

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 United 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)

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

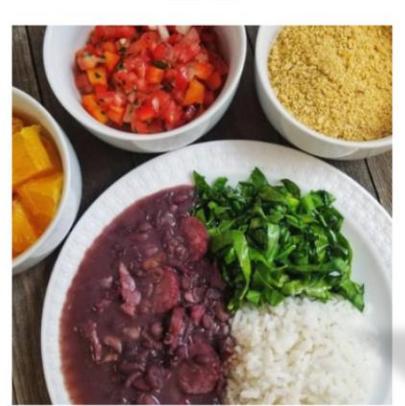


- Culinary nutrition project using beans and converted to pressure cooker
 - Converted Brazilian bean recipes to English, tested and did nutrition analysis using software
- Shopped in Hornbacher's
- Assisted with a Germans from Russia teacher workshop for high school teachers
- Assisted with preschool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



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



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



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

Lunch

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



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



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

http://bvsms.saude.gov.br/bvs/publicacoes/guia_alimentar_populacao_brasileira_2ed.pdf

Rice, Beans, Omelet and Jilo



Arroz, feijão, omelete e jiló refogado



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

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://bvsms.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

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Questions???

