Checklist for San Francisco State University J-1 International Exchange Students

This checklist is meant to help you prepare for your arrival to San Francisco and exchange program at San Francisco State University. Visit the “Newly Accepted Students” page on our website in addition to the links provided on this checklist and read all corresponding documents carefully:

**Pre-arrival**

- Thoroughly read our webpage and download the J1 Pre-Departure Guide located at the following address: [http://www.sfsu.edu/~oip/j1exchangestudent/newlyaccepted.html](http://www.sfsu.edu/~oip/j1exchangestudent/newlyaccepted.html)
- Review your DS-2019 document when you receive it. Verify that all the information is correct (spelling of your name, your birth date, program dates etc.)
- Create a folder for all of your important documents – make extra copies of all your immigration documents
- Pay SEVIS fee: [http://www.fmjfee.com](http://www.fmjfee.com)
- Arrange travel to U.S. Plan to arrive at least one week before the first day of orientation
- Plan your finances (check with your bank to inquire about traveler’s checks, money transfers, etc.)
- Research the San Francisco Bay Area and buy a guidebook for San Francisco
- Make temporary housing arrangements for when you first arrive in San Francisco and research long term housing options: [http://www.sfsu.edu/~oip/j1exchangestudent/Housing.html](http://www.sfsu.edu/~oip/j1exchangestudent/Housing.html)
- Review “Class Registration” instructions very carefully (you will receive this info by email): [http://www.sfsu.edu/~oip/j1exchangestudent/academics.html](http://www.sfsu.edu/~oip/j1exchangestudent/academics.html)
- Get a health check up – physical, dental, eye exam etc. Make sure you have any prescriptions written down and doctor’s instructions, if necessary.
- Review SF State immunization requirements – obtain the necessary documentation from your doctor: [http://health.sfsu.edu/required.html](http://health.sfsu.edu/required.html)
- Verify SF State health insurance requirements: [http://www.sfsu.edu/~oip/j1exchangestudent/health.html](http://www.sfsu.edu/~oip/j1exchangestudent/health.html)
- Research the IEEC Student Life at SF State (Student organizations, etc.) [http://www.sfsu.edu/~oip/j1exchangestudent/IEECAndSFStateExperience.html](http://www.sfsu.edu/~oip/j1exchangestudent/IEECAndSFStateExperience.html)
- Send the postcard with the label attached that you received in your acceptance packet

*Have a safe trip!*

**Post-Arrival**

- Locate permanent housing [http://www.sfsu.edu/~oip/j1exchangestudent/Housing.html](http://www.sfsu.edu/~oip/j1exchangestudent/Housing.html)
- Explore mobile phone options [http://www.sfsu.edu/~oip/j1exchangestudent/mobilephones.html](http://www.sfsu.edu/~oip/j1exchangestudent/mobilephones.html)
- Research banking options [http://www.sfsu.edu/~oip/j1exchangestudent/banking.html](http://www.sfsu.edu/~oip/j1exchangestudent/banking.html)
- Research public transportation (know how to get to SF State) [http://www.511.org/](http://www.511.org/)
- Attend Orientation, Dates located on the our website, [http://www.sfsu.edu/~oip/orient.htm](http://www.sfsu.edu/~oip/orient.htm)