

Part II:

Preparing to Leave for the United States

- 6. Pre-departure Checklist**
- 7. Travel Documents**
- 8. International Travel**
- 9. Planning to Arrive in the United States**
- 10. Health Benefits**
- 11. Dependents**
- 12. What to Bring**
- 13. Communication with Faculty Associate**





Part II: Preparing to Leave for the United States

6. Pre-departure Checklist

This checklist is designed to help you organize your departure from your country and your arrival in the United States.

- Obtain or update passport for you and any accompanying dependents ([Section 7](#)).
- Complete and submit your Medical History and Examination Form in your home country, if you have not already done so ([Section 10](#)).
- Sign and return your grant Terms and Conditions to the Fulbright organization in your home country ([Part I: Section 3](#)).
- Review Form DS-2019 (which will be issued by CIES) for you and any accompanying dependents and report any inaccuracy to the Fulbright organization in your home country ([Section 7](#)).
- Apply for your J-1 visa and have each eligible accompanying dependent apply for a J-2 visa ([Section 7](#)).
- Obtain international air tickets ([Section 8](#)).
- Review your accident and sickness benefits and research (or purchase, if possible) health insurance for accompanying dependents ([Section 10](#) and [Section 11](#)).
- Contact your faculty associate ([Section 9](#) and [Section 13](#)).
- Inform the Fulbright organization in your home country and your faculty associate at your host institution of the following:
 - Your arrival date,
 - Your complete itinerary, including all airlines, flight numbers, transfer cities, dates and times, and
 - The names of dependents who will accompany you.
- Research housing options and, if possible, begin finalizing long-term housing arrangements ([Section 9](#)).
- Arrange for temporary accommodations, if needed ([Section 9](#)).
- Pack essential items ([Section 12](#)).
- Give CIES contact information, found at www.cies.org/vsstaff.htm, to your family.

..... [Back to Top](#)

7. Travel Documents

To enter the United States, you must have:

- A valid passport,
- Form DS-2019, and
- J-1 visa stamp.

Make sure the information on these documents is correct and that your name is spelled the same way on all of your travel documents (passport, Form DS-2019, J-1 visa and airline ticket). Do not put these documents in any checked luggage. Keep them, along with your grant Terms and Conditions, with you.



Part II: Preparing to Leave for the United States

Additionally, keep your short-term or long-term U.S. address with you in order to complete arrival documentation at the port of entry.

Passport

You are permitted to use only one passport during your Fulbright grant. Use this passport when applying for your J-1 visa and when traveling to and from the United States.

Make sure the expiration date on your passport, as well as on any accompanying dependents' passports, is at least six months beyond the end date of your grant.

Form DS-2019 (Certificate of Eligibility for Exchange Visitor Status)

The Student and Exchange Visitor Information System (SEVIS) is a web-based application that maintains accurate and current information on students, exchange visitors and their dependents throughout the duration of approved participation within the U.S. education system. CIES is responsible for providing information about your program to SEVIS so that you remain in compliance with J-visa regulations.

The Fulbright organization in your home country will provide you with a SEVIS-generated Form DS-2019 ([sample](#)) issued by CIES. **Please review this form and make sure that all the information is correct.** The dates on your DS-2019 are the start and end dates of your Fulbright grant. You may wish to make a copy of the DS-2019 for your records prior to submitting your visa application. You must present the original DS-2019 to the consular officer when applying for your J-1 visa. If your J-1 visa is granted, your DS-2019 will be returned to you in a sealed envelope. **Do not open this envelope.** You will present it with your passport at the U.S. port of entry. Keep the DS-2019 with your passport at all times. **Do not use a DS-2019 issued by your U.S. host institution or any organization other than CIES.**

Exchange Visitor (J) Visa

You must enter the United States on an Exchange Visitor (J-1) Visa, issued under the sponsorship of the U.S. Department of State Exchange Visitor Program Number G-1-00005. Your spouse and any unmarried children under the age of 21 are eligible to accompany you on J-2 dependent visas. If one of your children turns 21 during your grant period, that child's J-2 immigration status will end on his or her 21st birthday.

