

# SIU

Southern  
Illinois  
University

CARBONDALE



# J-1 EXCHANGE VISITOR PROGRAM

**WELCOME TO SIU CARBONDALE!  
OFFICIAL EXCHANGE VISITOR PROGRAM  
DESIGNED BY THE DEPARTMENT OF STATE**

## Professor and Research Scholar Guide

This booklet should help you understand your visa status, and prepare you for your journey to the United States to participate in our very prestigious program.

**CENTER FOR  
INTERNATIONAL  
EDUCATION**

Southern Illinois University  
425 Clocktower Drive,  
Woody Hall  
Carbondale, IL 62901 USA  
Phone: (618) 453-5774  
[www.cie.siu.edu](http://www.cie.siu.edu)



# J-1 EXCHANGE VISITOR PROGRAM

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## The Exchange Visitor Welcome Packet

The Center for International Education has the honor to present a package of information providing resources, phone numbers, and legal procedures, for you to maintain a pleasant stay in Carbondale, Illinois.

Thanks for taking your time to read the package, we hope this is for your benefit. If you have any suggestions or questions, please direct them to the Center for International Education. CIE is open from Monday through Friday from 8:00am to 4:30pm. Our office is located in Woody Hall at 425 Clocktower Dr.

We welcome you to come and use our international advisors as your best aide, stop by our office and email us at [jvisas@siu.edu](mailto:jvisas@siu.edu).

Enjoy your stay, and thanks for being a part of our Saluki Family!

With Saluki Pride,  
Center for International Education



**CENTER FOR INTERNATIONAL EDUCATION**  
WOODY HALL  
425 CLOCKTOWER DRIVE · MAIL CODE 4333  
CARBONDALE, ILLINOIS 62901

618.453.5774 PHONE  
618.453.7660 FAX  
[cie.siu.edu](http://cie.siu.edu)

## What is a Saluki?

Salukis are one of the first dog breeds dating all the way back to 3600 B.C. Known for their speed, and endurance. Salukis are considered the fastest dog breed.

SIU adapted the Saluki dog as its mascot because Southern Illinois is known as little Egypt and Egypt is the birthplace for Saluki dogs.

SIU also adapted the word Dawgtag (a reference to the tag dogs wear around their collar) to describe its Students ID. So, the next time you hear someone asking for your Dawgtag, they are asking for your SIU ID.



## Arriving in Carbondale

The two most common routes to come to Carbondale involve either travel through Chicago or St. Louis.

1. O'Hare International airport in Chicago, take the Amtrak train straight to Carbondale.

Relevant information can be found at <https://www.amtrak.com/stations/chi>

2. St. Louis Lambert International airport, take the St. Louis Shuttle.

Booking can be arranged here: <https://stlshuttleservice.com/product/marion-carbondale-il/>

Helpful traveling app: Rome2Rio. Download prior to arriving and use while traveling. Use as a navigational tool. You will see options for your destination. Uses an arrow for the direction you should be following. Do not make in app purchases, it is expensive.



Download free transloc app for the Saluki Express/Rides Mass Transit. Use public bus transportation in Carbondale for a very small fee. Use this until you claim your SIU ID & account.

Please contact our University Housing for housing options: <https://housing.siu.edu/>

If you need housing options, please contact our office prior to arriving.

Our website has helpful information and resources to assist you before arriving. Visit our website: <https://cie.siu.edu/> to know more about SIU.

# Office of Designation

## Academic and Government Programs Division

The Academic Government Programs Division (D-AG) is the primary point of contact for the following J-1 exchange visitor program categories:

- Governmental Visitor
- International Visitor
- Professor
- Research Scholar
- Short-Term Scholar

The Academic and Government Programs Division handles the following matters:

- Reviewing annual reports to acknowledge, assist, and to resolve sponsor's issues or concerns to administer a successful program
- Assisting sponsors with J-visa related inquiries and requests for change of category, extension, reinstatements, or permission to issue.
- Providing daily outreach to assist sponsors and to evaluate the effectiveness of program categories
- Reviewing designation and re-designation applications
- Reviewing program requests:
  - Adding officials
  - Program amendments
  - DS-2019 allotments
  - Other matters regarding program administration
- Pay.gov

**Contact Information for any assistance with the aforementioned:**

**Email:** [AGexchanges@state.gov](mailto:AGexchanges@state.gov) or [jvisas@state.gov](mailto:jvisas@state.gov)

**Telephone:** 202-203-7131 (main line) **Fax:** (202) 632-2701

## Who is my J-1 Immigration Advisor at SIU?

### Contact for J-1 Scholars:

[jvisas@siu.edu](mailto:jvisas@siu.edu)

Center for International Education  
425 Clocktower Drive, Woody Hall  
Carbondale, IL 62901

Telephone: (618)-536-7772 or (618)-453-5774

### Responsible Officer

**Millie Smith:** Immigration Specialist  
[millie.smith@siu.edu](mailto:millie.smith@siu.edu)



# Important Immigration Information & Rules

**In order to maintain legal status with immigration, J-1 exchange visitors must:**

- Obtain validation of the SEVIS record at the Center for International Education (CIE) immediately upon arrival at SIU
- Maintain a valid DS-2019 - Maintain a valid passport
- Retrieve I-94
- Engage only in appropriate activities permitted under the program & category described in Section 4 of DS-2019 (any other employment would be considered unauthorized employment)
- Maintain required health insurance for the entire duration of program (see J-1 Exchange Visitor Health Insurance Requirements)
- Report any changes of address and telephone number to CIE within 10 days
- Obtain signature for travel from CIE at least 2 weeks prior to any short-term trips outside of the US
- File any extension or transfer requests prior to the expiration date of DS-2019
- Depart the US within 30 days of ending program at SIU
- Report departure date to CIE
- Submit cultural report

## **EXTENSION OF PROGRAM**

Extensions are obtained with the permission/invitation of the SIU hosting department. The faculty sponsor must complete a new DS-2019 worksheet with CIE at least 2 weeks prior to the expiration date on the DS-2019. A Professor or Research Scholar can be sponsored for a maximum period of 5 years. A Short-Term Scholar can be sponsored for a maximum period of 6 months.

