



About The University of Oklahoma

Created by the Oklahoma Territorial Legislature in 1890, the University of Oklahoma (OU) is a doctoral degree-granting research university serving the educational, cultural, economic, and healthcare needs of the state, region, and nation. The Norman campus serves as home to all of the university's academic programs except health-related fields. The OU Health Sciences Center, which is located in Oklahoma City, is one of only four comprehensive academic health centers in the nation with seven professional colleges. Both the Norman and Health Sciences Center colleges offer programs at the Schusterman Center, the site of OU-Tulsa.

The University of Oklahoma attracts students across the nation and from more than one hundred countries around the world. The Health Sciences Center (HSC) is a leading educational, research, and patient care campus with internationally prominent faculty and state-of-the-art facilities and technology. The HSC serves approximately 4,000 students in more than 70 undergraduate and graduates degree programs on campuses in Oklahoma City and Tulsa. In 2011, The University of Oklahoma received the Carnegie Foundation's highest tier of research activity classification, the first time a public institution in Oklahoma has been honored with this recognition. Through recruitment, the OUHSC continues to grow its ranks of top researchers.

Office of Immigration Services

Welcome! We are pleased that you have chosen our university to experience the rewards of participating in the educational and cultural exchanges of our J-1 Exchange Visitor program. The Office of Immigration Services (OIS) is here to assist you and your sponsoring department throughout your stay in Oklahoma. Do not hesitate to ask for assistance. We urge you to become involved with your new community and campus activities. The effort will provide you with lasting personal and professional friendships. The University of Oklahoma is truly an extraordinary institution, known for its academic excellence and a strong sense of community. Take advantage of it. We hope you'll take the time to explore our beautiful campus and learn more about us.

All requests for the employment of foreign nationals at the University of Oklahoma must be processed through OIS. Only the OIS staff is authorized to sign the legal documents and forms required to sponsor international scholars and staff. Please schedule an appointment before visiting the OIS office to speak with an OIS Specialist. This allows us to prepare for your visit and dedicate time to answering all your questions. Office hours are Monday through Friday from 8:00 am – 12:00 pm and 1:00 pm – 4:30 pm.

***While every reasonable effort is made to provide you with guidance regarding job-related immigration concerns, help cannot be provided for personal or family immigration matters and may be further limited by staff resources and institutional priorities. You can visit our website for more information at <http://ou.edu/immigration>.*

OU Norman, Health Sciences Center & Tulsa Campus

Director of the Office of Immigration Services, RO/PDSO

Immigration Attorney – Office of Legal Counsel

Nima Zecavati, JD, MPH Nima-Zecavati@ouhsc.edu

OU Norman Campus & Tulsa Campus

Alternate Responsible Officer (ARO)

Megumi Wilson

Whitehand Hall

339 W. Boyd Street, Suite 223

Norman, OK 73019

Phone: (405) 325 -4010

Email: megumi.wilson@ou.edu

OU Health Sciences Center

Alternate Responsible Officer (ARO)

Adam Telfer

O'Donoghue Research Building

1122 NE 13th St, Suite TB038

Oklahoma City, OK 73104

Phone: (405) 271-2189

Email: Adam-Telfer@ouhsc.edu

J-1 Exchange Visitor Program Overview

Program Purpose: “ increase mutual understanding between the people of the United States and the people of other

The J-1 Exchange Visitor Program was created by the Mutual Educational and Cultural Exchange Act of 1961, as amended, the purpose of which is to “increase mutual understanding between the people of the United States and the people of other countries utilizing educational and cultural exchanges.” The program is administered by the Department of State to facilitate the cultural and educational exchanges to further the foreign policy objectives of the United States. The U.S. Department of State designates U.S. organizations such as academic institutions to administer exchange visitor programs. These organizations are known as sponsors. An exchange visitor is a foreign national selected by a sponsor to participate in an exchange visitor program and who is seeking to enter or has entered the U.S. temporarily on a J-1 visa.

Participants are expected to return home and maintain a physical residence abroad during the entire duration of their program. It is hoped that upon return to their home countries, exchange visitors will share their experiences and knowledge. The J-1 visa is a non-immigrant visa, and participants are granted entry into the U.S. with the understanding that they will complete the objectives of a single educational and cultural exchange program. The J-1 visa is inappropriate for foreign nationals seeking to immigrate permanently to the U.S. The J-1 visa is also inappropriate for organizations seeking to augment their personnel complement. Parties so interested must use other legitimate avenues of immigration and/ or temporary employment described in the Immigration and Nationality Act.



OU's Research Scholar Program

The J-1 Exchange Visitor is an individual who participates in a program designed to promote the interchange of person, knowledge, and skills in the fields of education, arts, and sciences. Participants include trainees, scholars, students, teachers, researchers, graduate medical education, observation, consultations, or demonstrating specialized knowledge or skills, or participants in organized people-to-people programs. Sponsors may terminate an exchange visitor's program for violating U.S. laws or program regulations or rules governing their particular program.

OIS administers OU's J-1 program for the categories of Professor, Research Scholar, Short-Term Scholar, and Specialist. Under no circumstances can a participant be a candidate for a tenure-track position.



Professor exchange visitors primarily teach, lecture, observe or consult at post-secondary accredited educational institutions.



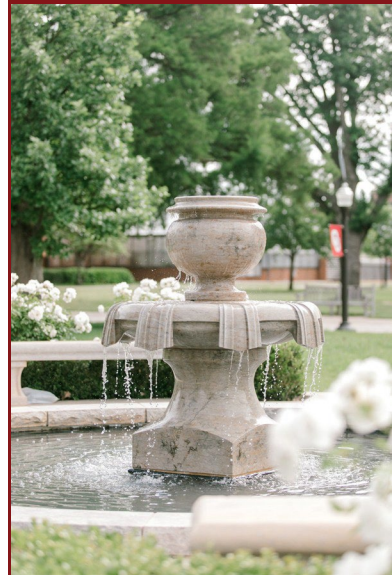
Research Scholar exchange visitors must be primarily engaged in conducting research, observing, or consulting in connection with a research project in a post-secondary, accredited research institution.



Short Term Scholar exchange visitors may lecture, observe, consult, participate in seminars, workshops, conferences, study tours, professional meetings, or other types of educational and professional activities, but cannot stay more than 6 months.



Specialist exchange visitors are foreign specialists that come to the United States to observe, consult, or demonstrate special skills.





Research Scholar Minimum Qualifications

- Have at least a Bachelor's degree and appropriate experience in the field in which research is to be conducted;
- Not be a candidate for a tenure track position;
- Not have participated in or completed a professor or research scholar program within the last 24 months preceding the beginning date of the new program's commencement;
- Not have participated in a J-Visa program for all or part of the 12 months immediately preceding the start date of a research scholar program unless they meet one of the following criteria:
 - The participant is currently in a research scholar program and is transferring to another institution in the U.S. to continue their current J-1 program;
 - The participant's prior physical presence in the U.S. on a J-visa program was less than six months in duration as a short-term scholar.

English Proficiency Policy for All Exchange Visitors

22 C.F.R. § 62.10, which regulates a J-1 Exchange Visitor sponsor's responsibilities regarding program administration, has been revised to require proof of English language proficiency for all J-1 participants sponsored by the University of Oklahoma. Department sponsors must screen and select prospective exchange visitors to ensure that (1) the program is suitable to the exchange visitor's background, needs, and experience and (2) that the exchange visitor possesses sufficient proficiency in the English language as determined by an objective measurement of English language proficiency, including one of the following methods: a signed letter from an academic institution or English language school that is internationally recognized by IALC or another official entity documenting dates of attendance and at least intermediate-level language skills; conduct an English language interview with the potential scholar in person, via telephone, via teleconference, or videoconference; proof of attainment of minimum scores on either the TOEFL iBT, IELTS, Cambridge English First (FCE), Cambridge English Advanced (CAE), or TOEIC.