Therefore, he or she must leave the country before he or she turns 21 years old.



Exchange Visitor (J-1) Visa

Other family members, such as same-sex domestic partners, parents, brothers, sisters, nieces, nephews, etc. are not eligible for J-2 classification. These family members, along with any children over the age of 21, may be eligible for B-1/B-2 visa classification to visit the United States as tourists for a maximum of six months. In some instances, such as with same-sex domestic partners, an extended B-1/B-2 may be requested.

If you need J-2 visas for eligible dependents, you must advise the Fulbright organization in your home country as soon as possible. Each dependent must have his or her own DS-2019. Your dependents may accompany you or arrive separately. **Dependents cannot arrive in the United States before you do.**



Part II: Preparing to Leave for the United States

All J-2 DS-2019s will have dates identical to your J-1 DS-2019 dates, even if their actual stay will be for a shorter period.

Both J-1 and J-2 visa holders will be subject to limitations on re-entering the United States in the future (Part V: Section 29).

Dependents who are U.S. citizens are welcome to accompany you on your grant, but will not be issued DS-2019s as J-2 dependents and must travel on a U.S. passport.

Applying for the J Visa

You should apply for your J visa at the U.S. Embassy or Consulate in your home country. Please consult your contact at the Fulbright organization in your home country for more information regarding how to apply for your J visa. Although you may apply at any U.S. Consular Office abroad, it may be more difficult to qualify for the visa while outside your country of permanent residence. **Apply for your visa early to provide ample time for visa processing.** A personal interview is almost always required as a standard part of visa processing, and it may take several weeks before you can get an appointment for your interview. The typical application process could take up to three months. A consular officer may need to request special clearances depending on your field of study, nationality or background. This will take additional time.

An I-901 SEVIS fee is required of most individuals upon application for a J visa. However, for those individuals sponsored by the U.S. government, such as Fulbright Scholars and their dependents, this fee is waived. **There is no cost for applying for a visa as a Fulbright Scholar or accompanying dependent.**

Required Documentation for J Visa Applications

Each applicant for an exchange visitor visa must submit to the U.S. Embassy or Consulate:

- An application Form DS-160 (Online Nonimmigrant Visa Application). The form is available in the “Visas” section of <http://travel.state.gov>. Be certain to bring the DS-160 application form confirmation to the interview appointment;
- A passport valid for travel to the United States. Make sure the expiration date on your passport is at least six months beyond the end date of your grant period. If more than one person is included in the passport, each person desiring a visa must complete an application;
- One 2 inch x 2 inch photograph (roughly 50 mm square); and
- A valid DS-2019 issued by CIES.

It is important that you refer to the U.S. Embassy or Consulate website to find out if additional documents are required. You must demonstrate to the consular officer that you have permanent ties to your home country and you are coming to the United States for a temporary period. All J visa applicants will be fingerprinted and photographed as part of the visa application process.

Although CIES may issue a DS-2019, this form only denotes the eligibility for J visa status. It is ultimately the decision of the consular officer whether to issue a visa.



Part II: Preparing to Leave for the United States

8. International Travel

Airline Tickets and Travel Arrangements

The Fulbright organization in your home country will either arrange your international travel or explain how to arrange it. All air travel paid for with U.S. government funds must conform to the Fly America Act, which requires all such travel be on American Flag Carriers where available. If you are independently arranging your travel plans, please submit your itinerary for review by the Fulbright organization in your home country to ensure that it is compliant with the Fly America Act **before** purchasing a ticket. In cases where the Fulbright organization refers you to a travel agency for assistance with your travel arrangements, the agency is aware of these regulations and you do not need to submit your itinerary for review.

