

**NDSU** NORTH DAKOTA  
STATE UNIVERSITY

STUDENT FOCUSED • LAND GRANT • RESEARCH UNIVERSITY

# HOSTING VISITING SCHOLARS via the

## **J1 EXCHANGE VISITOR'S PROGRAM**

# Presenters

## NDSU Faculty Immigration

- Tabitha Thomas, Int'l Faculty & Scholar Advisor

## Health, Nutrition and Exercise Sciences

- Julie Garden-Robinson, Professor and Extension Specialist
  - *Faculty Host*

# Today's Objectives

- Purpose of the Exchange Visitor Program
- Benefits of hosting
- Host responsibilities
- Sponsor responsibilities
- Eligible categories
- Brief overview of process
- Faculty testimonial
- Questions

# Exchange Visitor's Program

- Administered by the US Dept. of State under the Mutual Educational and Cultural Exchange Act of 1961 (*Fulbright-Hays Act*)
- The overall purpose of the program is to increase mutual understanding between people of the US and people of other countries by means of **educational** and **cultural exchange**
- Expectation from the participation is that on completion of the program, the visitor will return to their home country to share their (positive) experiences
- The US Dept. of State designates organizations (i.e. academic institutions, government agencies, etc.) as **sponsors** to administer the exchange visitor programs

# Exchange Visitor's Program

- Different categories within exchange visitor status
  - Tied to purpose in Unites States
  - Research Scholar; non-degree student; Visiting Professor, etc.
- Exchange visitors &/dependents enter United States: J-1 & J-2 visas

2. Program Sponsor: North Dakota State University	Program Number: P-1-03356
Participating Program Official Description: PROFESSOR; RESEARCH SCHOLAR; SHORT-TERM SCHOLAR; SPECIALIST; STUDENT ASSOCIATE; STUDENT BACHELORS; STUDENT DOCTORATE; STUDENT INTERN; STUDENT MASTERS; STUDENT NON-DEGREE	

# Benefits of Hosting



- Shared interests;  
similar research
- Academic collaborations
- Institutional exchanges
- Potential to gain future  
graduate students
- Destination to send your own  
graduate students
- Cultural exchange

# Responsibilities of the Host

- Make sure the visitor is a good fit for your research program
- Create/Propose a research plan for your visitor
  - How will you monitor the progress of their research?
  - Encourage opportunities for the visitor to present to your group/department on a weekly/bi-weekly/monthly basis
  - If possible, require visitor to attend departmental meetings
- Verify that visitor has completed all required trainings and confidentiality agreements
  - Baseline Safety Training
  - Title IX Training
  - Laboratory-specific Training
  - Optional Community of Respect Training



# Responsibilities of the Host

- Assist your visitor with finding housing and getting acclimated to their new community
- **Must ALWAYS be apprised of visitor's location in United States**
  - Faculty and NDSU both jointly liable for visitor's whereabouts
  - The US State Dept. grants all J-1 visa-holders a 30-day pre-arrival before their program begins AND a post 30-day grace period at the end of their exchange program
    - **Early arrivals...** If visitor plans to arrive early and visit another state, **we must receive advanced notice or their exchange program could be cancelled**
  - **Medical insurance is required from entry to exit**
    - **Unless visitor is in a benefitted position, (s)he must use our int'l student/scholar plan – no exceptions**

# Responsibilities of the Host

- Introduce visitor to cultural events on campus and within the community

**“... J-1 Visa participants ... [should] best take advantage of the cultural opportunities offered by their local host communities in the U.S. Similarly, we encourage U.S. host families and employers to promote cultural learning by introducing international visitors to uniquely American values, customs, history and activities while simultaneously learning about the countries and cultures of visiting participants. Strengthening these relationships makes achieving the goals of mutual cultural exchange possible and allows us to build a global community—one person at a time.”**  
([InterExchange.org/Fulbright-Hays-Act](http://InterExchange.org/Fulbright-Hays-Act))

# Responsibilities of the Sponsor

- Make sure the visitor is eligible and qualified for the program
  - Credentials
  - Adequate financial resources for themselves and dependents
  - Sufficient English proficiency
  - Enrollment in medical insurance
- Ensure that the activity in which the visitor is engaged is consistent with their assigned category and activity listed on their immigration document (Form DS-2019)
  - 10 J-1 categories used at NDSU, including student categories
  - 5 used specifically for scholarly activities