Postdoctoral Fellows

Postdoctoral Fellows are categorized as Research Scholars in SEVIS and on the DS-2019, although their internal title may be "Postdoctoral Fellow." Qualifications for these programs vary according to department programs, and candidates must additionally apply to and be accepted by the OU Graduate College (Norman: <https://www.ou.edu/gradcollege/population/postdoc>, OU HSC: <https://graduate.ouhsc.edu/Postdoctoral-Fellows>).

Title/Category	Duration of Program
Professor or Research Scholar	Up to an aggregate of 5 calendar years
Short Term Scholar	3 weeks - 6 months
Specialist	1 calendar year

- * The 5-year calendar period is based on a "use or lose" basis, meaning any amount of time that the participant returns home counts towards the total 5-year period, including time away for vacation visits.
- * Participants who complete the program in less than 5 years have the option to transfer to another institute or extend their program up to the maximum duration of 5 years, provided that requirements for extension are met and departments agree upon further sponsorship.



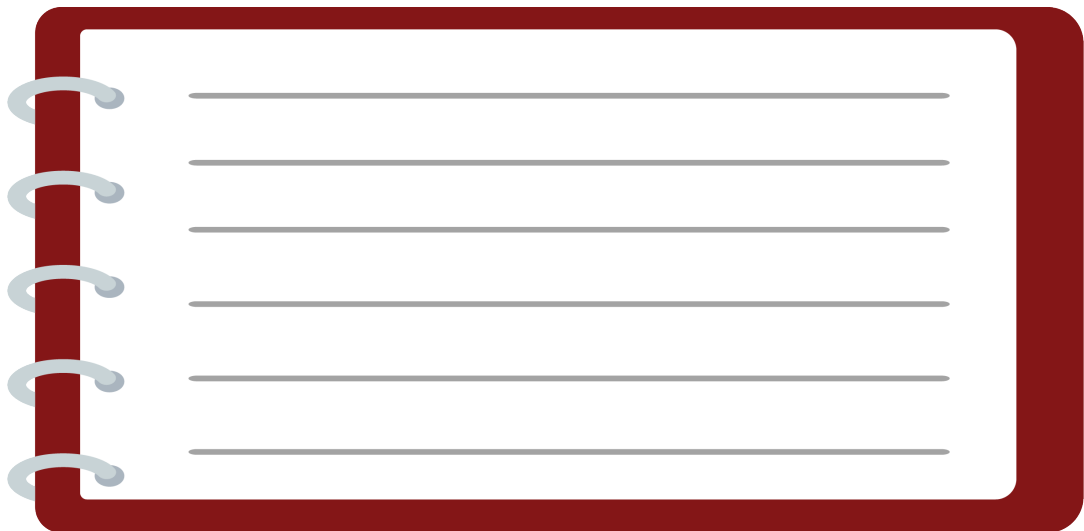
J-2 Dependents

The Exchange Visitor Program permits the entry of the participant's dependents under the J-2 visa at the sponsor's discretion. Dependents are defined as the J-1 visa holder's spouse and minor unmarried children (less than 21 years of age). The status of the J-2 visa holder remains valid as long as the principal J-1 visa holder is valid: if the J-1 expires, and the participant has to return to his or her home country, the J-2 dependents must return as well. J-2 dependents may apply for employment authorization after arrival in the U.S. if the work does not support the principle J-1 holder. The J-2 visa holder must apply for work authorization from the U.S. Citizenship and Immigration Service (USCIS) by filing Form I-765 (<https://www.uscis.gov/i-765>). There is no legal limit to what they can earn, and they can work full time or part-time after permission is granted from USCIS. Exchange visitors may not leave J-2 dependents in the U.S. for long periods.

J-1 & J-2 Visa Petition Process

The petition process is initiated by an OU department and has several steps.

- 1** The exchange visitor must meet the qualification requirements for a specific category described above.
- 2** The OU department initiates sponsorship of the J-1 exchange visitor by submitting Form OIS2019 to OIS.
- 3** OIS reviews Form OIS2019 and submits the request to be reviewed by the Office of Export Controls. Export Controls will determine if the proposed activity is subject to Export Control Regulations and whether a professional license is required.
- 4** After OIS2019 has been approved, OIS will issue a DS-2019: Certificate of Eligibility. This certificate is generated through the SEVIS system administered by the U.S. Department of Homeland Security to track J-1 visitors.
- 5** OIS will send the DS-2019 to the exchange visitor and the sponsoring department.
- 6** The J-1 exchange visitor submits the DS-2019 to the U.S. Embassy or Consulate as part of their visa application.
- 7** A J-1 exchange visitor that is transferring from another U.S. institution or agency will retrieve their DS-2019 from OIS when they arrive on campus.



Visa and Fees

All foreign nationals who seek to enter the U.S. in the J-1 exchange visitor category must obtain a visa from a U.S. Embassy or Consulate before coming to the U.S. Applicants should apply at the U.S. Embassy or Consulate with jurisdiction over their place of permanent residence. **NOTE:** Canadian citizens are exempt from the visa requirement but must comply with all other documentation requirements.

J-1 visa applicants should apply for their visa far in advance of their desired arrival date in the U.S. J-1 visitors are allowed to enter the U.S. up to 30 days before the program start date listed on the DS-2019. Under no circumstances should they enter after the program start date without first notifying the program officially.

SEVIS Fees: In addition to any visa fees, individuals applying for J visas must pay the \$220 SEVIS fee before applying for their visas. Fee payment must be processed at least 3 business days before the scheduled date of the visa interview. Proof of payment must be presented during the visa application process. Review information about the SEVIS payment (<http://www.ice.gov/sevis/i901>) and submission of the SEVIS form I-901. The applicant is responsible for all visa and SEVIS fees. The university does not pay these fees.

- SEVIS is a federal Internet-based system that maintains accurate and current information about non-immigrant students (F and M visas), exchange visitors (J visa), and their dependents (F-2, M-2, J-2 visas).
- The SEVIS fee must be paid when applying for initial classification as a J nonimmigrant when changing to a J classification from a different visa, and when applying for a J-1 category change.

Denial of Visa: The SEVIS fee is valid for 12 months from the date of the initial application if the applicant wishes to apply again for the same or a different program category.

Family Petitions & Application: All family-based application and petition expenses must be paid by the individual.



U.S. Tax Requirements for Foreign Visitors

Foreign visitors to the University of Oklahoma Health Sciences Center may be subject to income tax on income or other benefits received while at the University. Payments that may be taxable include employee wages, fellowship, and scholarship payments among others.

A general rule of U.S. tax law is that wages are taxed unless specifically exempted. Income tax on employee wages is withheld at the graduated rates mandated by law. That means tax tables are used withholding different amounts of tax pending on the taxable amount of wages. This is also known as federal and state tax withholding.

Wages may also be subject to a 7.65% FICA tax (also known as Social Security and Medicare tax). FICA is a different type of tax and is in addition to federal and state tax withheld from pay.

Tax treaties exist between the United States and about 70 other countries and some include an exemption for certain foreign visitors for a specified length of time and/or a certain dollar amount. Please keep in mind that even if a treaty exists between the U.S. and your country of Tax Residency, it does not necessarily mean you are exempt from tax withholding on U.S. wages. Applicable exemptions can be determined once you are in the U.S. and complete the Foreign National Information Form.