Before you leave your home country, please examine your ticket for the following:

- Is the ticket valid for the period of your grant?
- Does the ticket have any restrictions on its use?
- Does your name appear exactly the same on your ticket as it does on your passport and other travel documents?
- Is your return ticket reserved for a specific date or flight number or is it an open ticket?

If it is necessary to make your own travel arrangements, it is important to understand the restrictions and possible penalties associated with the purchased ticket. Many of the cheaper fares are nonrefundable and changes in dates or flights are either not allowed or allowed only by paying a penalty. Ask a travel agent or an airline representative for specific details. You may be able to purchase an open ticket, which permits greater flexibility for your return travel.

Check with your airline regarding regulations and fees for excess baggage. If allowed, excess baggage charges may be costly.

Make appropriate arrangements if you require any transit visa.

When booking travel for your dependents, be aware that J visa regulations prohibit J-2 dependents from entering the United States **before** the J-1 visa holder. J-2 visa holders can only enter the United States with you or after your arrival.

If you plan to travel within the United States during your grant, you might want to ask a travel agent in your country about special fares that permit travel around the United States at greatly reduced rates. Generally, you must purchase these tickets before you leave home and they cannot be changed easily.

Customs

For customs information, please refer to the most up-to-date information at the Customs and Border Protection website at www.cbp.gov. Additionally, an overview of pertinent customs information may be found in the [Summary of U.S. Customs Regulations](#).



Part II: Preparing to Leave for the United States

9. Planning to Arrive in the United States

Plan to arrive in the United States as near as possible to the date recommended by your host university. U.S. Citizenship and Immigration Services (USCIS) allows you and your dependents to enter the United States legally up to 30 days before the start date that appears in section three of your DS-2019.

This 30-day period is commonly referred to as a grace period. You may not engage in grant-related activities or work during this time, though CIES suggests that you arrive before your program start date to settle in. Please note that your Fulbright-sponsored accident and sickness benefits are not valid for this period. You may wish to purchase a separate insurance policy during this time.

It is important that you commence your grant-related activities, such as conducting research or lecturing, on the date indicated in section three of your DS-2019.

It is essential that you correspond with your faculty associate before you leave your home country. Be sure to provide him or her with further details about your academic interests as well as your travel plans. You can also request more detailed information about the facilities that will be available for your use on campus. If you are unsure of who your faculty associate is, contact the Fulbright organization in your home country.

Housing

You must make your own housing arrangements; CIES cannot assist you in this process. If you have not already received information on housing, contact your host institution. The Fulbright organization in your home country may have been provided with some university-specific housing information on the “Host Institution Affiliation and DS-2019 Confirmation Sheet.” Finding suitable accommodations in many U.S. cities can be difficult. CIES advises you to inquire several months in advance. It may be necessary to stay in temporary accommodations for a few days or weeks until you are able to find long-term housing. Additionally, you may have to pay a security deposit and/or your first and last month’s rent upon signing a lease. **Please bring adequate funds in anticipation of this expense**, as your first Fulbright payment may not be immediately available due to bank processing times.

It is important to make arrangements for housing before you arrive, so you will not be searching for a place to live at a time when you have many other concerns. Many housing resources are available via the Internet. For more information on obtaining accommodations, you may refer to the Housing section of the resource guide, *Living in the United States*, and the Fulbright Visiting Grantee website.

Renter’s Insurance

The Fulbright Program does not provide insurance for your personal possessions. You may wish to purchase renter’s insurance to cover valuable possessions, such as computers and other electronics, bicycles, jewelry, clothing and furniture. Renter’s insurance covers the value of your personal property against theft or damage both in your home and while you are away from home.

Research your policy carefully before purchasing renter’s insurance. Look for policies providing replacement value coverage, which will reimburse you for the replacement value of your damaged or stolen property, rather than for the property’s current (and usually lesser) value. Rates vary depending on the type of coverage, your location and the amount you would like insured. You should expect to pay a deductible; choosing a higher deductible can lower the overall cost of your policy.



