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## J-1 Pre-Arrival Checklist

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**IMPORTANT:** All J-1 exchange visitors are required to enroll in a University of Maryland health insurance plan.

We recommend that you purchase health insurance to cover any gap between your arrival and the start of your insurance through the University of Maryland.

### **Before Arrival**

- Pay the SEVIS fee (Form I-901) and print the receipt.
- Make a visa appointment at a U.S. consulate or embassy. (Citizens of Canada do not require a visa to enter the U.S.)
- Inform ISSS and your department if you experience visa delays or administrative processing. A new DS-2019 may need to be created to accommodate your start date.
- Visit [Return.umd.edu](https://return.umd.edu) for all information regarding UMD's Covid-19 response.

### **While Traveling**

- When entering the U.S., keep your passport and DS-2019 in your carry-on bag to present at customs and immigration.
- After passing through immigration, check the entry stamp placed in your passport for the correct notation (J-1, D/S).

### **After Arrival**

- Check in with your department by phone or email.
- Complete "Documents Check In" on iTerp.
- Activate your UMD Directory ID.
- Attend J-1 Orientation session. (You will be emailed information regarding Orientation after you have correctly completed "Documents Check In" on iTerp.)
- Enroll in University of Maryland health insurance.
- Upload proof of Insurance Enrollment to iTerp.
- (Optional) Sign up for the ISSS Newsletter.