For more information you can visit this link:

- Norman: <https://www.ou.edu/payroll/international> or contact Anny Stapp from OU Financial Services at anny@ou.edu.
- OU HSC: <https://financialservices.ouhsc.edu/Departments/Payroll-Services/Foreign-Nationals> or contact Payroll-Services@ouhsc.edu.
- Other helpful links include: <https://www.irs.gov/individuals/taxation-of-alien-individuals-by-immigration-status-j-1>



Applying for a Social Security Card

Exchange visitors receiving monetary support directly from the university will require a Social Security number. The application process with the Social Security Administration can take up to two months before a card is issued with the assigned number. **You must check-in with the OIS office before applying for the Social Security card or the Social Security Administration will not be able to verify your nonimmigrant status in the SAVE system if your SEVIS record was not first validated by the OIS office.** In the interim, a temporary number can be assigned for payroll purposes until the Social Security card is received. To apply for the Social Security card, you will need the SS-5 application form, your passport, I-94, and the Form DS-2019. The Social Security Administration will issue you a receipt of the application and a temporary Social Security number.

DO NOT carry your social security card in your wallet. Keep it in a safe place with other important documents at home to prevent identity fraud and theft. If you must, carry a copy of the card with you.

Social Security Administration locations close to our two main campuses:

For the Norman Campus:

**200 NE 27th St,
Moore, OK 73160
(866) 964-4260**

For the OU HSC Campus:

**12301 N. Kelly Ave,
Oklahoma City, OK, 73160
(866) 331-2207**

Maintaining your J-1/J-2 status

- You may enter the U.S. up to 30 days before your program start date and up to 30 days after your program start date on your DS-2019. Failure to notify OIS and/or your department sponsor of any delay in your travels may result in the U.S. Department of State's immediate cancellation of the visitor's SEVIS record and subsequent DS-2019 form.
- Make an appointment with OIS to check in within 3 days of your arrival on campus.
- Attend J-1 Orientation.
- Keep immigration documents current (passport and DS-2019).
 - o EVs are required to have a valid, unexpired DS-2019 form and a valid, unexpired passport at all times.
- Report local address to the program sponsor.
 - o You are required by immigration regulations to maintain your local address with OU at all times. Please update any change of address to the OIS office within 10 days of the change. Immigration regulations require a physical, home address rather than a P.O. Box or an office address.
- Maintain sufficient medical, medical evacuation, and repatriation insurance.
 - o You must maintain health insurance coverage for yourself and all J-2 dependents for the entire duration of your program as listed on the DS-2019 and provide proof to OIS.
 - o The required minimum benefit levels are:
 - Medical benefits of at least \$100,000 per accident or illness;
 - Repatriation of remains for \$25,000;
 - Expenses associated with the medical evacuation of the exchange visitor to his or her home country of \$50,000, and;
 - A deductible is not to exceed \$500 per accident or illness.
 - o Willful failure on the part of the participant or any J-2 dependents to maintain active medical insurance coverage is grounds for termination from the program. **Health coverage through the university's benefits plan does not contain the medical evacuation or repatriation insurance requirement. A separate policy must be purchased additionally for this coverage.**
 - o Some providers that offer services to international scholars include:
 - Betins International Health and Travel Insurance (<https://www.betins.com/>);
 - ISO Insurance (<https://www.isoa.org/>);
 - IMG Patriot Exchange Program (<https://www.imglobal.com/travel-medical-insurance/patriot-exchange-program>);
 - World Trips (<https://www.worldtrips.com/atlas-travel-insurance#/atq>).

- Notify us of any program changes
 - o Early termination/departure
 - Research Scholars withdrawing from an OU research program before the end of the program date listed on the DS-2019 must inform the OIS office before their departure. Departments may give notice to OIS via the J-1 Early Program Termination form.
 - **Correctly recording your program completion date is important because it can affect the date on which you can return to the United States on a new J-1 program or in another visa status.**
 - o Program activity
 - Exchange visitors are required to notify OIS when there are changes in their research program or program dates, including changes in faculty or department sponsorship.
 - o Program activity location
 - If the exchange visitor is vacationing, attending a conference, or conducting research outside of the U.S. for more than 30 days, the scholar must complete Form HR6220 with his/ her department and return it to OIS.
 - If the exchange visitor's status is to continue participation in the exchange program while abroad, an Out of Country record must be created by the program sponsor.
 - o Program transfers
 - Exchange visitors are allowed to transfer to another sponsor if they are released by the first sponsor. To qualify as a transfer instead of a new program, the transfer program must have the same purpose as the original program category.



Travel

- Visa applicants should prepare in advance and allow sufficient time for potential delays when applying for visas of any type at a U.S. consular post abroad.
- You must take your original DS-2019 and current DS-2019 forms when traveling. Before traveling outside the U.S., you should obtain the responsible program officer (RO) or alternate responsible program officer's (ARO) travel validation signature at the bottom right of your form. J-2 dependents must each have their DS-2019 with a valid travel signature dated within the last 6 months. Failure to revalidate the DS-2019 could result in delays or possible denial of re-entry into the U.S.
- A letter may be requested from your department sponsor. OIS can provide an example if requested. This letter will certify that you are participating in an Exchange Program and are in good standing. You can keep it with you when traveling and re-entering the U.S., although it is not necessary.
- You must make sure your passport is valid at least 6 months beyond the date of your intended stay in the U.S. If your passport expires before your U.S. visa does, the U.S. Customs and Border Protection (CBP) officer will limit your U.S. admission stay to correspond with your passport's expiration date.
- Check your visa to make sure it will be unexpired on your anticipated re-entry date. Also, note the number of entries allowed on your visa. Although the visa date may still be valid, you may have used all allowable entries.
- Exchange visitors must have financial documentation with them while they travel, for example, an appointment letter, an award letter from a funding organization, or personal financial documents.
- Upon re-entry to the U.S., check IMMEDIATELY that the immigration inspector stamps your passport with the correct status, J-1. THIS IS CRITICAL. If the stamp does not match your visa status, you will not be able to resume your position at the university.
- Travelers needing evidence of readmission to the U.S. should visit the U.S. Customs and Border Protection website to print or review an I-94 form (<https://i94.cbp.dhs.gov/i94/#/home>) based on the data that was electronically submitted at your entry. This data includes your I-94 number, which may be needed to prove lawful U.S. entry for benefits providers and other purposes.
- Upon returning to the OU campus, you must send a copy of your I-94 to the OIS office.



- **Extension of stay**

- o An extension of your exchange program may be requested for current J-1 participants, as long as the extension is completed before the expiration date of the DS-2019 and is within the 5-year maximum period for Professors or Research Scholars. The OIS2019 form must be submitted to OIS at least 30 business days before the current DS-2019 expiration date. The participant must include evidence to show that he/she is maintaining the required insurance coverage while in the U.S. for themselves and any accompanying J-2 dependents.
- o The extension of your DS-2019 extends the immigration status of the J-1 participant, but it does not extend the visa stamp in the passport. It is the exchange visitor's responsibility for applying for a new visa, if necessary.

- **Incoming dependents**

- o If a participant's dependents plan to arrive in the U.S. after the exchange visitor arrives, OIS must approve the accompaniment of the spouse and/or children who each will be issued their Form DS-2019. To request a DS-2019 for eligible family members, the J-1 scholar will complete the Form OIS2019-2 and submit it to OIS for processing. Incoming dependents will then apply for a visa just as the J-1 visa applicant did.