Part II: Preparing to Leave for the United States

Transportation

Public transportation may not be readily available around your host institution. If you decide to get a car, you must purchase car insurance. Each state has different driver's license application procedures, requirements and regulations. Contact the local department of motor vehicles to understand their individual policies. Furthermore, not all states recognize the international driving permit and international driver's license or car insurance. For additional information, please visit the Transportation section of *Living in the United States*.

..... [Back to Top](#)

10. Health Benefits

One of the benefits of your Fulbright grant is health coverage for accidents and sickness. This section details the benefits and limitations of your coverage and provides useful advice on obtaining supplemental coverage.

Completion of Medical History and Examination Form

You must submit a completed Medical History and Examination Form to the Fulbright organization in your home country no earlier than six months before departure for the United States. The Fulbright Program recommends that you have up-to-date immunizations for all diseases indicated on the form. The health benefits coverage provided through the U.S. Department of State will not cover any illness contracted in the United States resulting from a failure to receive required immunizations. While medical clearance will not be withheld if the immunizations are not obtained, some universities will require them before affiliation.

Medical Checkup

Since the accident and sickness benefits provided by your grant do not cover the cost of eye examinations, eye glasses, contact lenses or dental examinations, you are advised to receive eye and dental exams prior to coming to the United States. You should complete any necessary treatment before you leave home.

Scholar Health Coverage: The Accident and Sickness Program for Exchanges

The U.S. Department of State provides essential accident and sickness coverage for Fulbright Scholars under a self-funded group policy called the Accident and Sickness Program for Exchanges (ASPE). This policy is not intended to cover preventative care such as annual examinations or check-ups.

Your ASPE health benefits policy is administered by:

Seven Corners, Inc.
P.O. Box 3724
Carmel, IN 46082-3742
Telephone: (800) 461-0431
Fax: (317) 575-6467
Website: www.usdos.sevencorners.com

The complete *Your ASPE Guide to Health Care Coverage* may be found online at www.usdos.sevencorners.com.



Part II: Preparing to Leave for the United States

ASPE Identification Card

Prior to your arrival, CIES will send your ASPE identification card to you via e-mail. Keep this identification card with you at all times. Visit the Seven Corners website for health care provider information. Coverage will begin when you report to your host institution to start your grant activities. Your coverage continues while you are in the United States until your grant end date.

If your grant is amended to either shorten or extend the length of your program, CIES will adjust your health benefits coverage and send you a new card accordingly.

Going to the Doctor

If you require medical attention during your grant, you must find a physician within the ASPE policy directory and make an appointment. To identify a participating physician or facility, use the online health care provider directory at www.usdos.sevencorners.com (click on *Medical Provider* in the upper toolbar from any screen). Choose a physician based on the area of specialized medicine and/or the proximity of the office to your residence or campus.

At the time of your appointment, take your photo identification, ASPE identification card, a claim form and the *Your ASPE Guide to Health Care Coverage* with you. You can download a claim form from www.usdos.sevencorners.com (click on *Forms* in the upper toolbar from any screen). The doctor's office or hospital you choose will help you fill out the form. They will advise whether you should pay for the care at the time of your visit and be reimbursed later by Seven Corners, or have the doctor's office or hospital submit the bill to the claims administrator for reimbursement.

You should visit a hospital emergency room only when there is a serious or life-threatening condition that requires immediate medical attention, as ASPE will not cover emergency room expenses for non-emergency situations. If you are hospitalized for a serious medical condition, contact CIES as soon as possible.

Amount of Coverage

You will pay a portion of the expenses for each illness or medical emergency; this portion is called the co-pay. Under ASPE, the co-pay is \$15 per accident or illness. The ASPE policy will pay the rest of the expense incurred up to a certain amount for each illness or injury sustained. Please refer to *Your ASPE Guide to Health Care Coverage* for specific details. If you have another health insurance provider, the ASPE policy pays benefits after your other policy has paid its full benefits.

