



J-1 SCHOLARS

RESOURCE PACKET

INDEX

| | |
|---|--------------|
| WELCOME | 1 |
| INTERNATIONAL STUDENT & SCHOLAR SERVICES | 2 |
| Society of Postdoctoral Scholars, Special Trips for Scholars, Free Language Classes, Weekly Listserv | 2 |
| J-1 SCHOLARS IMMIGRATION COMPLIANCE | 3 |
| Maintaining Compliance with U.S. Immigration Law | 3 |
| LIFE IN LEXINGTON | 4 |
| Bicycle Parking & Registration, Bicycle Use & Repair | 4 |
| GETTING AROUND LEX | 5 |
| Lextran's Service to UK, Driver's License | 5 |
| CHILDCARE IN LEX | 6 |
| Enrolling your Child into School | 6 |
| HOUSING | 7 |
| Cable, Electricity & Gas, Telephone, Water | 7 |
| IMPROVING YOUR ENGLISH | 8-9 |
| The Writing Center, International Conversation Hour | 8 |
| ESL Classes for Scholars & Spouses, Center for English as a Second Language, Carnegie Center, Community Classes | 9 |
| HEALTH & WELLNESS | 10 |
| Beating Test Anxiety, Resilience Recharge, Meditation, Relaxation 101 | 10 |
| SAFETY IN LEXINGTON | 11-12 |
| Campus Police, STARR: Women's Self-Defense Program, Emergency Numbers, UK Alert | 11 |
| Livesafe Mobile App, On-Demand Shuttle Service, Safety Tips | 12 |
| TRAVEL | 13 |
| International Travel, Travel Signatures | 13 |
| RESOURCES | 14 |
| Important UK Websites | 14 |

WELCOME TO UK

Dear Scholar,

I am so happy to welcome you to the University of Kentucky (or “UK” as it is typically called). It is certain that your first few days here getting adjusted to your new home will bring excitement and, perhaps, they will also bring some nervous anticipation! I hope that you will find settling in to the University of Kentucky a pleasant experience. Please know that the staff of the UK International Center are here to help you. Don’t hesitate to ask us any question, big or small.

The University of Kentucky is very proud of our international students and scholars. We know that our campus is much richer for the diverse experiences, knowledge, skills, and perspectives you each bring. We know that producing knowledge (through research and other creative endeavors) thrives when there is free exchange of different ideas. We also know that transmitting knowledge, fostering critical analytical thinking through our teaching and mentoring, is stronger when diverse perspectives are shared. Sometimes working out ideas across different languages, different approaches, can be challenging. But that is when the sparks of discovery can really start flying!

While you are here, I hope you take some time to get to know Lexington. It is a relatively small city by world standards, but it has plenty going on. You will also find that most people are happy to share their recommendations about places to visit. With just a little effort you can discover some very special places that will offer you a glimpse of aspects of the USA not typically featured in Hollywood movies or other popular representations of American life.

My guess is that if you don’t know this fun fact already, you soon will: basketball is a big deal here. The UK Men’s Basketball team, known as the Wildcats, has millions of avid fans. If you get the chance, go to a game in Rupp Arena and feel the excitement. By the way, you can also get tickets for other Wildcat teams, such as the Women’s Basketball team, the Baseball team, the Men’s and Women’s Soccer teams. It is always a fun time to see UK athletes in action and share the experience of cheering for them with friends, old and new.

So, I wish you all the very best for your time here at the University of Kentucky!

Sue Roberts

Associate Provost for Internationalization





INTERNATIONAL STUDENT & SCHOLAR SERVICES

International Student & Scholar Services (ISSS) provides a number of services for exchange visitors, including support and information about health coverage, immigration and life in Lexington. ISSS advising and specialized services prepare international scholars to achieve their academic, professional and research goals. Free Language classes and special trips provide opportunities to build friendships with co-workers and fellow exchange visitors.



SOCIETY OF POSTDOCTORAL SCHOLARS

The Society of Postdoctoral Scholars (SOPS) is an organization of postdocs at the University of Kentucky. SOPS assists current, past or incoming postdocs with career advice, professional development and networking opportunities. ISSS encourages participation in the Annual SOPS Research Symposium.