- **Funding source/changes in department or faculty sponsorship**

- o If there is any change in your funding source (salary increase) or any change in department or faculty sponsorship, you must inform OIS so your DS-2019 can be updated to reflect the most current information.

- **Employment**

- o Exchange Visitors can only engage in authorized employment. As a J-1 Exchange Visitor, you are eligible for employment with OU, but only in the field specified on the DS-2019. Unauthorized employment may result in a violation of immigration regulations and loss of valid J-1 status. Professors and Research Scholars may engage in occasional outside lectures or consultations for compensation with written permission from their RO/ARO.

- **OUHSC Paid Leave Policy**

- o OUHSC administers separate vacation and sick leave accounts for J-1 visitors in the title of Associate Research Scholar and Postdoctoral Research Fellow. Each fiscal year, on July 1st, the J-1 visitor will receive 15 days (120 hrs) of vacation and 15 days (120 hrs) of sick leave annually. Leave balances do not carry over to the next fiscal year. Any balance remaining as of June 30th will be cleared. J-1 visitors appointed between the 1st and 15th of the month will receive the full month's leave accrual. Those appointed after the 15th of the month will not receive leave accrual for that month. Payout of leave balances on termination or conversion to faculty or staff are not permitted.

Conflict of Interest Disclosures

An important component of your program here will be to disclose any potential conflicts of interest to the University. A common example of a potential conflict that must be reported is when an international visitor maintains an appointment or title in their home country while participating in Research at OU. There are a variety of other conflicts, and each is handled on a case-by-case basis.

Failure to disclose current conflicts of interest as well as new ones that could begin during your program could have a negative impact on your J-1 status. These policies are in place to maintain the integrity and security of both the visitor's Research as well as the University. Your OU Faculty Sponsor can provide additional insight on these policies.

Please read and review the sites and policies relevant to the campus you are participating in; each campus will let you know what documentation you will be required to complete. These will be updated regularly, and any questions should be directed to these two departments.

OU Norman's Conflict of Interest website: <https://www.ou.edu/conflictinterest>

OU Health Sciences Center Conflict of Interest Website: <https://provost.ouhsc.edu/Conflict-of-Interest>

Volunteering and Moonlighting

An important component of the J-1 program is participation in the local community you will be staying at. We absolutely encourage our visiting scholars to become involved in local events. This can include being a volunteer at community events. However, not all activities can be considered Volunteer activities and could cause issues with your J-1 status.

Volunteering may be allowed if the individual does not expect compensation, reward, or future benefit. Many community-based and student-based organizations offer volunteering opportunities. As long as no compensation is involved, and the opportunity is officially advertised as a volunteer position, the foreign nationals may participate.

Visiting Scholars who wish to do additional Academic/Research activities (or any kind of additional work) are expected to check with OIS first to review the proposal and offer guidance. [Check out website](#) that also goes over "Moonlighting," which is working additional jobs after one's regular full-time activity; this is **prohibited** for J-1 visiting scholars.

**the
future
looks
bright.**



Grace Periods

Following the completion of their program, the U.S. Citizenship and Immigration Services (USCIS) will allow participants a 30-day travel period commonly referred to as the “Grace Period.” During this 30-day grace period, participants are no longer in J-visa status and are under the jurisdiction of the USCIS. The USCIS grants this period to allow participants to settle their affairs and prepare to return to their home countries. During this period, program participants may not work or continue program activities. **If the exchange visitor is terminated from the program, he or she is not granted the 30-day grace period, and they are to leave immediately (within 15 days).**

Change of Status

New offers of employment and changes in current employment may require a change of status. Consult the OIS office as early as possible to determine eligibility for a change of status to enable continued employment. Some offers of employment may come from the University. Current openings can be found here: <https://www.ou.edu/facultyrecruitment>. An application for a change to another nonimmigrant status requires a minimum of three to six months for processing by the U.S. Citizenship and Immigration Services. Individual circumstances may influence procedures and processing times, so it is important to discuss such plans with the OIS office in detail as soon as possible. Please note that if you are subject to the 212(e) two-year home residency requirement, you will not be eligible for a change of status from within the United States unless you receive a waiver.

Incident Report

- Exchange Visitor or J-2 Death
- Exchange Visitor/J-2 has gone missing
- Exchange Visitor Serious Illness or injury (e.g., brain injury, severe burn, major surgery, communicable disease, serious mental health incident, any condition requiring hospitalization of 48 hours or more, etc.)
- Legal Proceedings
- Lost or stolen immigration documents
- An incident involving the criminal justice system (arrest, charges, law enforcement, etc.)
- Theft of intellectual property or violations of export controls
- Sexually-Related incidents or Abuse (incident or allegation involving sexual exploitation, harassment, or abuse)
- Negative Press involving a sponsor’s exchange visitor program
- Foreign Government Involvement (including embassy officials)
- Other Situations Impacting Exchange Visitor Safety (e.g., natural disasters, civil unrest, an outbreak of violence, etc.)

Report Incident within 1 Business Day

INA 212 (e) Two-Year Home Country Residency Requirement

Certain categories of exchange visitors are subject to this requirement under the Immigration and Nationality Act (INA Section 212 (e)) and must return home for two years after completing their J-1 program. An exchange visitor is subject to the INA 212 (e) requirement if the following conditions exist:

- The exchange visitor participated in an exchange program that was funded in whole or in part by a U.S. government agency, your home country's government, or an international organization that received funding from the U.S. government or your home country's government.
- The exchange visitor is a national or resident of a country designated as requiring the services of persons engaged in the field of specialized knowledge or skills in which the exchange visitor was engaged for the duration of their program. You can access the skills list at <https://travel.state.gov/content/travel/en/us-visas/study/exchange/waiver-of-the-exchange-visitor/exchange-visitor-skills-list.html>. Be advised that the skills list is always subject to change, and the most updated version may not be immediately available.
- The exchange visitor entered the U.S. to receive graduate medical education or training.

If the exchange visitor is subject to INA 212 (e) requirement, he or she cannot change his or her status to that of H, L, K, or immigrant lawful permanent resident (LPR) until he or she has returned to his/her home country for at least two years or received a waiver of that requirement. Such waivers can be obtained under five separate bases: No Objection Statement, Exceptional Hardship or Persecution, Conrad Program, or Interested Government Agency. For more information, check Waiver of the J Visa Two-Year Foreign Residency Requirement at <https://travel.state.gov/content/travel/en/us-visas/study/exchange/waiver-of-the-exchange-visitor.html>. Individuals who hold a derivative dependent J-2 status are also subject to INA 212 (e). An exchange visitor who is subject to the requirement is not permitted to change to any other non-immigrant status within the U.S. Individuals can write to the U.S. Department of State and request a formal advisory opinion on the applicability of the requirement.

**** The nature of the 212 (e) waiver application process is a personal one that is specific to each J-1 Exchange Visitor's situation; therefore, the OIS office can provide general information about applying for it, but cannot provide any legal assistance or advice.**

INA 212 (e) Two-Year Home Country Residency Requirement Continued

This rule governs when a scholar can return to the U.S. as a Research Scholar/Professor after completion of their program. The Department of State has determined that completion of the program is defined as EVs who are no longer actively participating in the activities of a Professor or Research Scholar. The status of the SEVIS records for EVs that meet this definition should be listed as either “Inactive” or “Terminated” (as appropriate). Countdown of the bars begins the day after the status of the EV’s SEVIS record becomes “Inactive” or “Terminated.”

