Mission Boulevard
Hayward, CA
Tel: 510-537-5404
\$55 & up/night + tax

Discovery Inn
333 Jackson Street
Hayward, CA
Tel: 510-886-7111
\$69 & up/night + tax
(Discovery Inn is furthest away of the three but is only a short bus ride from Cal State East Bay. AC Transit # 92 provides direct service to CSUEB)

LOW COST ACCOMMODATIONS IN SAN FRANCISCO

Below is a list of some low cost accommodations in San Francisco. The prices listed are subject to change and you are encouraged to contact the accommodations for the most accurate information.

Olympic Hotel
140 Mason Street (at Ellis)
San Francisco, CA 94102
Tel: 415-982-5010
Fax: 415-921-7456
\$59 & up/night + tax

Central YMCA
220 Golden Gate Avenue
San Francisco, CA 94102
Tel: 415-885-0460
Fax: 415-885-5439
\$45 & up/night + tax

HOSTELS IN SAN FRANCISCO

This web site is provided as a courtesy to you. California State University, East Bay does not inspect these listings and the University accepts no responsibility for the condition and acceptability of the units listed with it.

For a list of youth hostels in the San Francisco Bay Area, go to <http://www.hostels.com> If you are staying for a week or more, ask the hostel if they have weekly rates.

Green Tortoise Backpackers Guesthouse
494 Broadway
San Francisco, CA 94133
Tel: 415-834-1000
Fax: 415-956-4900
E-mail: sfhostel@greentortoise.com
Web: <http://www.greentortoise.com>
Price: \$35-60

Hostelling Int'l – San Francisco, Downtown
312 Mason Street (at Geary)
San Francisco, CA 94102-1074
Tel: 415-788-5604
Fax: 415-788-3023
Web: <http://www.norcalhostels.org>
Price: \$25-70

Hostelling Int'l – San Francisco, Fisherman's Wharf
Fort Mason, Building 240
San Francisco, CA 94123-1303
Tel: 415-771-7277
Fax: 415-771-1468
E-mail: sfhostel@norcalhostels.org
Web: <http://www.norcalhostels.org>
Price: \$25-69

HEALTH INSURANCE

SOCIAL SECURITY CARD

A Social Security card lists a social security number, which is a U.S. government identification number. A Social Security Number (SSN) is required to work in the U.S. At California State University East Bay, the Payroll Office must have your social security number in order to issue a check to you.

The Social Security Number is required for on- or off- campus employment. The process takes approximately 2-4 weeks.

To apply for a social security card:

Step 1: Gather the following documents

- 1) your passport
- 2) your I-94
- 3) I-20 or DS-2019
- 4) a letter from the Center for International Education in support of your social security application

Step 2: Go to the Social Security Office

Social Security Office
24301 Southland Dr. Suite 500
Hayward CA 94545
Tel: 510-783-1932

DIRECTIONS TO THE SOCIAL SECURITY OFFICE CSUEB

By

LEGAL TIPS

If you are arrested :

- Do not resist arrest by a police officer even if you feel you are innocent
- You have the right to remain silent
- You have the right to contact any attorney before answering any questions
- You do not need to consent to a search of your home, car, or person unless the officer has a warrant
- Be calm, polite, and cooperative but firmly assert your rights

If you have an accident :

- If possible, do not move the vehicles.
- Report the accident to the police immediately.
- Get the name, address, phone number, and insurance company of the other driver.
- Do not admit fault or liability.
- Contact your insurance company (driving without insurance is illegal).
- File your claim promptly with your insurance company.

TELEPHONE SERVICES

Most phone service is provided by AT&T. All customers must pay a connection charge (approximately \$60.00) that is due with the first bill. The connection charge may be divided over three months of bills. Aside from long distance charges, basic phone service costs about \$23.00 per month. There is normally unlimited telephone for calls in your local area for one monthly charge.

LONG DISTANCE CALLS

To place a long distance call, (1) Dial "1", (2) Dial the area code of the city you are calling (if you are calling a number in this (510) area code, you omit this step), (3) Dial the seven-digit number you are calling.

There are many long distance phone service companies. Company's rates and personal service are the primary factors in choosing your long distance provider since line quality is mostly the same. Be sure to inquire about international calling plans (paying a base fee each month in order to have reduced rates to specific countries).

Commonly Used Long Distance Carriers

AT&T	1-800-850-8437	http://www.att.com/home/
Sprint	1-800 877 4646	http://csg.sprint.com/longdistance/index.html

CALLING CARDS

Phone cards are useful for making telephone calls from pay phones and cell phones in some cases, may provide cheaper international rates than your long distance carrier when calling from your home phone. When choosing a calling card, be sure to read the fine print. Many phone cards charge an initial connection fee, which can be quite high.

COLLECT CALLS:

To have the person you are calling pay the charge call the operator (dial "0") and say that you want to place a collect phone call. You can also make collect calls by dialing 1-800-CALL-ATT or 1-800-COLLECT.

EMERGENCIES:

For emergencies, call 9-1-1. This number puts you in contact with the police department, fire department and ambulance service. You might have to wait on the line as a recording answers your call. Do not hang up and call again because calls are answered in the order they are received. After you speak with the dispatcher, do not hang up until you are told to do so.

INTERNATIONAL CALLS:

You must have a long distance telephone company to make a direct international call. To make the direct call without operator assistance, dial 0-1-1 + the country code + the city code + telephone number. To make an operator assisted phone call, which is more expensive than a direct call, dial 0-1 instead of the 0-1-1.

MOBILE PHONES:

You may find that cell phones are necessary for your short-term stay in California. Unfortunately, most contract phone plans require a one year contract. An alternative to being bound to a phone contract would be to purchase a prepaid phone.

Prepaid phones, also know as pay as you go phones, require a

GET TO KNOW THE BAY AREA AND CALIFORNIA

<http://www.bayarea.com> (Click on entertainment, sports and recreation)

<http://parks.ca.gov/default.htm> (Regional Parks and Recreation)

<http://bayareabackroads.com> (Places to see in the Bay Area)

<http://www.eastbayexpress.com> (News & Events in the East Bay)

<http://www.sfweekly.com> (News & Events in San Francisco)

<http://www.sfgate.com> (News & Events in the Bay Area)

<http://www.dailyreviewonline.com> (Local East Bay News)