## **PROGRAM COMPLETION**

J-1 scholars and their J-2 dependents must depart the US within 30 days of their form DS-2019 expiration date or program completion date, whichever is earlier. Scholars completing their program at SIU and leaving the US earlier than the expiration dates on their Forms DS-2019 should have their department administrators notify CIE.

## **TWO YEAR HOME RESIDENCY REQUIREMENT 212(e)**

J-1 exchange visitors who are subject to the 212(e) rule must return to their home country and reside in that country for two years before they are eligible for H, L, or Permanent Resident status. If subject to 212(e), exchange visitors are not permitted to change their nonimmigrant status within the US from J to any other nonimmigrant category (except for A Diplomat and G International Organization statuses).

### **J-1 exchange visitors may be subject to this requirement if:**

- The exchange visitor's skill category appears on the applicable country's "list of skills" that are in critical demand. (see link below for Department of State Skills list)
- <https://travel.state.gov/content/visas/en/study-exchange/exchange/exchange-visitor-skills-list.html>
- The exchange visitor's program is supported financially by a government or international agency.
- US Embassy/Consulate General visa officers determine if an exchange visitor is subject to 212(e).

### **A waiver of rule 212(e) is possible by filing an I-612 with the immigration service for the following:**

- Statement of no objection from the home country
- Interest of a US government agency
- Exceptional hardship to a US citizen or permanent resident spouse or child of the exchange visitor
- Persecution of the exchange visitor because of race, religion, or political opinion

## **12 AND 24 MONTH BAR ON REPEAT PARTICIPATION DEFINITIONS**

In order to prevent the abuse of the J-1 Exchange Visitor Program, the DoS has "Bars on Participation" in place. The following bars should be taken into consideration when inviting an EV, as they will affect any anticipated future participation in the J-1 EV program.

**12 month bar:** An individual cannot have participated in a J program (as J-1 or J-2) for any of the 12 month period immediately preceding the new start date being requested, unless s/he is transferring to SIU's program, prior physical presence in J status in the US was less than 6 months (except as a Research Scholar/Professor), or was a Short-Term Scholar.

**24 month bar:** An individual cannot have participated in a J program as a J-1 or J-2 Research Scholar or Professor within the 24 months preceding the start date of the new J-1 Research Scholar or Professor Program. Individual will be ineligible to participate as a J-1 Research Scholar or Professor for two years following the end date of the program unless s/he is transferring to SIU's program, or was a Short-Term Scholar.

## **TRAVELING ABROAD AND RE-ENTRY TO THE US**

A DS-2019 travel signature by CIE is required of J-1 exchange visitors and their dependents who wish to travel outside the US during the exchange period. Proof of current health insurance is required before a travel signature can be obtained. If you are traveling and returning to the US, your passport must be valid at least 6 months into the future. If the J visa stamp in the passport is expired, the exchange visitor MUST obtain a new visa stamp at the home embassy/consulate prior to returning to the US.

To travel you are required to carry:

- Valid Form DS-2019 signed once every 6 months.
- Valid J visa stamp in the passport (except for Canadian citizens)
- Valid passport at least 6 months into the future

# IDs and Employment

## Social Security Card

You are only eligible to obtain a Social Security number if you are employed in the US. If you have received a pay statement from SIU, bring a copy to the Center for International Education office and we can prepare a form that you will take to the Social Security Administration, along with your DS-2019, passport, and I-94 information. The local Social Security Administration Office is located at:

250 W Cherry Street  
Carbondale, IL  
(618) 457-3666

International Tax Specialist at CIE:

[intltax@siu.edu](mailto:intltax@siu.edu)

## OBTAINING AN SIU ID (DAWG TAG) NUMBER

**This process is done through your academic department, not the Center for International Education.** All individuals on the campus using campus resources must have an SIU ID (Dawg tag). Your personal sponsor is responsible for helping you obtain an SIU ID. To begin, he or she should submit a Search Waiver Request through his or her department to Human Resources. This Waiver Request should indicate you will hold a zero time zero salary position, called a zero percent contract (0%). After this request has been made, your sponsor will need to enter your information on a Notice of Appointment form again including you hold a zero time and zero salary position. Once Human Resources receives this form it will trigger the eligibility for you to obtain an SIU ID. Please talk with your sponsor if you have not received an ID (Dawgtag) yet.

## SIU EMPLOYMENT

If you are being paid by SIU as part of your J-1 program, you are entitled to the following Wilberforce Pamphlet on the Rights and Protections for Temporary Workers.

<http://travel.state.gov/content/visas/english/general/rights-protections-temporary-workers.html>

## ENROLLING IN SIU ACADEMIC COURSES

J-1 exchange visitors may enroll in SIU classes as long as the course work is INCIDENTAL to the primary exchange objective. However, J-1 exchange visitors may NOT be enrolled full-time, or in a degree-seeking course.

## Mandatory Insurance Information

J-1 exchange visitors (and their J-2 family members) are required, as a condition of their visa status, to carry health insurance which meets the minimum requirements. As insurance rates may vary based upon the company you choose, as well as the health-status, age, etc. of the insured, it is recommended that you get estimates from at least 3 different agencies to make certain that you are making the best choice for your personal situation.

It is highly recommended that you purchase from a local company, as they will be able to explain the insurance and help you in the event that you need it.

You must be covered by this insurance by the day your program starts (start date listed on your DS-2019). Therefore, insurance MUST be purchased before you arrive, or you should arrive before your start date in order to purchase it.

You and your dependents must maintain health insurance coverage for the entire duration of your stay in the US. If your stay is extended beyond the initial time period, you will be responsible for renewing and extending your health insurance coverage. **Please understand that failure to comply with this mandated health insurance requirement will result in the termination of your participation in this J-1 Exchange Visitor program.**

CIE must have a current and updated copy of your health insurance policy at all times. You can visit the Department of State website for more detailed information on the health insurance requirement. <https://j1visa.state.gov/sponsors/how-to-administer-a-program/> (click on "Insurance" dropdown)

In the U.S. certain kinds of elective medical care, such as eyeglasses or dentistry, are not ordinarily covered by insurance and can be quite costly. If at all possible, you should plan on taking care of these needs before leaving for your visit to the U.S.