Any J-1 EV category other than Professor/Research Scholar (such as Specialist or Short-Term Scholar) who stayed in the U.S. in their previous J-1 visa status for 6 months or less can return immediately as a Professor/Research Scholar.

Any J-1 EV category **other** than Professor/Research Scholar who stayed in the U.S. more than 6 months in their previous J-1 visa status can return as a Professor or Research Scholar after 12 months from the EV’s Program End date or Effective Date of Completion.

Research Scholars and Professors that have stayed 6 months or less in the U.S. can return after 24 months from the EV’s Program End Date or Effective Date of Completion.

You can contact the OIS for details on how this rule affects J-2 dependents.

Bar on Repeat Participation

In addition to the 212e Home Residency Requirement, there is a separate restriction placed upon visitors in the “Professor” and “Research Scholar” categories. This second restriction is called the “Bar on Repeat Participation.” Unlike 212e, which can be waived, this restriction cannot.

When your current J-1 visa in the “Research Scholar” or “Professor” category ends and you depart the US or change status, you will be restricted for 2 years from beginning another “Professor” or “Research Scholar” J-1 program. Additionally, an international visitor is restricted from beginning a “Professor” or “Research Scholar” J-1 visa if they have held a different J-1 of any category in the previous 12 months.

Please see our website: <https://ou.edu/immigration/employees/j-1-exchange-visitors> for additional details.

Examples

Example 1: Dr. A just finished their J-1 Professor program and returned to their home country. They cannot begin a new J-1 Professor program for 2 years after their completion date.

Example 2: Dr. B just finished a J-1 Physician program that lasted 1 year. They will not be eligible for a “Research Scholar” or “Professor” J-1 program for 12 months.

Additional Information-Norman Campus



OU ID Card (Sooner Card)

The OU ID card enables the use of the libraries and other facilities on campus. You should apply for an OU ID card soon after arriving in Norman. For more information visit <https://www.ou.edu/soonercard>.

OU Parking

If you intend to drive in Oklahoma and park on the OU campus, you should get an OU Parking Permit. Purchase a parking permit at OU Parking and Transportation Services office. More information is available at <https://www.ou.edu/parking>.

Internet

Internet is readily available all across campus and in University housing. For more information about the internet at OU and how to connect, please visit the OU IT's website at <http://www.ou.edu/ouit>.

Housing

Within Norman, rental housing is readily available throughout the city. Both OU Traditions Square and Kraettli Apartments located on the OU campus provide a great opportunity to become involved in campus life. Visit the OU Housing and Food Services online at <http://www.ou.edu/housingandfood> for more information on on-campus housing.

For information about off-campus housing, more information may be found on the website at <https://www.apartments.com/norman-ok/> or <https://www.zillow.com/norman-ok/apartments/>.

English Language Classes

Many places in Norman provide English Language Classes, some free of charge.

- Norman Public Library Central <https://www.normanpublicschools.org/Page/2446>.
- The OU Center for English as a Second Language (CESL) in Norman provides an Intensive English Program (IEP) for those who are interested in receiving English Language instruction. The CESL also provides a wide range of cultural activities outside the classroom. Visit <http://esl.ou.edu>.

Understanding the American Healthcare System

The American healthcare system can be a daunting one to try to comprehend when fulfilling the J-1 Exchange Visitor insurance requirements. The following video teaches international students how to prepare for their arrival in the U.S.; how the U.S. healthcare system works; and how to exchange visitors should seek medical care appropriately if they become sick or injured.

<http://www.internationalstudentinsurance.com/explained/us-healthcare-system-video.php>.

Norman Public Schools

Visit here to find out more information and locate schools in your area:

<https://www.normanpublicschools.org/>

More school information and reviews: <https://www.greatschools.org/>

Additional Information-HSC Campus



OU ID Card (Sooner Card)

The OU ID card enables use of the libraries and other facilities on campus. You should apply for an OU ID card soon after arriving in OKC. More information at:

<https://financialservices.ouhsc.edu/Departments/Bursars-Office/OneCard/OneCard-Info>.

OU Parking

If you intend to drive in Oklahoma and park on the OU campus, you should get an OU Parking Permit. Purchase a parking permit at OU Parking and Transportation Services office. More information is available at <https://parking.ouhsc.edu/>.

Internet

Internet is readily available all across campus and in University housing. For more information about the internet at OU and how to connect, please visit OU IT's website at:

<https://it.ouhsc.edu/services/servicedesk/>.

Housing

Oklahoma City is a large metropolitan area, with rental opportunities readily available. However, OU HSC also has housing available at University Village Apartments, located on the OU campus provides a great opportunity to become involved in campus life. Visit University Village Apartments online at

<https://students.ouhsc.edu/Current-Students/Campus-Life/University-Village>. For information about off-campus housing, more information may be found online through <https://www.apartments.com/oklahoma-city-ok/> or <https://www.zillow.com/oklahoma-city-ok/>.

English Language Classes

Many places in Oklahoma City may provide English Language Classes, some free of charge.

- OKC Public Schools: <https://www.okcps.org/domain/112>
- OKC Public Libraries: <https://www.metrolibrary.org/explore/topic/esl>

Understanding the American Healthcare System

The American healthcare system can be a daunting one to try to comprehend when fulfilling the J-1 Exchange Visitor insurance requirements. The following video teaches international students how to prepare for their arrival in the U.S.; how the U.S. healthcare system works; and how exchange visitors should seek medical care appropriately if they become sick or injured.

<http://www.internationalstudentinsurance.com/explained/us-healthcare-system-video.php>

Oklahoma City Public Schools

Visit here to find out more information and locate schools in your area: <https://www.okcps.org/>

More school information and reviews: <https://www.greatschools.org/>

Safety and Security

The University of Oklahoma's Emergency Communication System (ECS) enables the University to send time-sensitive notifications about emergency situations to all students, faculty, staff and identified campus affiliates. These urgent messages will be transmitted to all available voice service, email, and text messaging options listed for your account. It is up to you to provide and confirm the contact information for the messages to reach you. Students, Faculty, and Staff on either campus can use Self-Service to update their contact information.

OU Norman: <https://www.ou.edu/insideou/articles/2023/august/what-to-know-about-rave-ous-emergency-communication-system>

OU HSC: <https://www.ouhsc.edu/police/Emergency-Management/ECS>.

If there is an immediate emergency, call 911. When using cell phone calls 911 will automatically route to the closest Communications Center, so you may need to be very specific about the exact location of the emergency when using 911.

Every year Oklahoma thunderstorms, normally during March through August, give rise to a reasonably predictable tornado season, as the state is located in "Tornado Alley".

Tornados are violent windstorms characterized by a twisting, funnel-shaped cloud. It is produced by a thunderstorm and formed when cool air overrides a layer of warm air, forcing the warm air to rise rapidly. If you hear a tornado siren during severe weather, seek shelter immediately. The safest place to be during a tornado is underground or in a small interior room like a bathroom or closet. Never stay in a car or try to outrun a tornado. Avoid doors and windows and protect yourself from flying debris. Know the difference between a "tornado watch" and a "tornado warning". A *tornado watch* means that conditions are favorable for a storm to produce a tornado. A *tornado warning* is the ultimate in severe warnings, meaning that a tornado is either occurring or imminent based on radar and you should take cover immediately.

You are strongly advised to visit OU Department of Campus Safety website at <https://ou.edu/campussafety> for the local weather, emergency procedures, and plans. The City of Norman and Oklahoma City tests the tornado sirens every Saturday at noon. If the weather is bad, the siren test will be canceled.

