



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>
- 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>
- Locate your local U.S. consulate; schedule an appointment for a visa interview: <http://www.usembassy.gov/>
- 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>
- Review “Class Registration” instructions very carefully (you will receive this info by email):
<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>
- Verify SF State health insurance requirements: <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.sfsuieec.com>
- Arrange for travel from airport to your temporary housing: <http://www.flysfo.com/web/page/tofrom/transp-serv/>
- 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>
- Explore mobile phone options <http://www.sfsu.edu/~oip/j1exchangestudent/mobilephones.html>
- Research banking options <http://www.sfsu.edu/~oip/j1exchangestudent/banking.html>
- Research public transportation (know how to get to SF State) <http://www.511.org/>
- Attend Orientation, Dates located on the our website, <http://www.sfsu.edu/~oip/orient.htm>