If you do not purchase the insurance from one of the above suggested sources, it is your responsibility to prove that the insurance you did purchase meets the minimum standards (IN ENGLISH).

### **Minimum coverage must provide the following:**

1. Medical benefits of at least of \$100,000 per accident/illness
2. A deductible not to exceed \$500 per accident/illness
3. Expenses associated with the medical evacuation to the home country (\$50,000)
4. Repatriation of remains (\$25,000)
5. Any policy must be underwritten by an insurance corporation having an A.M. Best rating of "A-" or above, and Insurance Solvency International, Ltd. (ISI) rating of "A-" or above, a Standard & Poor's Claims-paying Ability rating of "A" or above, a Weiss Research, Inc. rating of "B+" or above, OR backed by the full faith & credit of the government of the exchange visitor's home country.
6. An insurance policy secured to fulfill these requirements:
  - a. May require a waiting period for pre-existing conditions which is reasonable as determined by current industry standards;
  - b. May include a provision for co-insurance under the terms of which the exchange visitor may be required to pay up to 25% of the covered benefits per accident or illness; and
  - c. Shall not unreasonably exclude coverage for perils inherent to the activities of the exchange program in which the exchange visitor participates.

Depending on the specifics of your agreement with your SIU departmental sponsor, you may or may not be eligible for participation in SIU's employee health insurance plan. You should check with your academic departmental sponsor to determine if you will be eligible for SIU's employee health insurance. Please note that the SIU Employee insurance plan does NOT cover items 3 & 4 (medical evacuation and repatriation). If you have

SIU health insurance, you must purchase a separate policy that covers these 2 items. You may purchase this type of insurance from a variety of companies on-line.

## **Other Health Information**

### **Center for Medical Arts**

2601 W Main Street  
Carbondale, IL  
618-549-5361

If you need to visit the doctor to treat a regular illness (such as a cold or flu), you should visit **PROMPT CARE** located on the first floor of the Center for Medical Arts. It is best to call for an appointment prior to your visit. You will need to provide proof of insurance at the time of your visit. Prompt Care is open to the public Monday-Friday (8am to 7PM), Saturday (8am to 5pm) and Sunday (12pm to 4pm).

### **Memorial Hospital Emergency Room**

405 W Jackson Street  
Carbondale, IL  
618-549-0721 ext. 8

If you have a life-threatening emergency, go to the Memorial Hospital Emergency Room. The Emergency Room (ER) is not used to treat ordinary illness unless symptoms are severe. After you have visited the ER, you should inform your insurance company as soon as possible. Please understand that there is always a large charge (several hundred dollars) associated with the use of the ER that is not generally covered by your health insurance. If you have accrued a large bill at the hospital that you cannot pay all at one time, you should contact the Memorial Hospital billing office. They can help you arrange a special payment plan that will be easier to manage. Most importantly, DO NOT ignore your bill!

### **Shawnee Health Services**

Phone: 618-519-9200  
<http://www.shawneehealth.com/>  
404 S. Lewis Lane, Carbondale, IL

There are many locations for Shawnee Health Services throughout Southern Illinois, including locations for dental and pediatric services. The same-day clinic is open 8 AM to 7 PM, Monday through Friday. On Saturday, it is open 8 AM to 5 PM and Sunday, 11 AM to 4 PM. Walk-ins are welcome at the same-day clinic.

### **Student Health Center**

Phone: 618-453-3311  
<http://shc.siu.edu/>

Southern Illinois University's Student Health Center (SHC) is an ambulatory health care facility accredited by the AAAHC since 1996. We provide primary care for routine, acute and chronic illnesses. The SHC offers prescription and allergy injections, immunizations, health education, in house laboratory services, confidential HIV testing, reproductive consultation including contraception, specialty consultation referral, treatment and screening for STDs, and women's and men's health care.

# SAFETY

## SAFETY REMINDERS

Keep your doors locked in your room or apartment, and your car at all times.

Do NOT carry large amounts of cash with you. Instead, use debit cards, credit cards, or checks.

In most cases, it is best NOT to do business over the telephone with someone who has randomly called you. If YOU initiate the call to your bank or credit card company, you are generally safe. Beware of door-to-door salespeople of any kind. NEVER give your private identification information or personal contact information to someone who calls you on the phone or solicits you over the internet or shows up at your home.

You do NOT have to give you social security number to get a credit card, order telephone service, cable television, or internet service. Use your passport as identification instead.

## Contacts

### SIU Department of Public Safety and Carbondale Police

Safety is important at SIU. To receive current information, you can read the Departments of Public Safety's newsletter, the Watch Dawg, at the following site. <https://police.siu.edu//watch-dawg/index.php>. Other information about staying safe can be found at <http://safe.siu.edu/index.php>.

1175 South Washington St.

Trueblood Hall, MC 6723

Carbondale, IL 62901

618-453-3771

email: [webmaster@dps.siu.edu](mailto:webmaster@dps.siu.edu)

### City of Carbondale Police Department

501 South Washington Street

Carbondale, IL 62901

EMERGENCY: 911

Voice: (618) 457-3200

Fax: (618) 457-3204

Email: [police@explorecarbondale.com](mailto:police@explorecarbondale.com)

### Tornado Siren

The tornado siren warning signal TEST is on the first Tuesday of every month at 10:00am. If this siren sounds at any other time, move away from windows to a basement or an interior hallway or room (such as a bathroom). Stay away from windows and heavy objects that could potentially fall on you and wait until the danger has passed. We also suggest having a battery powered radio and flashlights available in your 'safe room' location. Spring and summer time (March-August) in Carbondale have the potential for large rain/thunder storms. Always be mindful of the weather—it is helpful to listen to local radio stations and local television weather reports to keep informed of any upcoming weather-related events.

### Scam Warning:

Be aware of scam calls, texts, and emails; do not provide any sensitive information over phone or email to people you do not know or phone number you do not know. And if offered an offer that seems too good to be true, it is likely not true. Ask for the person's name and phone number to call back. If you're sent a text or email about receiving a package or tracking information which you did not recently sign up for, it is phishing. Always check the email address and text sender's ID. If it looks suspicious or need help, please contact me. Do not give any information over the phone to someone you did not call.

