

The University of California

**Berkeley**  
INTERNATIONAL OFFICE



Scholar Information Meeting (SIM)

# Resource

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BERKELEY INTERNATIONAL OFFICE  
2150 Shattuck Ave., Suite 500  
Berkeley, CA 94704

QUESTIONS & APPOINTMENTS: [JSCHOLAR@BERKELEY.EDU](mailto:JSCHOLAR@BERKELEY.EDU)  
PHONE: (510) 642-2818

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## Passport

Passports must be valid at all times during the J-1/J-2 Exchange Visitor's stay in the U.S. Generally, it is required that a passport be valid for at least 6 months into the future, but 12 months is recommended.

Passports can usually be renewed at the Exchange Visitor's home country consulate in the U.S. Consulates are located in the Bay Area, Los Angeles, New York or Washington, D.C.



## Passport Admission Stamp & I-94

At the U.S. port of entry, the Customs & Border Protection (CBP) officer places the passport admission stamp and/or paper I-94 card in the passport. J-1/J-2 visitors who entered via air or sea travel can also access their admission record via the electronic I-94 – <https://i94.cbp.dhs.gov/i94/#/home>

The passport admission stamp and paper or electronic I-94 note the international visitor's immigration status and the length of stay allowed. For international visitors in J-1 visa status, the passport admission stamp and I-94 should be marked with the letters "J-1" and "D/S," which stands for "Duration of Status."



Passport Admission Stamp



I-94 Electronic Record



Admission stamp in passport



Admission stamp on I-94 card

## Visa

Nonimmigrant visas are granted to international visitors who demonstrate that they have a residence abroad to which they intend to return (the only exceptions are the H, K, L, and O classifications).

The visa is affixed on a page of the passport by a U.S. Embassy or Consulate official outside the U.S. The visa is used to authorize entry into the U.S. for a certain number of times (ranging from one to multiple), and includes an expiration date. The visa stamp needs to be valid only on the day of entry or re-entry to the U.S.; it does not need to remain valid during the international visitor's stay.

Canadian citizens do not need a visa stamp to enter the U.S.



## Form DS-2019

The DS-2019 is needed to obtain a J-1 visa stamp and J-1 status to teach or conduct research at an academic institution in the U.S. as a J-1 Exchange Visitor.

The right to issue DS-2019 forms is granted by the U.S. Department of State to certain academic research institutions, agencies, and organizations. Each J-2 dependent has his/her own Form DS-2019, which is needed to obtain a J-2 visa and J-2 status in the U.S.

Note the end date; speak with your department about your future plans at least 4 months before this date.

SEVIS Identification # J-1 or J-2 Dependent

## Travel Information

If you will be traveling, make several copies of all travel documents noted below. Keep the originals in your carry-on luggage, copies in your checked baggage, and leave a set of copies at home, preferably with someone who can send them to you if needed.

### Travel Within the United States

Bring your original passport, Form DS-2019, I-94, and UC Berkeley appointment letter if travelling outside the Bay Area.

### Travel Outside of the United States

Bring the following documents for re-entry to the U.S.:

1. Valid passport (must be valid for at least 6 months into the future for re-entry, but 12 months is recommended);
2. Valid J-1 visa in your passport (Canadian citizens exempt)
3. Valid Form DS-2019 (present your most recent Form DS-2019) with travel endorsement dated within 12 months from re-entry date to the U.S. If you and/or your dependent(s) require a travel signature, email [jscholar@berkeley.edu](mailto:jscholar@berkeley.edu) to request an appointment at least 2 weeks prior to leaving the U.S.
4. I-901 SEVIS Fee Payment Receipt (recommended) - If you need confirmation of your previous SEVIS fee payment, visit [fmjfee.com](http://fmjfee.com) and select the option to "Check I-901 Status/ Print Payment Confirmation."
5. Evidence of financial support (recommended)
6. UC Berkeley appointment letter (recommended)

### Expired Visas

If you exit the U.S. and your J visa is expired, you'll need to renew your visa before you can re-enter in J status. Be aware that wait times for visa appointments at U.S. consulates and embassies may be lengthy, so schedule your visa appointment well in advance.

Security clearances may be part of the visa application process. Security clearances can take between 60-90 days, or sometimes even longer. Factor in the possibility of visa delays when making your travel plans, and speak with your department administrator, principal investigator or faculty host about your travel plans and the possibility of delays before making a final decision to travel abroad. Do not try to re-enter the U.S. without valid J-1 or J-2 visas for dependents.

To renew your visa, check with the U.S. Embassy/Consulate in your home country for the procedures and length of time needed for the visa process at [www.usembassy.gov](http://www.usembassy.gov). Bring the following documents to the U.S. Consulate or Embassy for your J visa application:

1. Valid passport (must be valid for at least 6 months into the future for re-entry, but 12 months is recommended);
2. Valid Form DS-2019 (be prepared to show all of your previous Form DS-2019s to confirm your valid initial and continuous stay in the U.S.). Make sure your most recent Form DS-2019 contains a travel endorsement dated within 12 months from your planned re-entry date to the U.S. If you and/or your dependent(s) require a travel signature, email [jscholar@berkeley.edu](mailto:jscholar@berkeley.edu) to request an appointment at least 2 weeks prior to leaving the U.S.;
3. UC Berkeley appointment letter, including any UC Berkeley funding information;
4. Current proof of financial support, if it does not come directly from UC Berkeley;
5. CV/Resume including professional and academic background with brief list of publications, also describe current position in brief; and
6. Any other documents required by the U.S. Embassy/Consulate where you will apply for your visa