For more information visit <http://sops.as.uky.edu/>



FREE LANGUAGE CLASSES

ISSS offers free ESL class for J-1 scholars and other exchange visitors on campus. The class is usually three days a week and allows exchange visitors to practice English conversation skills, ask questions and build community. The class focuses on the vocabulary and skills useful for scholars and their spouses to live their everyday lives here in Lexington. Attendance ranges from 15-20 scholars.



SPECIAL TRIPS FOR SCHOLARS

ISSS plans several events in and around Lexington for scholars. ISSS seeks to highlight Lexington's industry as well as its culture. Trips have included:

- Toyota's manufacturing plant
- Big Ass Fan's research & development facilities
- Buffalo Trace Distillery
- Keeneland Race Course

ISSS also makes available trips to the Outlet Shoppes of the Bluegrass. Transportation is provided for free by the Outlet Shoppes from campus to their stores on a monthly basis to UK's international students and scholars.



WEEKLY LISTSERV

To remain up-to-date on changes in U.S. immigration law and/or procedures, to be informed about workshops and training sessions offered by International Student and Scholars Services, (ISSS) and much more, please subscribe to the scholar email listserv for international scholars.

To subscribe, send an email to marc.invergo@uky.edu.

The UK International and ISSS website are a vital resource for important information regarding your stay in the United States. To access the site visit: <http://international.uky.edu/ISSS/IFS/J1>



J-1 SCHOLARS IMMIGRATION COMPLIANCE

✓ MAINTAINING COMPLIANCE WITH U.S. IMMIGRATION LAW

Scholars must be aware of and comply fully with the following requirements set forth by the Department of Homeland Security (DHS) and the Department of State (DOS):

- Participate in activities, research or work for the University of Kentucky as indicated on Form DS-2019. Engagement in additional program activities off campus must be approved by the J-1 Scholar Advisor in ISSS prior to beginning any such employment or activity.
- **Maintain a valid passport at all times**, unless exempt from passport requirements.
- Attend a mandatory orientation. ISSS will record attendance in accordance with Department of State regulations.
- Report information to DHS/DOS regarding any J-2 spouse and dependents such as permanent email addresses for each person, biographical information and departure date.
- Report residential address, U.S. phone number and email address changes to ISSS **within 10 days of being changed**. This can be done in the MyUK system or by emailing the J-1 Scholar Advisor.
- Discuss work hours, vacation time, sick time and general office policies with your faculty sponsor. Any conflicts with a faculty sponsor/department supervisor should be directed to the Office of Faculty Advancement.
- Review the "Know Your Rights" pamphlet by visiting: <https://bit.ly/2MDFnuU>
- Maintain adequate health insurance coverage and medical evacuation and repatriation insurance during your exchange visitor status. Failure to carry insurance is a violation of your legal status in the U.S. and will result in immediate termination of your status.
- Notify ISSS prior to traveling outside the U.S. Request a J-1 travel signature in iCAT using the J-1 Scholar Travel Signature Request e-form, **at least two weeks prior to travel date**.
- **Limit personal travel** which doesn't include program related activities to **30 days**. Scholars are required to receive approval from ISSS for all trips exceeding 30 days.
- Apply for an extension of stay before the expiration date on your Form DS-2019 if you cannot complete your program by that date. J-1 Scholars should consult with their department to **submit an extension request in iCAT 30-60 days prior to the expiration of the DS-2019**.
- Notify UK faculty sponsor and J-1 Scholar Advisor of any plans to transfer or change educational institutions. Obtain a new DS-2019 form from the new institution.
- A 30-day grace period will be given following your program end date, during which time you and your dependents may remain in the U.S. Exchange Visitors may not work or engage in any activities related to their program during their grace period.



LIFE IN LEXINGTON

BICYCLE PARKING & REGISTRATION

The University of Kentucky recognizes the bicycle as a vehicle and encourages bicycling as a mode of transportation. To provide the campus community with a safe, secure and efficient cycling environment, Parking and Transportation Services (PTS) requires bicyclists to follow regulations for operating and parking bicycles on campus and strongly encourages cyclists to get and display a bicycle permit, available at no charge.

HOW TO REGISTER

You will need to log in with your linkblue ID and password. Permits may also be obtained in person at:

- Parking Structure #6: 721 Press Ave.
- Parking Structure #5: 574 S Upper St.
- UK HealthCare Parking Garage: 110 Transcript Ave.