# Resources & Contacts/ Information (Carbondale)

## Department of Public Safety (SIUC Campus Police)

For Emergency only: 911

Non-Emergency phone number: 618-453-3771

[www.dps.siu.edu](http://www.dps.siu.edu)

## Registering Your Children for School

### Unity Point Elementary School District 140

(618)-529-4151

If you have children, where your child will go to school is determined by where you live. If you live in Evergreen Terrace and your child is in pre-K through 8<sup>th</sup> grade, your child would attend Unity Point Elementary School District 140.

### Carbondale District 95

(618)-457-3591

If you do not live in Southern Hills or Evergreen Terrace and are unsure where your child will attend, call the Carbondale District 95. You will give them your address along with the birthdates of your children, and they will be able to direct you. You will be required to provide proof of your residence (your rental agreement, lease, or rent receipt, birth certificates for your children, immunization records (must be translated into English), and passports.

### Robins Nest Learning Center

(618)-559-8257

312 Wall Street Carbondale, IL 62901.

Robin's Nest II offers the largest infant & toddler program in Southern Illinois.

### Carbondale Community High School

(618)-453-3371

1301 E Walnut St, Carbondale.

ALL children in the Carbondale area in grades 9-12 will attend Carbondale Community High School.

### Carbondale Public Library

405 W Main St, Carbondale

(618)-457-0354.

<http://www.carbondale.lib.il.us/>

Our community library offers a variety of different programs for different ages. For information about what is happening this month, go to their website.

# SHOPPING

## Supermarkets

**Walmart Supercenter** (Groceries, Pharmacy, Clothing, and electronics)

1450 E. Main St

618-457-2033

**Target** (Located in Marion, 25 minutes away from Carbondale)

3000 W. Deyoung St, Marion, IL

**Aldi** (German based supermarket, Budget-Friendly)

1232 E. Main, Carbondale IL 62901

855-955-2534

**Kroger**

501 N. Giant City Rd

618-457-5313

**Schnucks**

915 W Main St, Carbondale, IL 62901

## Specialty Groceries

**International Grocery**

1811 W. Main St. (Murdale Shopping Center)

618-529-1206

**Neighborhood Co-op** (Fresh baked bread and natural foods)

1815 W. Main (Murdale Shopping Center)

**Fresh Foods** (produce)

1927 W. Main St. (Murdale Shopping Center)

618-529-2534

**Doña Camila** (Mexican Grocery Store & restaurant)

100 W. Jackson St Carbondale

618-457-0435



## Used Clothing, Furniture, and Household items for Sale

### The Thrift Shop (Budget-Friendly)

15% discount on Fridays w/ Student ID  
215 N. Illinois Avenue (north of Main Street)  
618-457-6976

### Goodwill Industries (Budget-Friendly)

1145 E. Main St  
618-549-3415

## Online Grocery/Food Delivery (Available as Websites and Phone Apps)

### DoorDash

doordash.com

### Uber Eats

ubereats.com

### Instacart

instacart.com

## Malls

### University Mall

1237 E. Main St  
618-529-3681

## Bookstores

### University Bookstore

SIU Carbondale Student Center  
618-536-3321

### Barnes & Noble

1300 E. Main St  
618-351-0404

## Banks

### First Mid Bank & Trust

509 S University Ave.  
618-457-3700

### Regions Bank

816 W. Main St  
618-300-6200

### SIU Credit Union

1217 W. Main St  
618-457-3595

### Banterra Bank

1500 W. Main St  
618-549-4445

## Cell Phone Carriers

### AT&T

1236 E. Main St.  
618-503-9379

### Verizon

1230 E. Main St Space 25  
618-549-5490

### Cricket Wireless

1707 W. Main St  
618-717-4410

### Straight Talk

Walmart 1450 E. Main ST  
618-457-2033

## Credit

### What's Credit?

- Credit is a system used by banks/Lenders to determine how likely someone is to pay a loan.
- Credit is determined by credit history that includes but not limited to: Payment History, Credit Utilization, Financial Disruptions, Number of accounts, etc.
- More Information: <https://www.nerdwallet.com/article/finance/what-is-credit>
- Credit Building
- Credit building is important as having a good credit score opens the door to a better financial life. E.g., paying less interest, better insurance rates, better chance of getting approved for loans, lower down payment, etc.

Tips Improving Credit Score: <https://www.nerdwallet.com/article/finance/credit-score-ranges-and-how-to-improve>

## TRANSPORTATION

### BUYING A CAR

When you buy a car in the US, the sale is final. You cannot get your money back if you change your mind on the purchase. Therefore, it is important to have the car checked by an independent and reliable mechanic before agreeing to purchase the vehicle. This can usually be done for a fee between \$20-\$70. An individual or used car dealer should be willing to allow you to take the car to a repair shop to have the car checked prior to purchase. If not, do NOT buy the car as there is most likely something wrong with it. See the list of Auto Repair Shops in the Shopping Guide in this packet. You can also check an automobile's ownership and accident history for a fee at [www.carfax.com](http://www.carfax.com). You can also check its value through the Kelly Blue Book [www.kbb.com](http://www.kbb.com). The value may vary depending on the circumstances and should only be used as a guide.

- You MUST purchase liability insurance when you buy a car. This is the law! Make sure that you are covered by insurance before you drive a car off the sales lot. The insurance will pay for health care of other people involved in an accident, as well as damage caused by your car.
- Do NOT allow uninsured drivers to use your car. In case of an accident, YOU will be held responsible.
- Car accidents in private parking lots (such as grocery stores, etc) are not the same as those on the street. The insurance companies of both parties involved in the accident are expected to pay 50% of the costs involved.
- It is illegal to talk on a telephone or text while driving when you are driving in the state of Illinois.
- **If you do become involved in a car accident, ALWAYS do the following:**
- Call the police non-emergency number (Carbondale 457-3200, SIU 453-3771) to report the accident
- Check the damages of both cars and ask if the other driver has insurance
- Get the name, address, phone number, email, and insurance company of the other driver
- In more serious cases, seek emergency medical advice if needed
- Report the accident to your insurance company immediately

### ILLINOIS LAWS WHEN OPERATING AN AUTOMOBILE

In the state of Illinois, it is illegal to drive while talking (or texting) on a cell phone (unless you are using a hand's free device).