# Eligible Scholarly Categories

- **SHORT-TERM SCHOLAR**
  - 3 weeks - 6 months, maximum
- **RESEARCH SCHOLAR**
  - 6+ months – 5 years, maximum
  - Once exchange program has ended, visitor cannot return in this category nor professor for 2 years (*24-month bar/ban to repeat participation*)
- **VISITOR PROFESSOR**
  - Same as “Research Scholar” but will engage in classroom teaching
- **SPECIALIST**
  - Consult, observe or demonstrate specialized knowledge (i.e. artists)
  - 12 months, maximum
- **STUDENT INTERN**
  - **Non-enrolled Undergraduates**; CANNOT earn degree from NDSU
  - 12 months, maximum

# Process

- Faculty member should contact Faculty Immigration unit as soon you are relatively certain an exchange visit will take place
  - **Ideally 3+ months before proposed visit**
  - Plan for “administrative processing” (i.e. security clearance)
- Info Required:
  - Visitor’s contact information
  - Visiting Scholar/ Visiting Researcher Form (**Export Controls form**)
  - Host information Form
  - English Attestation Form
    - The US State Dept. requires documented proof of a visitor’s English proficiency skills
  - Copy of Invitation Letter
    - **Who, Where, Why (purpose), When, Financial Support?**

# After Visa Has Been Issued

- Faculty member should check with visitor periodically on the issuance of their visa
- Once arrival date has been determined:
  - Notify Faculty Immigration unit (arrival orientation)
  - Notify department secretary (office space, ID number, keys, etc.)
  - Finalize airport pick-up and (overnight) housing arrangements
  - Make preparations to assist your guest with their arrival (either yourself and/or graduate student)

# Faculty Member's Experience

## Dr. Julie Garden-Robinson

- Professor and Extension Specialist
- Health, Nutrition and Exercise Sciences



# My Experience

*Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist/Professor*

I was in Washington, D.C. and received an email on April 17, 2019:

Dear Prof. Julie Garden-Robinson,

My name is Larissa Gonçalves. I am a Nutrition senior year undergraduate student from Brazil. I am very impressed with your research area and want to apply for a scientific research internship under your supervision from June 17th to July 5 th, 2019th. I can afford for my personal expenses and would need no payment. It will be a pleasure to learn a little more nutrition with you. My resumé is attached to this e-mail, but in short, I study at one of Brazil´s most important universities, UNESP (State University of São Paulo “Julio de Mesquita Filho”), located in the city of Botucatu - São Paulo, Brazil. I had a scholarship for working in a scientific project related to the development of a biodegradable packaging with a hibiscus based pH indicator from 2016 to 2018. This work was awarded as the 5th best research presented a local conference from my university. I also did some extension work on a project that targeted to map the quality of organic and biodynamic milk obtained from local producers. If you need more information, such as references, supportive documents or a recommendation letter, please let me know.

Looking forward to hearing from you,

Larissa Tullio Gouveia Gonçalves.



# Next Steps

1. **Now what do I do?** This was new to me.
2. Check with administrators. They directed me to Tabitha.
3. Worked with Tabitha by email and phone.
4. Completed paperwork.
5. Corrected paperwork (!)
6. Mailed some paperwork to Brazil.
7. Official invitation letter (April 29, 2019)
  - Plane ticket purchased: May 20, 2019; Found short-term place to stay

“I'm very excited with everything!! - Larissa

Success! Larissa was arriving Friday, June 14, 2019 (27-hour flight...)



# Projects

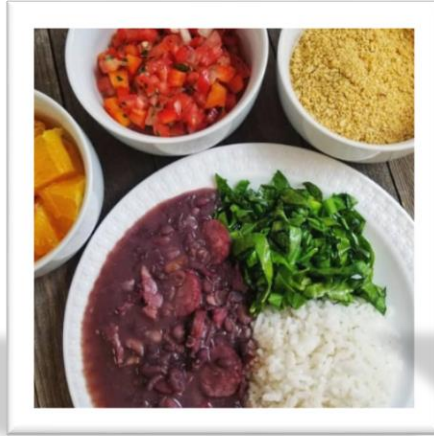


- Culinary nutrition project using beans and converted to pressure cooker
  - Converted Brazilian bean recipes to English, tested and did nutrition analysis using software
- Shopped in Hornbacher's
- Assisted with a Germans from Russia teacher workshop for high school teachers
- Assisted with preschool gardening/research project
- Wrote two newsletter articles
- Attended meetings