Prescription Medication

If you require maintenance medications, you are strongly encouraged to research the availability of these medications in the United States. Due to regulations regarding controlled substances and/or prescription medications, drugs available in your home country may not be available in the United States and vice versa.

If you have any questions as to whether a specific medication may be brought into the United States, please contact the U.S. Food and Drug Administration at (301) 443-6553 or www.fda.gov or the Drug Enforcement Administration at (202) 307-2414 or www.justice.gov/dea.



Part II: Preparing to Leave for the United States

If you are here for more than 60 days and need your medication sent to you, ask your physician in your home country to write a letter explaining:

- You are undergoing medical treatment, and s/he has prescribed the medication for your use;
- Your country of citizenship; and
- You are in the United States temporarily on a Fulbright grant and need a prescription refill.

Please note that while the package is addressed to you, the letter should be addressed to the customs officer and written in English. This letter along with a copy of your passport must be included in the package containing your medication. The package could be detained for up to 30 days by Customs for examination. Please send the package using a courier service such as FedEx or DHL that offers package tracking. Consult with your courier on how best to flag the package, so the U.S. customs officer will be able to process your package properly.

Supplemental Insurance

ASPE is not intended to replace insurance you may already have. If you want coverage for situations or conditions that are not covered by ASPE, you should keep any private insurance you may already have, purchase coverage through some other plan or both. If you choose to maintain an existing plan or purchase another policy, you will not be reimbursed for this expense.

Your Fulbright grant includes health benefits for the grant period only through ASPE. You must purchase insurance for yourself any time that you are in the United States before or after the grant period, anytime that you are outside the United States during your grant period and for your accompanying dependents for the duration of their stay in the United States. See [Section 11](#) for details on obtaining insurance for dependents.

Several insurance companies offer supplemental insurance policies. For details, contact the insurance companies listed in [Sources of Dependent, Supplemental and Short Term Insurance](#). The Fulbright Program does not endorse any particular company or plan.

Mandatory University Insurance

At some U.S. host universities, Fulbright Scholars and their dependents are required to enroll in the university insurance program. In such cases, you are responsible for paying the premiums; neither the U.S. Department of State nor CIES can reimburse you for these amounts.

CIES requests insurance requirements when they confirm an affiliation and will inform you accordingly. If available, the Fulbright organization in your home country will receive this information on the Host Institution Affiliation and DS-2019 Confirmation Sheet.

..... [Back to Top](#)

11. Dependents

Expenses

You are responsible for all associated costs of bringing your dependents to the United States. This includes airfare and other travel expenses, living expenses, school costs, medical insurance and any uncovered medical bills. In some countries, the Fulbright organization may provide airfare for one dependent if the grant is



Part II: Preparing to Leave for the United States

eight months or more and the dependent stays in the United States **for at least 80 percent of the grant period.** Likewise, some grants include a modest dependent allowance to help offset the cost of medical insurance for family members. These funds will not be sufficient to support your family without additional personal funds. Do not bring family members to the United States unless you are certain that you will have enough money to support them. To apply for J-2 dependent visas ([Section 7](#)), you must show that you will be able to support them financially and provide them with adequate medical insurance coverage. Qualified same-sex partners, although not presently eligible for J visa sponsorship, are able to enter on a B-1/B-2 visa, and are eligible for dependent benefits. In order to qualify a domestic partner, the grantee must submit an affidavit.

Medical Insurance for Dependents

The U.S. Department of State provides you with accident and sickness coverage during your grant period. **However, it is your responsibility to purchase medical insurance for your J-2 dependents for the duration of their stay in the United States.**

Medical care in the United States can be extremely costly, and it is essential that your accompanying dependents are adequately insured. If your dependents do not have medical insurance for the duration of their stay in the United States, they are in violation of J Exchange Visitor visa regulations as well as the terms and conditions of the Fulbright award. This may result in termination of your grant.