"Illinois law requires all drivers and passengers (front and back seat) age 8 and old to wear safety belts even if the vehicle is equipped with air bags. Passengers under age 8 must be secured in an appropriate child restraint system as covered by the Child Passenger Protection Act... When riding in a truck with only a front seat equipped with safety belts, a child under age 8 must be secured in an appropriate child restraint system" (Rules of the Road). The following page provides the contact information for the Department of Motor Vehicle.

**DEPARTMENT OF MOTOR VEHICLES**

2516 W. Murphysboro Rd.

Carbondale, IL 62901

Phone: 618-457-0488 <https://cyberdriveillinois.com/departments/vehicles/home.html>

## Driving in Illinois

### Obtaining an Illinois Driver's License

**Things to know:**

- Driving laws vary based on each state and can change from year-to-year.
- You cannot drive solely with an IDP after you are in the state of Illinois.
- It is recommended you bring both your driver's license from your home country and an International Driving Permit (IDP) if you plan to drive a car while studying in the U.S.
- To apply for an IDP, contact the authorities of the country that issued your driver's license, or its motoring association, to inquire how to obtain an IDP.
- The valid driver's license from your home country will allow you to drive in Illinois without an Illinois Driver's License.

You may drive in Illinois without a valid Illinois driver's license under the following circumstances (found on page 5 of the **Rules of the Road Booklet**):

([https://www.cyberdriveillinois.com/publications/pdf\\_publications/dsd\\_a112.pdf](https://www.cyberdriveillinois.com/publications/pdf_publications/dsd_a112.pdf))

- If you are visiting or driving through Illinois, you must have a valid driver's license from your home state or country.
- **If you are an out-of-state student attending an Illinois college/university, you and your spouse and children may drive with a valid license from your home state or country.**

It is recommended you keep a copy of the **Rules of the Road Booklet** in your car when driving in the U.S. on an IDP and/or home country driver's license.

**To be eligible for a driver's license, a foreign national must:**

- Be authorized to be in the country for at least one year and have at least six months remaining on an authorized stay (shown on DS-2019).
- Present proper identification documents.
- Pass the appropriate exams (vision, written and/or behind-the-wheel driving exam).

- Present vehicle liability insurance card (if taking driving exam). Vehicle insurance is purchased from an Insurance Company.

### Applying for a license with a Social Security Number

- Visit an Illinois Secretary of State Driver License Facility (<https://www.ilsos.gov/facilityfinder/facility>). The closest facility to campus is the one in Carbondale: 2516 W. Murphysboro Road , Carbondale, IL 62901, Ph: 618-457-0488, Visit their website : <https://apps.ilsos.gov/facilityfinder/facilityfinder?command=getFacilityDetails&facilityId=026>
- A person age 18-20 who does not hold a driver's license from their home country must present proof of successful completion of a 6-hour adult driver education and training course. This course can be completed through a Certified Provider (<https://apps.ilsos.gov/adultdrivered/providerlist>) or online at <http://www.advanceddrivingschool.org>
- Bring the documents listed below.
- Be aware that your wait may be long. Have plenty of time available or be willing to return to the DMV office, if needed.
- You will be required to take vision and written tests and/or behind-the-wheel driving exam.
- You will be required to have your photograph taken.
- If you fail the driving or written test, you may apply for the license again after further study of the rules of the road.
- **For more information, call the DMV office in Carbondale at 618-457-0488.**

### Documents to present:

- Application fee of \$30 in cash or credit card (***subject to change***)
- Passport
- Current DS-2019
- Most recent I-94 printout
- Car insurance policy for the car you will be using
- Social Security Card issued by the Social Security Administration
- TWO items from the following list to show Proof of Address:
  - Lease agreement with address listed, your name and signature of the landlord
  - Utility Bill (electric, water, cell phone, etc., issued within 90 days of application)
  - Official mail from college or university dated within 12 months prior to application (You may request a proof of address letter from the CIE by emailing [jssinfo@siu.edu](mailto:jssinfo@siu.edu))
  - Most recent bank statement
  - **PERSONAL MAIL IS NOT ACCEPTED AS PROOF OF ADDRESS**

**NOTE:** The DMV is obligated to ask each applicant if they would like to register to vote. **Your response must be no, as it is illegal for you to register to vote when you are not a citizen of the United States.** If you say yes, it could lead to problems for future visa or Permanent Resident applications. You are also not required to register as a member of the Selective Service.

### **Scholars without a Social Security Number**

The Illinois Secretary of State's office will issue a Temporary Visitor Driver's License (TVDL) for non-citizens of the United States who have been granted legal entry into the U.S., are temporarily residing in the State of Illinois, and are ineligible for a Social Security Number. **A TVDL is only for international visitors who cannot obtain a Social Security card.**

**To be eligible for a Non-Visa Status Applicant TVDL, an applicant must:**

- Present acceptable documentation to **show proof of Illinois residency for the prior 12 months.**
- Provide two (2) acceptable documents for proof of current residency.
- Be ineligible for a Social Security number (Letter form the Social Security Administration noting that you are not currently eligible for a Social Security Card).
- Provide acceptable documentation that proves date of birth and verification of written signature.
- Provide a valid Passport or Consular Identification Card.
- Pay the appropriate fee and successfully complete a vision screening and the appropriate written and road tests.
- A Non-Visa Status Applicant TVDL may be issued only in a Class D, L, M, DL or DM, authorizing operation of a personal car, motorcycle or motor-driven cycle. A Non-Visa Status Applicant TVDL is valid for three years.
- Effective July 1, 2014 or after, a person age 18-20 must present proof of successful completion of a 6-hour adult driver education and training course.
- **TVDL transactions not processed on Saturdays at the Carbondale location.**
- View the TVDL Quick Guide:  
[https://cyberdriveillinois.com/publications/pdf\\_publications/dsd\\_tvdl7.pdf](https://cyberdriveillinois.com/publications/pdf_publications/dsd_tvdl7.pdf)

**Additional items:**

- Bring proof of insurance for the vehicle you will be using for the road test.
- Be prepared to be administered a vision screening, written and road tests.
- Documents verifying residence.
- Pay the appropriate fee.
- Have your picture taken.