Transportation

Roads: Three major interstates (I) highways intersect within Oklahoma City. These are I-35 (N/S), I-40 (E/W), and I-44 (NE/SW). Interstate 240 connects I-40 and I-44, and I-235 connects northbound to U.S. Highway 77 onto suburban Edmond and southbound at I-44 onto I-35 and I-40. Many major U.S. & State highways also pass through the city.

Airport Transportation: Transportation to and from Will Rogers World Airport will require driving by car, taxi, or a van/shuttle. The Will Rogers World Airport (<https://flyokc.com/public-transportation#item-0>) webpage offers more information on these forms of transportation.

By Car: It is challenging to get around the Oklahoma City metro area without a car (or a friend who can drive you around). The majority of residents own a car and drive to their daily destinations. If you do not plan on buying a car and getting an Oklahoma Driver's License, there are other rideshare options like [Uber](#) and [Lyft](#) which you can use via smartphone. **Uber and Lyft are normally considerably less expensive than taxis.**

By Train: There is currently no metro subway or mass transit train system in Oklahoma City. Amtrak (<http://www.amtrak.com/home>), however, is a National Railroad Passenger Corporation with 21,000 route miles in 46 states, the District of Columbia, and three Canadian provinces. Amtrak operates more than 300 trains each day – at speeds up to 150 mph – to more than 500 destinations.

By Bus: Greyhound Lines (<https://www.greyhound.com/en>) is the largest provider of intercity bus transportation, serving more than 3,800 destinations across North America with a modern, environmentally-friendly fleet. Amtrak passengers use Greyhound to make connections to cities not served by rail on the Amtrak Thruway service by purchasing a ticket for the bus connection from Amtrak in conjunction with the purchase of their rail ticket. Union Bus Station (405-606-4382) is located in downtown Oklahoma City at 1948 E. Reno.

- Embark OKC (<http://embarkok.com/>) is Oklahoma's only public bus system. They do not have service to the Will Rogers World Airport. Embark provides bus, ferry transit, bike share, and downtown parking solutions in the Oklahoma City Metro area. Embark OKC bus services run 22 routes, including Norman.
- Campus Area Rapid Transit (CART) (<https://www.ou.edu/cart>) runs seven Norman city routes and three University of Oklahoma campus routes on weekdays and most Saturdays. CART also operates a commuter route, the Sooner Express, to Oklahoma City each Monday through Friday.

Driving in Oklahoma

The Oklahoma City metropolitan area is expansive, making it difficult to navigate without access to a vehicle. Several car dealerships sell new and pre-owned cars. If you choose to purchase a car, you will be required to purchase auto insurance coverage on any vehicle that is driven on Oklahoma roads to comply with state law. Research Scholars who will be in Oklahoma for longer than 30 days and plan to drive a car are advised to apply for an Oklahoma driver's license.

Oklahoma State Statute cites the following:

- A nonresident who is sixteen (16) years of age or older may operate a motor vehicle in this state as authorized by the class, restrictions, and endorsements specified on the license if the nonresident is:
 - **Properly licensed in the home state or country to operate a commercial or noncommercial motor vehicle and who has immediate possession of a valid driver's license issued by the home state or country.**
- The Commissioner of Public Safety is hereby authorized to adopt rules as may be necessary to enter into reciprocity agreements with foreign countries. The rules shall specify that the driver's license standards of the foreign country shall be comparable to those of this state. The rules shall also require foreign drivers, who are operating a motor vehicle in Oklahoma under such a reciprocity agreement, to comply with compulsory motor vehicle liability insurance and financial responsibility laws of this state.
- **International Driver's Licenses are not a valid form of identification nor a valid license to drive in Oklahoma. You must have a valid Oklahoma driver's license or a valid driver's license from your home country, or another U.S. State to drive a vehicle on Oklahoma's roads.**
- It is Oklahoma law that all drivers and front-seat passengers ages 13 and older must have a safety belt properly fastened about /her body at all times while the vehicle is being operated.

Be advised that it is best to apply for a state ID or driver's license two days after the activation of your SEVIS record. Also, the Oklahoma driver's license is issued with an expiration date that matches your visa. If you choose to extend your stay, you will need to renew your driver's license. Additionally, if you utilize the 30-day grace period after completing your program, your license will be expired.

Taking the driving exam and getting your Oklahoma license

You must be one of the first 8-10 candidates in line to take the driver's test, or you can make an appointment online at <https://oklahoma.gov/service/all-services/driving-and-automobiles.html>. The vehicle must have a current tag, valid insurance and pass an on-site vehicle inspection. No exams will be given during inclement weather or any kind of precipitation that requires windshield wiper use.

Driving in Oklahoma

Applicants must bring a primary ID (Passport with visa, if applicable, and the I-94); DS-2019; and a secondary ID (health insurance card, motor vehicle registration or title, auto insurance policy, out of state driver's license, social security card), and provide the Insurance Security Verification Form has the VIN matching the vehicle you will be driving to test in.

After passing the driver's license exam, you must go to a local Department of Motor Vehicle office (DMV) (or tag agency) to acquire the actual Driver's License.

DMV and Department of Public Safety locations:

Fuson Tag Agency	1236 N. Interstate Dr, Norman, OK, 73072 Phone: (405) 364-1151
Lanoy Tag Agency	1315 24th Ave SW A, Norman, OK 73072 Phone: (405) 360-0345
Norman Tag Agency	443 W. Gray St., Norman, OK, 73069 Phone: (405) 321-2977
Oklahoma Department of Public Safety, Norman	430 N. Berry Rd., Norman, OK, 73069 Phone: (405) 364-9595
Oklahoma Department of Public Safety, OKC	3600 N. Martin Luther King Ave., Oklahoma City, OK, 73111. Phone: (405) 425-2424

Traffic Enforcement

When are you being stopped or pulled over by a police officer, the police will turn on their lights and pull up close behind you. If you are stopped by a police officer:

- Immediately signal, pull to the right and stop.
- Remain in your vehicle until otherwise instructed by the police officer.
- You will be required to provide a driver's license and insurance verification for the vehicle.
- If you are issued a citation, you will either be required to sign the ticket or will be arrested and transported to court to post bond.
- Your signature on a ticket is not an admission of guilt but serves as a promise to appear at the court on or before the date printed on the ticket.

Contact the Department of Public Safety for more information regarding driving statutes and laws in Oklahoma.

Intercultural Immersion and Cultural Exchange

Time zones

The United States is divided into four time zones: Eastern Standard Time (EST), Central Standard Time (CST), Mountain Standard Time (MST), and Pacific Standard Time (PST). Oklahoma is located in the Central Standard Time Zone. The United States recognizes Daylight Savings Time. This means that on the second Sunday in March of each year, clocks are advanced one hour so that people can enjoy more sunlight hours during the warmer days of the year. When people adjust the clocks forward one hour, this is known as “Spring Forward.” When people adjust their clocks back to standard time in November, this is known as “Fall Backwards.”

Life and Customs

Americans, like all people, have unique social customs. A few are discussed below, but it is impossible to list them all. Make friendships with Americans; they can explain what you do not understand. Listen to others and ask questions. Develop friendships with other international students; they can share their own experiences.

Introduction and Greeting

It is proper to shake hands with everyone to whom you are introduced, both men and women. If you want to introduce yourself to someone or if you are being introduced by someone, extend your hand for a handshake and say, “Hello, I am....” You may see some Americans hug each other upon meeting. This is usually reserved for people who are close acquaintances. It would be improper to hug someone you have just met.