Medical insurance for your dependents must meet the following guidelines as specified in the J Exchange Visitor Program regulations. At minimum, the following benefits must be provided:

- Medical coverage of at least \$100,000 per person per accident or illness,
- Repatriation of remains in the amount of \$25,000,
- Medical evacuation benefits of at least \$50,000, and
- A deductible that does not exceed \$500.

Options for Coverage

You may purchase insurance for dependents from the company of your choice, provided that the coverage meets the J visa regulations outlined above. This section provides an overview of several options for you to obtain medical insurance coverage for your accompanying dependents. You should research and compare multiple options because the costs and benefits may vary considerably.

Insurance Plan in Your Own Country

You may purchase insurance for your dependents in your own country before you leave. If you do, it must:

- Be from a reputable company, either highly rated by international standards or backed by your government, and
- Provide benefits that meet the J visa requirements.

Insurance Coverage Through Your Host Institution

Your dependents may be eligible for insurance coverage through your host institution's insurance plan. At many institutions, your dependents' eligibility may rely on your own enrollment in the institution insurance plan. Contact the office of international programs at your host institution for more information about this option.



Part II: Preparing to Leave for the United States

Other Insurance Plans

The document, [Sources of Dependent, Supplemental and Short Term Insurance](#), lists a number of companies in the United States with health coverage plans that meet the J Exchange Visitor Program requirements. Please note that this list is for informational purposes only; it does not represent any endorsement by the Fulbright Program. It is a good idea to compare thoroughly benefits and prices of at least two plans.

Dependent Insurance and Pregnancy

Many insurance policies designed for J-2 visa holders do not cover pregnancy-related care. If an accompanying dependent could become pregnant during your grant, you should carefully review the benefits of the insurance policy you are selecting to make sure that it covers pregnancy. If the policy you purchase does not cover pregnancy, you will be responsible for all costs associated with your dependent's prenatal care and delivery.

Some policies (see [Sources of Dependent, Supplemental and Short Term Insurance](#)) will cover pregnancy if conception occurs during the coverage period. The Fulbright Program, however, has been unable to identify any insurance policies for J-2 visa holders that cover a pre-existing pregnancy. If your accompanying dependent is already pregnant when your grant begins, be aware that it will be very difficult for you to find an insurance policy that will cover her prenatal and maternity care. If you are not able to find such a policy, you should seriously consider whether you will be able to afford prenatal care and delivery of a child in the United States as you will be responsible for all expenses incurred. Be certain to consult with your airline to find out about any restrictions it has concerning flying during the third trimester or with an infant. The Fulbright Program cannot assist you with any bills related to a dependent's pregnancy or birth of a child.

Schooling and Childcare

You are responsible for arranging any necessary schooling or childcare. Prior to your arrival, it is important to research local schools. Neither the U.S. Department of State nor CIES can assist you financially. If any of your family members plan to attend school or study at a university in the United States, bring their academic records with you, including any documents that indicate their English proficiency. You must have a birth certificate or other proof of age for any child who will be entering school.

You must also have immunization records for any child who is going to enroll in elementary school, secondary school, college or university. The records must show proof of the following immunizations and tests, indicating specific dates:

- Results of the PPD or Tyne test for tuberculosis,
- Diphtheria/pertussis/tetanus,
- Measles,
- Mumps,
- Polio,
- Rubella, and
- Chicken pox.

Most U.S. school systems also require a physical examination. You are encouraged to have your children immunized in your home country and bring their complete medical history with you to the United States.



Part II: Preparing to Leave for the United States

Public schools are not available for children under the age of five. If your spouse or another adult will not be accompanying you to care for your children, you will have to make other care arrangements, such as a privately run daycare center or preschool or an individual who can provide childcare services in his/her home. Childcare for young children can be very expensive in the United States, and it is in high demand. Scholars who will require these services should inquire about the availability and cost of these services before arriving in the United States. There may be a childcare center on your university campus, which provides discounts to individuals affiliated with the institution. **CIES cannot assist you with enrolling your children in school or childcare.**

Please note that child welfare and childcare laws vary from state to state and may be different from those of your home country. Information on this topic and specific state statutes may be found on the Administration for Children and Family's website at www.acf.hhs.gov.