Bike registration is currently available at:
www.uky.edu/transportation/

WHERE CAN I PARK MY BIKE?

Bike racks are located in front of most residence halls and classroom buildings, totaling nearly 2,800 bicycle spaces on campus. Do not chain bikes to benches, trees, handrails or telephone poles. As with cars, bikes can be impounded if they are parked in violation. All Lextran and most CATS buses are equipped with bicycle racks for your convenience.

For more information visit: www.uky.edu/pts/

BICYCLE USE & REPAIR

The Wildcat Wheels Bicycle Library and Repair Shop provides **free** bicycle check-outs and repair assistance to UK students, faculty and staff. Bicycles are available in a variety of sizes.

- All bikes are equipped with a lock and some have baskets
- Helmets are not provided but are highly recommended
- Bicycles can be checked out for up to a semester
- The repair shop DOES NOT offer any drop-off services
- You must stay in the shop and work with the mechanics to repair your bicycle

Demand for the program is very high and an online lottery system is used to distribute the bikes at the beginning of each academic term.

For more information on the repair shop visit:
www.uky.edu/sustainability/wwbl/

LOCATION
Basement of Blazer Hall



GETTING AROUND LEX

LEXTRAN'S SERVICE TO UK

University of Kentucky students, scholars, faculty and staff may ride any Lextran bus free of charge simply by showing their Wildcard ID, as part of the BluPass program. Frequently used Lextran bus routes include:

- **Route 14:** UK Blue/White Route services the University of Kentucky campus, Kroger Field and UK Medical Center.
- **Route 15:** Red Mile serves apartment complexes on Red Mile Road and Angliana Avenue including: 524 & 525 Angliana, The Wyatt, University Trails, Campus Court and Red Mile Village.
- **Route 26:** UK Green Route serves Kroger Field and Greg Page Apartments.

For more information visit: www.lextran.com/route-maps/uk-students

DRIVER'S LICENSE

J-1 visa holders may apply for a Kentucky Driver's License. Non-U.S. citizens can drive up to one year on their foreign country license as long as that country is a part of the Foreign Language Reciprocity (FLR).

To check if your home country is part of the FLR visit: <https://bit.ly/2VRTmgg>

The one-year date comes from the entry date stamped on your immigration document such as the I-94. *If from a country that is not recognized by the Geneva Compact, the non-U.S. citizen cannot drive on a foreign license.*

PROCESS FOR GETTING A LICENSE

People with out-of-state licenses or no license at all must apply for a Kentucky license and pass both written and eye exams to obtain a learner's permit. In special cases, a road test may be required. After a waiting period of six calendar months, a road test can be taken. Once passed, the driver is then issued a Kentucky driver's license. A scholar is also able to renew their Kentucky driver's license. Please note that there are fees associated with applying for a driver's license.

For more information visit: www.drive.ky.gov/Pages/default.aspx

VEHICLE INSURANCE

Those moving into Kentucky should obtain a Kentucky license plate for their vehicle within 15 days after establishing residency. A six percent (6%) motor vehicle usage tax is set on the "retail price" of vehicles registered for the first time in Kentucky and upon registration, of vehicles transferred from out of state.

- Plates can be obtained from the Fayette County Clerk's office
- Your vehicle must be made available for inspection when obtaining plates
- Registration renewal is required annually

Note: Acceptable methods of payment include cash, certified check, cashier's check or money order. Visa and MasterCard are not accepted for title or transfer transactions.

For information contact the Fayette County Clerk's Office at (859) 253-3344 or visit www.fayettecountyclerk.com 5



CHILDCARE IN LEX



ENROLLING YOUR CHILD IN SCHOOL

To enroll a child in Fayette County Public Schools, families should go to the assigned school for their neighborhood and fill out a registration packet. To determine your school call **859-381-4315** or visit www.fcps.net/zones. Kentucky law requires children between 6 and 18 years old to attend school, and the birthday cut-off for enrolling in kindergarten is age 5 on or before August 1.