Gifts and Thank You

Gifts are generally given to relatives and close friends. They are sometimes given to people with whom one has a casual but friendly relationship, such as a host or hostess, but it is not necessary or even common for gifts to be given to such people. Gifts are not usually given to professors or others who hold official positions. The offering of gifts in these situations is sometimes interpreted as a possibly improper effort to gain favorable treatment from that person. It is not necessary to bring a gift when you are invited to dinner. However, a small item you brought from home can be a pleasant surprise to hosts.

Scheduled Appointments

Most Americans consider it impolite to arrive unannounced. In a professional environment, you are expected to make an appointment with the individual you wish to see. Arriving unannounced may interrupt another person’s scheduled appointment or result in a delay in your receiving services. Being “on time” (arriving at the stated time) is both considerate and important because many Americans view time as a resource that should be utilized productively.

Popular Holidays

Americans celebrate many holidays. There are growing numbers who celebrate holidays like Eid, Ramadan, Norooz, and Chinese New Year.

New Year's Day (January 1): Americans gather with friends and family on the night before the first day of the year to wish each other a happy and prosperous new year. New Year's Day is often spent relaxing and watching American football games.

Memorial Day (The last Monday of May): This holiday honors men and women who died while serving in the U.S. military.

Independence Day (July 4): This holiday celebrates the nation's foundation at the signing of the Declaration of Independence in 1776. Americans attend picnics and patriotic parades during the day and watch fireworks at night.

Halloween (October 31): This is not a holiday, but is celebrated by children. People dress up in costumes and go "trick or treating," knocking on doors in their neighborhood and asking for candy.

Thanksgiving Day (The fourth Thursday in November): This holiday recognizes the assistance that American Indians gave the Pilgrims who landed in Massachusetts in the early 1600s. After a rough winter, the Pilgrims hosted a celebratory feast to thank the Indians for showing them how to plant corn and other crops. Today, Americans give thanks and enjoy a bountiful Thanksgiving Dinner which often includes roast turkey, cranberry sauce, and pumpkin pie.

Christmas Day (December 25): This Christian holiday celebrates the birth of Jesus Christ. Many Americans celebrate Christmas by decorating houses with lights, decorating Christmas trees, and exchanging gifts with friends and family.

Electrical devices

American standard voltage ranges between 100 and 115 volts. If you intend to bring an electrical device from your home country, you should purchase a travel adapter plug. First, check to see if the adapter is compatible with your local plug configuration.



Cell Phone Carriers

There are several cell phone service providers to choose from in Norman. Many below offer pay as you go, prepaid no-contract plans. Walmart or Target is an easy place to buy prepaid smartphones and/or sim cards.

AT&T (<https://www.att.com/stores/>)

T-Mobile (<https://www.t-mobile.com/store-locator>)

Cricket (<https://www.cricketwireless.com/>)

Mint Mobile (<https://www.mintmobile.com/>)

Verizon (<https://www.verizonwireless.com/stores>)

Net10 Prepaid phones (<https://www.walmart.com/c/kp/net10-prepaid-phones>)

U.S. Cellular (<https://www.uscellular.com/>)

Money Matters

Bring enough cash with you for the first few weeks. Initial costs will be expensive to cover apartment rental (deposit and first month's rent), telephone and utility services, health insurance, groceries, and household necessities. Bring an ATM card, U.S. dollars, or traveler's checks because converting foreign currency will take a few weeks. You can open a bank account at any local bank (You do not require an SSN to open an account). Pay attention to the account fees which will vary from bank to bank.

All American dollar bills are the same size and color, regardless of their face value. The most common bills are \$1, \$5, \$10, \$20, and \$50. American coins are pennies (1 cent), nickels (5 cents), dimes (10 cents), and quarters (25 cents). Four quarters equal one dollar (\$1), just as 100 pennies equal one dollar.

Here is a list of banks located around campus:

- [OU Federal Credit Union](#)- OU Memorial Union, 900 Asp Ave Room 135, Norman, OK 73019
- [MidFirst Bank](#), 315 W Boyd St, Norman, OK 73069
- [Chase Bank](#), 215 W Boyd St, Norman, OK 73069
- [Bank of America](#), 1239 W Main St, Norman, OK 73069
- [Bank of Oklahoma](#), 3550 W. Main, Norman, OK 73072
- [BancFirst](#), 1201 W Main St, Norman, OK 73069



Shopping

Norman

Campus Corner: 765 Asp Ave, Norman, OK 73069. Located on Boyd Street across from the OU campus, this area features local restaurants, clothing stores, gift shops, beauty salons, bookstores, cafes, and bars. Campus Corner is a popular meeting place for OU students and alumni on OU football game days. The area is close to all vehicular traffic on game days.

University North Park: Located between Robinson Street and Rock Creek Road along the east side of I-35, this growing area includes several popular stores such as Target, Kohl's, Academy Sports & Outdoors, T.J. Maxx, Ulta, and Office Depot. This shopping center is an ongoing development project for the City of Norman, adding more stores each day.

Sooner Mall: 3301 W Main St, Norman, OK 73072. Anchored by Dillard's, JCPenney, Sears, and Old Navy, this local shopping mall also includes national favorites such as Gap, Abercrombie & Fitch, American Eagle, and Eddie Bauer.

Creek and Normandy Creek Shopping Centers: 2224 W Main St Suite 2236, Norman, OK 73069. These centers and the locations surrounding them include a number of restaurants and shops such as Aldi Grocery Store and Big Lots.

Downtown Norman: Located along Main Street between Santa Fe Ave. and Ponca Ave. This section of Norman has a handful of restaurants and shops that are pleasant to walk along for an evening. Further to the west along Main Street from Downtown Norman are further shops, stores, and places to eat.

Groceries & Department Stores:

- [Walmart Supercenter](#)- 333 N Interstate Dr, Norman, OK 73069
- [Super Target](#)- 1400 24th Ave NW, Norman, OK 73069
- [Sprouts Farmers Market](#)- 559 W Main St, Norman, OK 73069
- [Natural Grocers](#)- 1918 W Main St, Norman, OK 73069
- [Crest Fresh Market](#)- 2550 Mt Williams Dr, Norman, OK 73069
- [Homeland](#)- 1724 W Lindsey St, Norman, OK 73069



Shopping

Oklahoma City

Bricktown and Downtown: Located in the center of Oklahoma City to the west of I-35 and north of the Oklahoma River. This area is home to many businesses, museums, shops, restaurants, and attractions. This is a great area to take in a sports game (like our NBA Team “The Thunder”) or dinner and a movie. There are some small-sized Grocery stores located here.

Uptown: Located along 23rd street between I-235 and I44. This broad swathe of Oklahoma City has many shops, restaurants, and markets both for specific needs and general necessities.

The Paseo: This area is located at the corner of NW 30th and W. Walker Ave. It houses many art galleries, shops, and a few restaurants. Every year, this district holds a fairly large art festival!

The Plaza District: Located along NW 16th St between N. Kentucky Ave and N. McKinley Ave, you’ll find many local art shops here. Every summer they host art walks called “Night on the Plaza.”

North May Ave: The stretch of N. May Ave. from NW 10th to NW 63rd is lined with major department stores and markets of all kinds from Lowes Home Improvement, to Target, and Best Buy among many others.

Penn Square Mall: Located at the corner of N Pennsylvania Ave. and the NW Expressway. This major mall contains a packed assortment of clothing and department stores, businesses, and restaurants.

Close Groceries: There is a Homeland store located north of OU HSC and Oklahoma’s capitol building, as well as a Homeland located near N. Classen Blvd and NW 16th St.