Employment for J-2 Dependents

After coming to the United States, your dependents who are J-2 visa holders may apply to U.S. Citizenship and Immigration Services (USCIS) for permission to accept paid employment. Dependents must have permission from USCIS before they are able to apply for a Social Security Number (SSN) and to begin working. **CIES cannot assist in this process.** Obtaining USCIS' work authorization for your dependents is not guaranteed.

USCIS will not authorize employment for a J-2 dependent if you indicate that you need this income to support the J-1 visa holder. Your dependent's income is subject to federal income, state income and Social Security taxes. USCIS employment authorization for J-2 dependents remains valid only for the duration of the J-1 program at the time of application.

To request permission for dependents to accept employment, complete USCIS Form I-765 (Application for Employment Authorization), which is available online at www.uscis.gov. Mail it with supporting documents and a check for \$380 to the USCIS Service Center that has jurisdiction in your place of residence in the United States. You may find the mailing address of your local USCIS Service Center in the USCIS Instructions for I-765.

..... [Back to Top](#)



Part II: Preparing to Leave for the United States

12. What to Bring

Essentials

In addition to clothing and other personal items, you should bring the below items:

- Passport(s) and DS-2019(s) for you and any accompanying J-2 dependents.
- Your signed grant Terms and Conditions.
- Your grant packet with Fulbright and CIES materials.
- A birth certificate or official document stating the date of your birth if your date of birth is not shown on your passport. You must have this proof to obtain a Social Security Number (SSN).
- Birth certificate(s) or other official document(s) stating the date of birth for children who will be enrolling in school ([Section 11](#)).
- Medical, dental and academic records ([Section 11](#)) of any dependents who will be enrolling in school.
- A supply of medications for pre-existing medical conditions. Prescriptions from abroad cannot be filled in the United States.
- A physician's description of any prescribed medications. With this, you may consult a U.S. physician for a prescription, which you can then have filled in the United States.
- An extra pair of eyeglasses or contact lenses.
- Your SSN card or an Individual Taxpayer Identification Number (ITIN) if you were issued one during a previous visit to the United States ([Part III: Section 16](#)).
- If available, travelers' checks and/or U.S. currency.
- Credit or debit cards. You might have difficulty applying for credit cards while you are in the United States.
- Your driver's license or international driver's license, if you plan to drive in the United States.

Other Useful Items

You may also wish to bring these items with you:

- Copies of your curriculum vitae.
- Reprints of professional articles that you have written.
- Personal computer.
- Slides, photographs and maps of your country, which can be used in informal talks you may be invited to give.
- Small, inexpensive souvenirs, such as craft items from your country, to use as welcome gifts for colleagues and hosts.
- Adapters and converters that render your personal appliances compatible with the 110-volt electrical current used in the United States.



Part II: Preparing to Leave for the United States

It is not necessary to bring most household items, such as linens and cooking utensils; these items can be purchased in the United States at a reasonable cost.

..... [Back to Top](#)

13. Communication with Faculty Associate

The primary point of contact at your host institution is referred to as your faculty associate. This will generally be a faculty member in your field who was identified during the affiliation process. The faculty associate is an academic colleague who helps you with professional matters and provides information about relevant activities both on and off campus.

Affiliations at a U.S. university usually include use of the library, consultation with faculty and limited auditing of courses. However, access to university facilities varies from campus to campus. You should request more detailed information about the facilities that will be available for your use on campus from your faculty associate.

Private office space and computers are often not available. While it is likely that you will have access to computer laboratories at your host institution, you should not assume that a computer will be available for your private use. If a computer is necessary for your work and you do not wish to share one, you should be prepared to rent or buy a computer, using your professional allowance and/or personal funds.

The affiliation has been arranged in order for you to carry out the project outlined in your Fulbright application. You must get approval from CIES before making any substantial changes to your academic program.