For more information about enrolling a child in a public school visit: <https://www.fcps.net/enrollment>

DOCUMENTATION NEEDED FOR REGISTRATION

- Child's birth certificate or other reliable proof of identity
- Two proofs of residence (property deed, sale agreement or current lease agreement in your name, utility bill, etc.)
- Proof of child's recent preventative health care exam*
- Up-to-date Kentucky immunization certificate*
- Proof of an eye exam and a dental exam both due by January 1

**You may register without these documents, but your child may not attend school until they are provided.*

Younger children may be eligible for preschool but there are different requirements. If you have questions, please call the district's kindergarten/preschool office at **859-381-4105** or the Pupil Personnel office at **859-381-4130**.

You can also check out the FCPS website for additional information at <https://www.fcps.net/preschool>



HOUSING

CABLE

DISH

1-877-284-5882
<https://www.dish.com/>

SPECTRUM

1-877-892-8947
<https://official.spectrum.com/>

DIRECTV

1-888-489-3591
<https://www.directv.com/>

ELECTRICITY & GAS

BLUE GRASS ENERGY CORP.

1201 Lexington Rd.
Nicholasville, KY 40340
Monday-Friday: 7:30 a.m.-4:30 p.m.
(859) 885-4191
<https://www.bgenenergy.com/>

COLUMBIA GAS OF KENTUCKY

2001 Mercer Rd.
Lexington, KY 40511
Monday-Friday: 8:30 a.m.-4:30 p.m.
1-(800)432-9345
<https://www.columbiagasky.com/>

KENTUCKY UTILITIES

1 Quality St.
Lexington, KY 40507
Monday-Friday: 7 a.m. - 7 p.m.
(800) 981-0600
<https://lge-ku.com/>

TELEPHONE

WINDSTREAM HOLDINGS

New Circle Rd.
Lexington, KY 40505
Monday-Friday: 8 a.m.-5 p.m.
(800) 347-1991
<http://www.windstream.com/>

VERIZON

3695 Nicholasville Rd.
Lexington, KY 40503
Monday-Friday: 11 a.m.-7 p.m.
(859) 245-1288
<https://www.verizonwireless.com/>

AT&T

112 S Broadway
Lexington, KY, 40504
Monday-Saturday: 9 a.m.-9 p.m.
(859) 243-8777
<https://www.att.com/>

WATER

KENTUCKY AMERICAN WATER

2300 Richmond Rd.
Lexington, KY 40502
Open 24 hours
(859) 269-2386
<http://www.amwater.com/kyaw/>



IMPROVING YOUR ENGLISH

THE WRITING CENTER

The Writing Center assists University of Kentucky students, faculty and staff with the process of writing. Staffed by English speaking graduate students, full-time instructors, part-time consultants and undergraduate peer tutors, the Center offers free individual and group consultations on pre-writing, writing and rewriting.

The Writing Center believes that the best way to help you write a better resume or letter is to help you think in productive, sometimes even exciting ways about yourself as a writer. The staff tries to help you think about the purpose of your particular writing, about the audience for your writing, your relation to that audience, and about ways to organize your writing—from sections to paragraphs and sentences, to individual words and punctuation.

LOCATION

William T. Young Library
Thomas D. Clark Study Fifth Floor West Wing
(859) 257-1369

HOW TO SCHEDULE AN APPOINTMENT

- Call (859- 2571386)
- Schedule online: <https://wrd.as.uky.edu/writing-center/>
- Drop-in (no appointment required)- Just show up!
Please bring your assignment sheet with you. If you prefer to work on a computer, please bring a USB drive as well.

LATE POLICY

Many students use The Writing Center therefore instructors will only be able to hold appointments for five minutes. Make sure to call the Writing Center and let them know if you are running late.

INTERNATIONAL CONVERSATION HOUR

International Conversation Hour (ICH), an informal gathering of students and scholars who want to relax, converse and learn together is hosted every week in partnership with the Writing Center. Students, faculty, staff and the Lexington community are all invited!

At ICH, you might spend the evening playing games or discussing questions, family traditions, favorite foods, holiday customs, etc., or the group may even venture out of the Writing Center for a trip to a local restaurant or nearby attraction.

For more information visit: <https://wrd.as.uky.edu/international-conversation-hour>

LOCATION

W.T. Young Library Room B108B

ESL CLASSES FOR SCHOLARS AND SPOUSES

There are adult English as a Second Language classes which you can join at anytime and allow students to practice conversation and pronunciation. Participants learn vocabulary, phrases and U.S. slang. These classes are available to the University's J-1 Visiting Scholars, J-2, F-2 and H-4 spouses. Classes are free and include a few social activities throughout the year.

