

TOP 10 F-1/J-1 IMMIGRATION RULES

Complete Arrival & Address Confirmations

- See <https://internationaloffice.berkeley.edu/students/new/arrival-confirmation> for instructions on how to complete.

Keep U.S. Address & Phone Number updated in Cal Central

- Update your US phone, email or living address within 10 days of any changes.

Enroll Full-time

- **Undergraduates:** 12 units or more (some College may require 13).
- **Graduates:** Department minimum (most are 12 units).

Work only with Authorization

- **F-1:** *On Campus*- Automatic authorization for 20 hours per week Fall/Spring & 20+ in Summer. *Off Campus*- requires **CPT or OPT** authorization.
- **J-1:** All employment requires authorization. *On Campus*- 20 hours per week Fall/Spring & 20+ in Summer. *Off-campus or post-completion*- requires **Academic Training**.

Obey all State & Federal U.S. Laws

- U.S. drinking age is 21. Marijuana is illegal by U.S. federal law. Drug & alcohol violations have serious visa consequences.

Follow the Student Code of Conduct

- Study & act with integrity & honesty. Be safe, peaceful, and respect consent.

Travel with Proper Documents

- See <https://internationaloffice.berkeley.edu/entry-us-travel-and-re-entry> for documents needed for travel.
- Obtain a travel endorsement before exit/re-entry.

Know Your I-20/DS-2019 End Date

- Request an extension BEFORE it expires!

Understand Your Grace Period

- Once you exit the US, your F-1/J-1 status is completed unless you have requested post-completion employment or transfer out.
- **F-1:** 60 days to exit, request transfer out or complete OPT application.
- **J-1:** 30 days to exit: transfer out or Academic Training request must be completed BEFORE expiration.

Maintain Health Insurance

- J-1s & J-2s must maintain proper health insurance at ALL times, including during post-completion employment. For more information, see <https://internationaloffice.berkeley.edu/students/current/j-1/insurance>