

WELCOME TO TRUMAN STATE UNIVERSITY

**International Student Pre-
Orientation Information
Exchange Students**

J-1 EXCHANGE VISITORS

The Exchange Visitor Program fosters global understanding through educational and cultural exchanges. All exchange visitors are expected to return to their home country upon completion of their program in order to share their exchange experiences.

For questions about your J-1 visa, visit the [Department of State Website](#)

ISEP

- The ISEP program differs from all other exchange programs in several ways. For ISEP students, the ISEP program issues the DS-2019 and handles insurance. ISEP students who need to update immigration documents or apply for academic training must do so directly through ISEP. Unfortunately Truman does not have access to the immigration records of ISEP students.
- At the beginning of the semester, Truman will collect the DS-2019s of ISEP students and send them to ISEP Central for required updates.
- ISEP students who require replacement DS-2019s should be aware that this process could take several weeks, as the new documents would have to come from the ISEP Central Office in Washington, DC.
- For the reason mentioned above, it is imperative that ISEP students do not forget their DS-2019 when arriving in the United States. It would take a very long time for the replacement DS-2019 to reach you.
- ISEP students will have insurance coverage that differs from that of other international students due to ISEP program requirements, for this reason ISEP students must pay for their own TB test, when is usually about \$110

ACADEMIC SUCCESS MENTORS

Academic Success Mentors (or ASMs, for short) are assigned to first year students to meet for thirty minutes a week to help students adapt to an American classroom environment and develop the necessary skills to excel. Exchange students are not normally assigned mentors, however if you are interested in the program, please contact the ISAO and you will be placed with a mentor if there is space available.



Insurance

All J-1 visa holders are required by law to have health insurance.

ISEP – ISEP requires students have insurance through IEES & FrontierMEDEX. Coverage from this program is different from the coverage of other international students. The ISAO cannot contact this company directly, so ISEP students should take special care to understand the benefits and exclusions of their insurance policy. The CIS can do their best to assist students in understanding the policy. The ISEP policy does not cover the mandatory TB testing.

All other exchange programs -Truman REQUIRES all international students to have insurance coverage through the Lower Student Insurance Agency. The charges for this insurance are included in tuition and fees and non-refundable. There are NO waivers. We strongly discourage students from purchasing their own insurance before they arrive, as they will still pay for Lower Student Insurance coverage. For more information about Lower Student Health Insurance, you can visit the website.

Housing

Exchange students should choose the 1 year housing contract. This includes students who will be at Truman for one semester only. This is the only group of students who are not obliged to fulfill the one year residence requirements.

Exchange Student Scholarships

Exchange student scholarships will be applied to your account to cover the amount agreed upon by your specific exchange program. Occasionally, exchange student scholarships are not applied to your student account until after the first bill is due. This means that you may still have a large bill even after the first due date. This is not a problem. If you still have a large bill two weeks after school starts, you can contact the Student Accounts Office for assistance.

J-1 Academic Training

All J-1 students are eligible to apply for J-1 Academic Training if they maintain good standing during their time at Truman. J-1 Academic Training is a temporary work permit issued for the duration of a student's program (either 18 weeks or 36 weeks) allowing the student to work in their major field of study. Application packets are available at the ISAO. ISEP students need ISEP authorization, and should contact the main ISEP office.

212(E)

- Some J-1 Visitors are subject to the 212(e) two-year home residency requirement. This means they are required to spend two years in their home country before they are eligible for a different type of visa.
- Students subject to 212(e) are still eligible for academic training
- Students subject to 212(e) are eligible to change to F-1 student status. However, they would be required to complete their two-year home residency requirement in order to be eligible for H-1 (a professional visa) or legal permanent resident status.