Questions? Contact Christine Stephens-Bez via email at christinestephens@uky.edu

LOCATION

Bradley Hall Room 207

CENTER FOR ENGLISH AS A SECOND LANGUAGE

This program is an ESL for Academic Purposes program and accepts people 16 years of age and older who want to improve their English. There are also several ESL – specialty classes that include English Pronunciation for Non-Native Speakers; Professional Writing for Non-Native Speakers; and TOEFL Preparation.

For more information visit: <https://esl.as.uky.edu/> or call (859) 257-7003

CARNEGIE CENTER

Free English language classes are offered one night a week for adult ESL learners. The classes are small and the teachers are friendly. All language levels are welcome. This is offered in partnership with the UK's College of Arts & Sciences and the College of Education.

For more information visit: <http://carnegiecenterlex.org/workshops/languages/language-english-ingles>

LOCATION

Carnegie Center for Literacy & Learning

COMMUNITY CLASSES

The Department of Graduate and Family Housing at the UK sponsors free weekly ESL classes for their residents. The classes focus on conversational English - speaking and listening skills - as well as vocabulary expansion and some grammar development. Students have fun, develop close relationships and learn about U.S. culture as they discuss interesting topics. There is *no registration required*.

Questions? Contact Donna Hancock via email at donna.hancock@uky.edu

LOCATION

Shawneetown Building Room 151



HEALTH & WELLNESS

UK's Counseling Center offers a variety of drop-in workshops to help you be a healthier you at UK. All UK students are welcome to attend these workshops and no appointment is necessary. You also do not need to be a UK Counseling Center client to take advantage of these programs.



BEATING TEST ANXIETY

This workshop is for students who prepare well for class exams but consistently receive low test scores. Low test scores may be due to many factors such as test anxiety or concentration/focus problems. The workshop facilitator will help students definite the problem and develop useful solutions.

*LOCATION

Frazer Hall Room 203



MEDITATION

Meditating can help with focus, concentration and overall stress management. This workshop includes guided meditations. All levels of experience are welcome.

*LOCATION

Frazer Hall Room 114B

**Locations and dates may change by semester.*

To see current dates and locations visit: www.uky.edu/counselingcenter/wildcat-wellbeing-workshops/



THE JOHNSON CENTER

The Johnson Center is the main student recreation facility on campus designed to provide choices and opportunities for healthy living. There are facilities available for basketball, weight training and conditioning, group fitness classes, climbing, volleyball, badminton, racquetball and wallyball. Members must provide a current UK student or employee ID to access the Center.

For more information visit: <http://www.uky.edu/recwell/johnson-center>

LOCATION

434 Complex Drive



RESILIENCE RECHARGE

This is three-part workshop series designed to help you manage the stress as you approach mid-semester! Each workshop features a stand alone topic which means you can attend all three or whichever ones work best with your schedule.

*LOCATION

Frazer Hall Room 203



RELAXATION 101

Learn some strategies related to relaxation to help manage stress and anxiety.

*LOCATION

Frazer Hall Room 114B



SAFETY IN LEXINGTON

CAMPUS POLICE

The university has its own police department, UKPD, dedicated to your safety. UK provides several types of emergency services that are available at all times and specific services that are intended to help reduce the risk of walking on campus after sunset. **For more information call (859) 257-1616 or visit: www.uky.edu/Police**

LOCATION

UK Police Department
305 Euclid Avenue, Lexington, KY 40508

STARR: WOMEN'S SELF-DEFENSE PROGRAM

The UK Police Department sponsors a program teaching self-defense tactics and strategies to minimize risk. The program is designed for women over the age of 13 with no maximum age limit and begins with a two-hour discussion of general safety tips and way to reduce the risk of being targeted. The remaining seven hours are active learning and demonstrate best practices to defend against larger and stronger attackers. Classes are free and open to the public.

For more information visit: www.uky.edu/police/ukpd-home

LOCATION

Blazer Dining on North Campus

EMERGENCY NUMBERS

The campus is equipped with blue emergency call boxes. To use a call box, simply push the red button and an emergency call to UKPD will be placed. If you are calling from your room or cellphone, dial one of the campus emergency numbers: **911 or #UKPD (#8573).**

UK ALERT

The university has an emergency notification system to communicate official information during an emergency or crisis situation that disrupts normal operation of the campus or threatens the health or safety of members of the campus community. All students, staff and faculty are automatically registered in UK Alert with their official UK email address. You may edit this information via the myUK portal.