International groceries:

- Super Cao Nguyen – 2668 N Military Ave, Oklahoma City, OK 73106
- Chinatown Supermarket – 1228 NW 27th St, Oklahoma City, OK 73106
- World Fresh International Market – 10700 S Pennsylvania Ave, Oklahoma City, OK 73170
- Halal Mart – 3718 NW 50th St, Oklahoma City, OK 73112
- Mediterranean Imports, Deli & Gastro Goods – 5620 N May Ave, Oklahoma City, OK 73112
- Spices of India – 3810 NW 39th St, Oklahoma City, OK 73112
- Tropical Hut (African groceries) – 2328 N MacArthur Blvd, Oklahoma City, OK 73127
- Makola #1 Market (African groceries) – 2425 N Classen Blvd, Oklahoma City, OK 73106
- Dong-A Korean Market – 1224 N Eastern Ave, Moore, OK 73160
- Feria Latina Supermarket – 4909 NW 23rd St, Oklahoma City, OK 73127
- El Mariachi Supermercado – 415 SW 59th St, Oklahoma City, OK 73109

Restaurants with International Cuisine

Asian:

Fantasy Chinese Cuisine - 320 12th Ave SE #110, Norman, OK 73071
Tatsumaki Ramen & Lounge - 1300 12th Ave SE #230, Norman, OK 73071
Mr. Sushi - 1204 N Interstate Dr #130, Norman, OK 73072
Thai Delight - 761 Jenkins Ave, Norman, OK 73069
Pho Lien Hoa – 901 NEW 23rd Street (Vietnamese, cash only) OKC 73118
Fung’s Kitchen – 3231 N. Classen Blvd. OKC 73118
Tokyo Restaurant– 7512 N. Western Ave. OKC 73116
Szechuan Bistro – 1010 W. Memorial Rd. OKC 73114
Tamashii Ramen – 321 NW 8th St. Ste B, OKC 73102
Wing It - 760 W Main St, Norman, OK 73069
Dong A Restaurant, 1262 N Eastern Ave, Moore, OK 73160
B-Won – 4517 S. Sunnyslane Rd., OKC 73135
Taste of Korea - 5 S Western Ave, Oklahoma City, OK 73106
Great Himalayan Indian Cuisines- 709 N Moore Ave, Moore, OK 73160

Mediterranean:

Café Saffron- 770 Deans Row Ave, Norman, OK 73069
Greek House- 768 Jenkins Ave, Norman, OK 73069
Sisters Mediterranean Taste- 1400 12th Ave SE #312, Norman, OK 73071
Basil’s Mediterranean Cafe- 211 NW 23rd St, Oklahoma City, OK 73103
Couscous Cafe- 6165 N. May Ave, OKC 73112
Zorba’s- 6014 N. May Ave, OKC 73112

Latin American:

Mamaveca- 2551 Hemphill Dr, Norman, 73069
Tarahumara's Mexican Café- 702 N Porter Ave, Norman, OK 73071 Café
Kacao- 3325 N. Classen Blvd, OKC 73118
Café do Brasil- 440 NW 11th St., OKC 73103
Naylamp Peruvian Restaurant- 2106 SW 44th St, OKC 73119
La Brasa- 1310 NW 25th St, OKC 73106

European:

La Baguette Bakery & Cafe- 2100 W Main St, Norman, OK 73069
Das Boot Camp- 229 E Main St, Norman, 73069
Royal Bavaria- 3401 S Sooner Rd, OKC 73165
Sergio's Italian Bistro-104 E Gray St, Norman, 73069
Benvenuti's Ristorante-105 W Main St, Norman, 73069
Gaberino's Homestyle Italian Restaurant- 283 34th Ave S W, Norman, OK
73072 Ingrid’s Kitchen- 3701 N. Youngs, OKC 73112

Cultural Centers

Cultural Resources- <http://okgit.com/cultural/>

Fred Jones Jr Museum of Art- 555 Elm Ave, Norman, OK 73019- <https://www.ou.edu/fjima/>

Sam Noble Oklahoma Museum of Natural History- 2401 Chautauqua Ave, Norman, OK 73072

Raindrop Turkish House- 4444 N Classen Blvd, Oklahoma City, OK 73118

Oklahoma City Office of Arts & Cultural Affairs- <http://www.okc.gov/arts/>

Allied Arts- <http://alliedartsokc.com/>

Inclusion in Art- <http://inclusioninart.com/>

Red Earth, Inc.- 100 N. Broadway Avenue, Suite 2750, Oklahoma City, OK 73102 <https://www.redearth.org/>

Religious Centers

Baha'i Faith of Edmond- 321 E Campbell St, Edmond, OK 73034

Baha'i Faith of Norman- 526 Iowa St, Norman, OK 73069

Oklahoma City Baha'i Community- <http://www.okcbahai.org/>

Temle B'nai Israel- 4901 N Pennsylvania Ave, Oklahoma City, OK 73112-<https://thetempleokc.shulcloud.com/>

Chabad Community Center for Jewish Life and Learning- 3000 W Hefner Rd, Oklahoma City, OK 73120

Emanuel Synagogue- 900 NW 47th St, Oklahoma City, OK 73118

Rosh Pinah Messianic Synagogue- 2600 NW 55th Pl, Oklahoma City, OK 73112

Islamic Society of Greater Oklahoma-3815 St Clair Ave, Oklahoma City, OK 73112

Masjid Mu'min- 2224 N Kate Ave, Oklahoma City, OK 73111

Grand Mosque of Oklahoma City- 3201 NW 48th St, Oklahoma City, OK 73112

American Druze Foundation - <http://www.americandruzefoundation.org/>

Hindu Temple and India Cultural Foundation- 7200 N Coltrane Rd, Oklahoma City, OK 73121

Vien Giac Buddhist Temple- 5101 NE 36th St, Oklahoma City, OK 73121

Buddha Mind Monastery- 5800 S Anderson Rd, Oklahoma City, OK 73150

Rissho Kosei Kai Dharma Center- 2745 NW 40th St, Oklahoma City, OK 73112

Wat Sangaratanaram Buddhist Temple of Oklahoma- 5301 Foster Rd, Oklahoma City, OK 73129

St. Elijah Antiochian Orthodox Church- 15000 N May Ave, Oklahoma City, OK 73134

Seventh Day Adventist Church- 1818 Alameda St, Norman, OK 73071; 1201 W Interstate 240 Service Rd, Oklahoma City, OK 73139

The Church of Jesus Christ of Latter-day Saints- 848 Elm Ave, Norman, OK 73069

Jehovah's Witnesses- 2201 E Imhoff Rd, Norman, OK 73071

Norman Korean Baptist Church- 3650 E Robinson St, Norman, OK 73026

Resources

- OIS website where many useful forms can be found: <https://ou.edu/immigration>
- U.S. Department of State, Bridge USA: <https://j1visa.state.gov/>
- U.S. Citizenship and Immigration Services: <http://uscis.gov>
- U.S. Department of State – Education & Cultural Affairs: <https://eca.state.gov/>
- State of Oklahoma: <http://www.ok.gov>
- Reporting Abuse or Exploitation: <https://j1visa.state.gov/contacts/>

J-1 Visa Emergency Hotline 1-866-283-9090 - A Department of State representative is available 24 hours a day.

- Current Regulations – The Exchange Visitor Program regulations are located in the Code of Federal Regulations, (22 CFR, Part 62) and can be found at the J-1 Visa website: <https://j1visa.state.gov/sponsors/current/regulations-compliance/>
- City of Norman: <https://www.normanok.gov/>
- Oklahoma Travel & Tourism- <https://www.travelok.com/>.