### Illinois State Identity Card

If you are not planning to drive, the Secretary of State also issues the Illinois State Identity Card with your photo and information on it. You must have a Social Security number to obtain an Illinois state ID. This is an easily recognizable form of identification used for cashing checks, proving your age, etc.

### Car Insurance

Liability insurance is required for all motor vehicles and must be maintained at all times.

[https://www.ilsos.gov/departments/vehicles/mandatory\\_insurance.html](https://www.ilsos.gov/departments/vehicles/mandatory_insurance.html)

**\*All information is shared in an advisory capacity and is not formal legal advice.**

### OBTAINING A CAMPUS PARKING STICKER

Blue decals are available for full-time faculty (including adjunct faculty), staff and part-time faculty and staff. Fees are pro-rated based on time of purchase, and there is a sliding scale of fees based upon the staff or faculty member's annual income.

Parking Stickers may be ordered online and be received through the mail. You need to set up a portal. For details, please visit <https://parking.siu.edu/>.

For contact:

#### Parking Division

Department of Public Safety  
1175 South Washington St.  
Trueblood Hall, MC 6723  
Carbondale, IL 62901  
618-453-5369

### AUTO REPAIR SHOPS

#### Automotive Specialists

825 N. Washington St.  
Phone: 529-4389

#### Gator Automotive

1240 Reed Station Rd.  
Phone: 529-2706

#### Auto Tech

315 W. Willow St.  
Phone: 529-2650

**NOTE: Before buying a used car, always take it to an auto repair shop and pay the mechanic to check the car thoroughly for major problems. This should not cost any more than \$75**

## Transportation Services

### Uber

uber.com

Available as an App

### Lyft

lyft.com

Available as an App

## OTHER TRANSPORTATION RESOURCES LOCALLY

### RMTD Saluki Express

The Saluki Express Buses can be tracked in real time via Transloc, either on your web browser, mobile device, or by text! Simply text the word SIUC, leave a space, and then the actual bus stop number to 41411. You will receive a text with the estimated times of upcoming arrivals to that stop. Message and data rates may apply.

Bus passes for unlimited rides are available on the bus and can be bought from the bus driver. Passes begin the day the pass card is made.

Rates for in county routes are as follows:

- a) 30 day pass: \$30
- b) 180 day pass: \$120
- c) 365 day pass: \$230

Regular Carbondale only fare for non-pass holders is \$1.00. Exact change only.

Children under five ride free when accompanied by an adult. Children must be seated with an adult.

Rates for inter-city routes (St. Louis, Springfield, Champaign, Evansville, Danville, Paducah) are as follows:

- a) 30 day pass: \$50
- b) For inter-city cash fares, please contact your local RMTD Operation Center at 844-220-1243 or 844-718-1882,

### Night Safety Transit

Night Safety Transit is a unit of the Dean of Students and was established as a courtesy service in the spring of 1980 to provide a safe means of transportation for SIU students both on and off campus. This is available from 8pm to midnight every day of the week. Night Safety Transit does not provide rides to local businesses. We stop accepting calls 15 minutes before closing.

During University Breaks (Holidays, Fall Break, Thanksgiving Break, Winter Break & Spring Break) and Summer Semester, Night Safety Transit is closed.

For further information please:

- call the Assistant Dean of Students Office (4<sup>th</sup> Floor Student Services Building) office from 8:00 AM to 4:30 PM Monday-Friday at (618) 453-1492, or
- call during evening hours phone Night Safety Transit at (618) 453-2212.

You can request a ride by downloading the TransLoc Mobile app or call for a ride at (618) 453-2212.



### **Jackson County Mass Transit**

There are three different routes for the county you can also ride to various stores. In your J-1 packet you will find a pamphlet to explain the system. To learn more, please check

<http://www.icmtd.com/home/>

### **Saluki Express/Rides Mass Transit District**

The Saluki Express mass transit system provides students, faculty, and staff, as well as the Carbondale community reliable transportation around our region and community. Academic year routes will begin four days prior to the start of the fall semester. When school is not in session, the Break Route will be in service. No routes will run on Thanksgiving Day, Christmas Day, and New Year's Day.

<https://studentcenter.siu.edu/services/transportation-parking/saluki-express/>

### **BART Shuttle**

This shuttle can pick you up from your home and take you to St. Louis. They recommend you give them a 72 hour notice when you need to reserve a seat.

1 800 284-2278

<https://www.bartshuttle.com/>

### **Greyhound Bus**

Stops downtown.

<https://www.greyhound.com/en/>

### **Amtrak Train**

401 S Illinois Ave, Carbondale, IL 62901

<https://www.amtrak.com/stations/cdl>

### **Veo Ride**

Electric Scooters

Student Center-SIU Campus & City of Carbondale

<https://studentcenter.siu.edu/services/transportation-parking/veo-at-siuc.php>

## **CAMPUS RESOURCES**

### **Student Center**

The Student Center is committed to providing excellence in programs, services, and facilities not only to students, but the community as well. Take advantage of our many dining options, the Craft Shop's workshops and services, Bowling & Billiards' activities, flexible event spaces, shopping opportunities, and more! We enjoy bringing the community and the university together. We truly have something for everyone.

### **Meditation Room at Student Center**

The Meditation Room, located on the second floor of the Student Center via the Study Lounge, is available to provide students with a relaxing spiritual environment and enhance the campus experience. All students, from any cultural background, can use this space for **prayer** and quiet reflection.

This space is open to everyone during regular building hours and has a **women only prayer** time from 1 - 2 p.m. daily.