For more information visit www.uky.edu/EM/UKAlert/

LIVESAFE MOBILE APP

LiveSafe is a free mobile app designed to prevent crime and enable better incident response. LiveSafe is connected to a cloud-based dashboard that is monitored by UKPD.

For more information visit: www.uky.edu/EM/LiveSafe.html

ON-DEMAND SHUTTLE SERVICE

When the CATS buses are no longer running their regular routes, you can call **(859) 221-RIDE (7433)** to arrange for a driver to pick you up on campus and drop you off at another campus location. This service is available only when classes are officially in session, Monday through Friday during both the Fall and Spring semester.

For more information visit <http://www.uky.edu/transportation>

SAFETY TIPS

- Lock your vehicle, apartment or residence hall each time you leave it
- Have your keys in hand when approaching your vehicle
- Look inside your vehicle prior to entering it
- Always be aware of your surroundings
- Avoid walking alone after dark

SAEFTY TIPS FOR YOUR CHILDREN

- Know where your child is at all times
- It's okay for your child to say "no" to a stranger
- Teach them who a stranger is and that it's not permissible to go anywhere or do anything with them
- Teach them that it's okay to tell you or other authorities about a stranger who is bothering them
- Make sure they know their phone number, address and how to call on the police on **911**
- Keep a file of your child that has their photo, finger prints, complete description and any and all medical issues
- If you as a parent have a bad feeling about a person, call the police!



TRAVEL

Traveling is a perfect opportunity for you to move out of your comfort zone. You have already left your home country for a period of time to come to the University of Kentucky, Lexington and the U.S. to not only further your professional development, but also to share your expertise with others. This pursuit lends itself perfectly to the goal of the J-1 exchange visitor program, which promotes cultural and educational exchange opportunities.

During your stay in the U.S., you should make every effort to travel to other areas of Kentucky and other cities in the U.S. during the weekends and when you have free time. We encourage you to participate in cultural activities that may be familiar or entirely new to you since this can lead to new friendships and an unexpected expansion of world views. Believe us, this experience at UK will have a positive and long-lasting effect on so many aspects of your life.

INTERNATIONAL TRAVEL

Traveling out of the country requires a valid U.S. visa stamp to return to the U.S. with the exception of travel to Canada, Mexico and adjacent islands, which permits automatic visa revalidation even with an expired U.S. visa stamp. There are a few countries excluded from automatic revalidation.

For more information visit: <https://bit.ly/2BxWwf3>

TRAVEL SIGNATURES

For travel outside of the U.S. J-1 exchange visitors will submit a request for travel in iCAT and drop off your DS-2019(s). In general, travel is limited to 30 days. Please allow 1 week for processing a travel request. If the J-1 advisor is unavailable your travel request will be assigned to another member of the ISSS team.

To request a travel signature visit: <https://icat.uky.edu>



RESOURCES



IMPORTANT UK WEBSITES

BENEFITS

www.uky.edu/HR/benefits/

CENTER FOR ARTS

<https://finearts.uky.edu/singletary-center/>

CREDIT UNION

www.ukfcu.org/

HEALTH SERVICES

www.ukhealthcare.uky.edu/uhs/

iCAT

<https://icat.uky.edu/>

LIBRARIES

<http://libraries.uky.edu/>

POLICE

www.uky.edu/Police/

STUDENT CENTER

www.uky.edu/StudentCenter/

BUSES & SHUTTLES

www.uky.edu/pts/buses-and-shuttles/

COUNSELING CENTER

www.uky.edu/StudentAffairs/

HEALTH INSURANCE

<http://international.uky.edu/ISSS/IFS/J1/HealthInsurance/>

HOUSING

www.uky.edu/housing/

INTERNATIONAL CENTER

<http://international.uky.edu/ISSS/IFS/J1/>

PARKING

www.uky.edu/Parking/

RECREATION CENTER

www.uky.edu/studentaffairs/CampusRec/

WILDCARD ID

<http://www.uky.edu/wildcard/wildcard-id-home/>