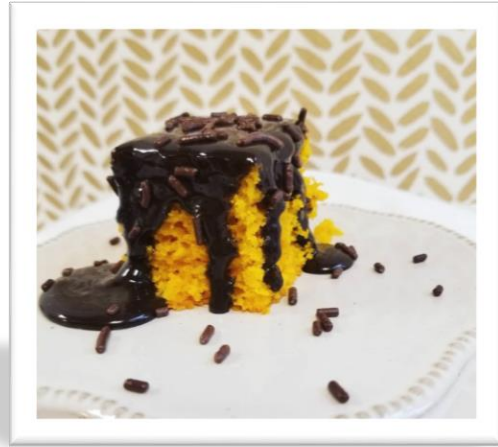




- Cassoulette with sausage



- Feijoada

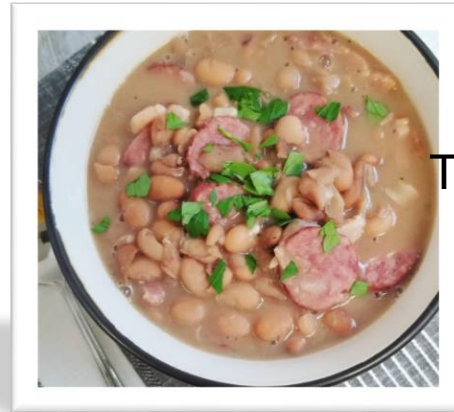


Carrot cake

Tutu de feijao



Traditional beans



Recipes  
Tested



*Café com leite, bolo de milho e melão*  
Milk with coffee, Corn Cake and Melon



*Leite, cuscutz, ovo de galinha e banana*  
Milk, Couscous, Egg and Banana



*Café, pão integral com queijo e ameixa*  
Coffee, Whole Grain Bread with Cheese and Dried Plum



*Café com leite, tapioca e banana*  
Milk with Coffee, Tapioca and Banana

## Brazilian Eating Pattern

[http://bvsms.saude.gov.br/bvs/publicacoes/guia\\_alimentar\\_populacao\\_brasileira\\_2ed.pdf](http://bvsms.saude.gov.br/bvs/publicacoes/guia_alimentar_populacao_brasileira_2ed.pdf)

# Lunch

Rice, beans, Chicken Thigh Roast, Sugar beet, Cooked Cornmeal with Cheese



*Arroz, feijão, coxa de frango assada, beterraba e polenta com queijo*

Rice, Beans, Omelet and Jilo



*Arroz, feijão, omelete e jiló refogado*



*Feijoada, arroz, vinagrete de cebola e tomate, farofa, couve refogada e laranja*  
Feijoada, Rice, Vinaigrette, Cassava Flour, Collard and Orange



*Salada de tomate, arroz, feijão, bife grelhado e salada de frutas*  
Tomato salad, Rice, Beans, Meat, fruit salad

[http://bvsm.s.saude.gov.br/bvs/publicacoes/guia\\_alimentar\\_populacao\\_brasileira\\_2ed.pdf](http://bvsm.s.saude.gov.br/bvs/publicacoes/guia_alimentar_populacao_brasileira_2ed.pdf)

Lettuce, Rice, Lentil, Cabbage, pineapple



*Alface, arroz, lentilha, pernil, batata, repolho e abacaxi*

Lettuce, Tomato, Beans, Cassava flour, fish and coconut candy



*Alface, tomate, feijão, farinha de mandioca, peixe e cocada*



*Arroz, feijão, angu, abóbora, quiabo e mamão*

Rice, Beans, Cooked cornmeal, Pumpkin, Okra and papaya



*Alface e tomate, arroz, feijão, berinjela e suco cupuaçu*

Lettuce, Tomato, Rice, Beans, Eggplant and Cupuaçu juice

[http://bvsm.s.saude.gov.br/bvs/publicacoes/guia\\_alimentar\\_populacao\\_brasileira\\_2ed.pdf](http://bvsm.s.saude.gov.br/bvs/publicacoes/guia_alimentar_populacao_brasileira_2ed.pdf)

# Final Steps

- Presentation
- Evaluation forms - “J1 Student Intern category is to conclude the exchange program with an evaluation before the student’s departure.”
- 2 recommendation letters for Larissa after she returned to Brazil
- I wrote a Prairie Fare column about Brazilian foods and featured beans.



Here I am in Brazil  
(digitally)!



# Benefits of Hosting

- Shared interests; similar research
- Academic collaborations
- Institutional exchanges
- Potential to gain future graduate students
- Destination to send your own graduate students
- Cultural exchange

# Contact Us

- Tabitha Thomas
  - (701) 231-8052
  - [Tabitha.Thomas@ndsu.edu](mailto:Tabitha.Thomas@ndsu.edu)
- Deborah Maertens
  - (701) 231-8779
  - [Deborah.Maertens@ndsu.edu](mailto:Deborah.Maertens@ndsu.edu)
- NDSU Faculty Immigration
  - [ndsu.immigration@ndsu.edu](mailto:ndsu.immigration@ndsu.edu)
  - Old Main, room 201
  - [NDSU homepage](#), “F” or “I” on index
    - Faculty Immigration or
    - Immigration, Faculty

# Questions???