### **Morris Library at SIU**

The library facilities are ample and offer a coffee shop, a family-friendly study room, faculty research rooms, and faculty writing rooms. In order to use the Morris Library facilities and check out materials, you need to request a letter on departmental letterhead signed by your departmental Chair or Dean. The letter must include a departmental contact name, address, email, and phone number. The letter must also list your name, ID number, local address, phone number, and email address, and the length of time you will be at SIU. The letter must specifically detail the specific privileges are to be extended to you (and your spouse, if applicable). Take the letter to Morris Library in order to obtain library privileges. Please see website for more details and hours of operation [www.lib.siu.edu](http://www.lib.siu.edu).

### **Lactation Room in Library**

On the third floor of the Morris Library is a lactation room for nursing mothers. Mothers are welcome to use this private room when they need to nurse their child or to pump their breast milk.

### **Evaluation and Developmental Center (EDC)**

Phone: 618-453-4324

[www.rehab.siu.edu](http://www.rehab.siu.edu)

Driver education/ training consists of classroom and on-the-road training. For more information call number above and ask for John Geiger.

### **Clinical Center**

Phone: 618-453-2361

Location: Wham Building, Room 141

[www.clinicalcenter.siu.edu](http://www.clinicalcenter.siu.edu)

Clinicians are available to improve the lives of you and our family. The center is open to the community, so your spouse and children are also welcomed. They provide individual, family, couples, or group therapy, parenting training, and speech-language-hearing therapy including accent modification. They are aware of the difficulties and challenges that individuals and families from different cultural backgrounds often face in the U.S. Your privacy is absolutely protected.

### **Counseling and Psychological Services**

Phone: 618-453-5371

Rm. 253 Student Health Center

<http://shc.siu.edu/counseling/index.html>

Professional psychologists and counselors are available to support your mental health. They are aware of the difficulties and challenges that individuals from different backgrounds often face in the U.S. When utilizing one of their services, your privacy is absolutely protected.

### **Recreation Sports and Services**

Student Recreation Center

618-453-1277

<http://www.reccenter.siu.edu>

Recreation Sports and Services offers exercise programs and equipment, including sports clubs, intramural sports, instructional programs, fitness classes, etc. For J Visiting Scholars a membership fee is required. If you are wanting to become a member please contact Member Services Center at (618) 453-1277.

The student REC center offers **International Rec opportunities**. Events include International Sports Weekend and the annual International Soccer Cup. Come to the RSS and play badminton, soccer, table tennis, and so much more. Help make the SIU RSS your home away from home. To become a member please call REC center on the number listed on Contact List. The membership may be also applied for dependents. However, there are options for day passes, 5 punch passes, 10 punch passes, or unlimited one month passes.

### **Rainbow's End Child Development Center (REDC)**

Email: [rainbow1@siu.edu](mailto:rainbow1@siu.edu)

650 S. State St., Carbondale, IL Phone: 618-453-6358

<http://rainbowsend.siu.edu/>

Child care program designed to assist students, faculty and staff members at SIUC. Qualified professionals care for children from age 6 weeks to 12 years.

**Head Start Agency**

Phone: 618-453-6448

<http://headstart.siu.edu/>

Head Start is a program operated by Southern Illinois University Carbondale on a federal grant. The program is designed to serve children three to five years of age from families qualifying for Head Start throughout Jackson and Williamson Counties.

**Faith Communities at SIUC**

<http://siucmin.rso.siu.edu/>

SIU Campus Ministries is an association for faith communities with a campus ministry presence at SIU. Each faith community organizes its own campus ministry activities. Several times per year, they work together on special events such as the Week of Welcome and New Student Orientations.

## Understanding “Some” American Ways of Living

### Value system:

In the United States, many U.S. Americans believe that standing up for what one believes in an honest and appropriate manner is extremely important. This is referred to as *assertiveness*. Most Americans respect ideas that are different from their own and will expect you to express your own opinions. You are also expected to be clear in what you express; vague, emotional, or subjective language does not effectively convey ideas.

The population of the United States is extremely diverse in ethnicity, religion, and political values. Due to that diversity, some individuals may argue aggressively on their own personal beliefs and values. Sensitivity is required when it relates to discussions of personal finance, religion, and politics. *Beware of people trying to convert you to their beliefs.*

Service to others through volunteerism with community groups or religious organizations is quite common and is respected in the U.S. In fact, most of the individuals who work in the programs we offer to international students through the International Friends Club (IFC) are volunteers.

U.S. Americans often speak of as well as value team work but also individual freedom. They expect others to be independent and responsible for their own success or failure; but when working with a group or on a team, each individual is expected to contribute to the discussion or group by providing his/her own opinions or ideas.

Underage drinking (the legal drinking age in Illinois is 21), public drunkenness, driving while intoxicated, sexual assault, and battery (violent behavior) are considered serious offenses and **are punishable by law**, and are **deportable offenses**.

### Relational & Social Manners:

Most Americans are friendly and hospitable, but this does not imply a lasting relationship or a deep friendship. Close friendships develop over time through social interaction.

Although cultural norms may vary with the region in the United States as well as the culture of the individual, many Americans greet others with a smile and/or handshake. If you do not to shake hands for religious or cultural reasons, and someone extends his or her hand to you, simply smile and state that for cultural reasons, you do not shake hands.

In the United States, eye contact is an important show of respect to the one speaking. Speak up and ask questions if you do not understand something or need assistance rather than waiting and expecting that someone will approach you to ask if you need help.

Generally, you are expected to tip the waiter or waitress at a restaurant (15 percent of the bill), taxi driver (amount depends on part of the country and the fare amount), hotel maid service (\$2 to \$3 per night), and if someone carries your luggage for you (\$1 to \$2 per bag at a hotel, airport, etc.). Tips are to show your appreciation for a service. If in doubt, check the current rates on the internet. Rates are higher in cities than in smaller towns.

Most stores will allow you to return items and get your money back if you have not used the item, you did not damage the item, and you return it to the store where you purchased it with the original receipt within 30 days. Please note that store policies differ regarding return policies.

Required social behaviors in the United States include: being on time; keeping appointments; treating females with the same respect as males; being courteous to clerks, taxi drivers, restaurant and office workers; respecting another's personal space by keeping at least at arm's length when speaking to someone unless standing side by side.

Traditionally, Americans line up—regardless of gender, age or status—on a “first come first served” basis for individual service in offices, amusement parks, stores, etc. Cutting through lines to get ahead is considered rude.

Smoking is considered offensive for health reasons by many and **is prohibited by Illinois state law in public buildings or vehicles**. People who wish to smoke can do so outside as long as they stay at least 15 feet away from the doorway or in specially designated “smoking areas” or “smoking rooms” when they are available. **As of July 1, 2015, smoking is prohibited on all Southern Illinois University Carbondale campus.** This prohibition does not apply to any instance in which an individual is traveling through or parked in a vehicle that is not owned by a State-supported institution of higher education. For more information please visit the following site: <http://policies.siu.edu/employees-handbook/chapter9/cleanair.php>

Personal cleanliness is important to most people in the United States. Most shower daily, wash their clothing regularly, and use deodorant products.

Sometimes Americans will give a quick pat on the shoulder or the back as a form of encouragement. This can sometimes be surprising (or “shocking” as one student phrased it) to a new international student who has not been forewarned of this practice.

Roommates should try to respect one another's personal privacy and private property, sharing only by prior agreement. Mutual consideration regarding noise level, smoking, sharing facilities, etc. is important, and housekeeping duties should be shared equally. If difficulties arise, be direct, but tactful, in expressing one's thoughts and feelings.

***Resources:***

[American Ways: A Guide for Foreigners in the United States](#) by Gary Althen, Intercultural Press, Inc., 1993

Interviews with SIUC International Students. Illinois Rules of the Road.

## **SIU Center for International Education**

### **Community/Cultural Programs offered in our office**

Many of the community programs fall under the umbrella of the **International Friends Club (IFC)**, a large group of American campus and community volunteers. The IFC offers a variety of programs for international students, scholars, and families. These programs include:

**GLOBAL SCHOLARS GROUP** – International scholars meet to discuss research projects, collaborate, and plan special activities.

**ENGLISH IN ACTION** - International students and scholars practice English conversation every week with American partners.

**LANGUAGE EXCHANGE** - American and international partners meet once a week to practice both languages.

**LOAN CLOSET** - Household items and winter coats are available for SIUC international students, scholars, and visitors to borrow.

**INTERNATIONAL WOMEN'S FRIENDSHIP GROUP** - International women enjoy weekly activities planned by American women.

**INTERNATIONAL WOMEN'S SUPPORT GROUP** - International women and American leaders plan social and educational activities together.

**MOTHER CARE** - Friendship teams of several women are created to offer support and encouragement to pregnant international women.

**EMERGENCY RESPONSE TEAM** - Professionals offer legal, medical, insurance, spiritual, and counseling support to international students, scholars, and their families in emergency situations.

**CONVERSATION GROUPS** – Meet once a week to practice English conversation and discussion in a small group setting.

**Other programs available through the Center for International Education for community members as well as for SIUC students, scholars, and faculty:**

**SPEAKERS BUREAU** - International students and scholars visit local community groups to tell about their cultures.

**IN GEAR PROGRAM** - International students and scholars volunteer to share their cultures in schools throughout the region.

**“I WANT TO TELL YOU MY STORY”** – International students volunteer to tell their personal stories about their experiences in their home countries and since their arrival in the U.S. and at SIUC to community members and other university students.

**AN INTERNATIONAL DIALOGUE ON FAITH: A WOMAN’S PERSPECTIVE** – International women present a panel discussion on world religions from the female perspective followed by a roundtable discussion with the audience.

**TRANSLATION INCORPORATED** – International students volunteer to act as translators for other students, community members, and groups.

## **IFC SPECIAL EVENTS**

**NEWCOMERS WELCOME PARTY** - A fall party welcomes new international students and allows IFC volunteers to meet and acquaint them with SIUC and Carbondale.

**HOLIDAY PARTY** - This annual party introduces students, scholars, and their families to holiday traditions from around the world.

**INTERNATIONAL POTLUCK** – Internationals and Americans bring dishes from their countries to share at this informal dinner. Recipes are provided.

**INTERNATIONAL COFFEE HOUR** - A weekly café offers socializing and free refreshments. Coffee Hour meets every Friday (Fall and Spring semester when classes are in session) from 3:00 to 5:00 pm in the meeting room at the Center for International Education. This event is open to everyone.

**INTERNATIONAL FAMILY GAME NIGHT**- One Friday every month during the school year, the CIE hosts a game night. Dinner is provided for all and there are games and prizes for all ages! Watch your email for the dates and additional information.

For more information about CIE’s community programs:

Call Elaine Conrad at the Center for International Education at 453-5774 or send e-mail to [econrad@siu.edu](mailto:econrad@siu.edu).



## Stay Connected!

### Exchange Visitor Newsletter

The best way to stay up to date with events taking place at SIU and Carbondale is to read our monthly newsletter. The newsletter will be sent to you at the start of each month by [jvisas@siu.edu](mailto:jvisas@siu.edu), and it includes some of the latest upcoming events happening in Southern Illinois. The newsletter also highlights visiting scholars at SIU Carbondale with a section dedicated to scholars sharing their cultural exchange experience in the United States!

### Center For Service-Learning and Volunteerism

Center For Service-Learning and Volunteerism is a good resource for those who want to get involved with volunteerism, gain experience, and give back to the Carbondale community.

[cslv.siu.edu](http://cslv.siu.edu)

### Multicultural Resource Center

The Student Multicultural Resource Center serves as a catalyst for inclusion, diversity and innovation. We welcome you and invite you to explore our website. We encourage you to stop by the Center, located in Student Services Building Room 140, to see the resources available and discover ways you can get involved on the campus. Come visit us.

[smrc.siu.edu](http://smrc.siu.edu)

### What's Happening?

#### SIU Master Calendar

[calendar.siu.edu](http://calendar.siu.edu)

Keep up with on-campus events!

#### Carbondale Rocks

[www.carbondalerocks.com](http://www.carbondalerocks.com)

Keep up with events in Carbondale!

#### Daily Egyptian

<https://dailyegyptian.com/>

Keep up with Campus news!

### Follow us on social media!



**Facebook**

@internationalsiu



**Instagram**

@international.siu



**Twitter**

@CIE\_SIUC