Please note: The SEVIS fee is not required if J-1 scholars have already paid and are requesting/applying for an extension of stay in the same J-1 program. J-2 dependents are not required to pay the SEVIS fee. For information on the SEVIS fee, see <https://www.fmjfee.com>

### Returning to the United States Using "Automatic Revalidation"

Automatic revalidation allows some J status holders under certain circumstances to re-enter the U.S. with an expired U.S. visa stamp in their valid passport after visiting Canada, Mexico, or adjacent islands for less than 30 days. For more information, see

<https://internationaloffice.berkeley.edu/travel-canada-and-mexico>

## Special Travel Cases

Consult with Berkeley International Office at least two weeks before departure if any of the following apply to you:

- You will be out of the U.S. for more than 30 days
- Your Form DS-2019 has expired or will expire within 30 days of your expected return to the U.S.
- You are a citizen of Iran, Iraq, Syria, Libya, Sudan, North Korea, Cuba, Yemen, Somalia, Venezuela or any country impacted by an Executive Order
- You have ever applied for U.S. legal permanent resident status (green card).



## J-1 Exchange Visitor Categories

The U.S. Department of State has established several categories within the J-1 Exchange Visitor Program based on the purpose and length of an international scholar's visit. The Exchange Visitor category appears in Section 4 of the Form DS-2019. The four most common J-1 Exchange Visitor categories sponsored by UC Berkeley are "Short-Term Scholar," "Research Scholar" and "Professor," and "Student Non-Degree."

- **Short-Term Scholar:**

The J-1 Short-Term Scholar category allows a visiting scholar a total maximum stay of six months in the U.S. to conduct research, teach, and collaborate with colleagues. It is not possible to receive an extension of stay beyond the six-month maximum.

- **Research Scholar or Professor:**

The Research Scholar and Professor categories are the most commonly used status by U.S. universities for faculty on sabbatical leave, visiting research scholars, or visiting faculty. These categories are available to scholars with appointments that are 4 weeks to 5 years in duration. The length of the program is indicated in Section 3 of the Form DS-2019. UC Berkeley appointments of less than 5 years are eligible for extensions with the host department's support and an approved UC Berkeley appointment. Research Scholars or Professors whose Form DS-2019 program has ended will be barred from returning to the U.S. in J-1 Research Scholar or J-1 Professor category for 24-months. J-2 dependents are also subject to the 24-month bar. The 24-month bar does not prevent J-1 or J-2s from returning to the U.S. in other J-1 categories or in any other visa classifications such as F-1, B-1, B-2, H-1B, WB, or WT.

- **Student Non-Degree:**

The J-1 Student Non-Degree category allows for programs from one month to twelve months. It may be extended for a second year by exception with UC Berkeley department support and an approved UC Berkeley appointment for a total of up to 24 months. The length of the program is indicated in Section 3 of the Form DS-2019. J Exchange Visitors (except Short-Term Scholars) present in the U.S. for six months or more will not be eligible to return to the U.S. in J-1 Research Scholar or J-1 Professor category for 12-months. J-2 dependents are also subject to the 12-month bar. The 12-month bar does not prevent J-1 or J-2s from returning to the U.S. as a J-1 Short-Term Scholar or in any other visa classification such as F-1, B-1, B-2, H-1B, WB, or WT.

### The 24-Month Bar

An international scholar who participates in a J-1 or J-2 Exchange Visitor program in the Research Scholar or Professor categories is subject to a 24-month bar on "repeat participation" in those categories. Exchange Visitors subject to the bar may not return to the U.S. as a J-1 Exchange Visitor in the Research Scholar or Professor categories for the 24-month period following the end of the previous J-1 Research Scholar or J-1 Professor program.

The 24-month bar will be in effect regardless of whether the J-1/J-2 Research Scholar or J-1/J-2 Professor status in the program is a few weeks in duration or the full five years allowed. Whenever the Exchange Visitor program ends and the SEVIS record becomes "inactive," the five-year window is "closed" and the individual must wait 24 months before beginning a new program as a J-1 Research Scholar or J-1 Professor.

### The 12-Month Bar

The 24-month bar is not to be confused with the 12-month bar. International visitors in ANY J status (including J-1 student or J-2 dependent) with a stay of 6 months or more may not return to the U.S. to start a new J-1 Research Scholar or Professor program for 12 months preceding the start date on their new J-1 DS-2019. The 12-month bar does not apply if the international visitor is currently in J-1 status and is transferring to UC Berkeley's program, or if the international visitor's previous stay in J-status was less than 6 months. The 12-Month Bar does not apply to Short-Term Scholars.

Because of the impact of the 24-month bar and 12-month bar, J Exchange Visitors should keep administrative contact with the host department and inform the Berkeley International Office of all proposed travel, including possible future research visits to UC Berkeley. Then the J-1 Exchange Visitor, the host department, and Berkeley International Office may plan for the appropriate documents well in advance of the proposed travel.

# Two-Year Home Country Physical Presence Requirement

**Timing is critical. Contact Berkeley International Office or come to a workshop before applying for a waiver.**

Certain J-1 Exchange Visitors – students and scholars – are **subject** to the two-year home country physical presence requirement, Section 212 (e) of the Immigration & Nationality Act. Persons who are subject cannot apply for H status (temporary worker/trainee and immediate family), L status (intra-company transferee and immediate family), K status, OR immigrant status (also called permanent resident, or “green card” holder) unless they return to their country of last legal permanent residence for two years, or obtain a waiver of this requirement. J-2 dependents of a J-1 visitor who is subject to the two-year home country physical presence requirement are also subject to this requirement. Three criteria determine if a J-1 Exchange Visitor is subject to this requirement:

1. **Funding Source.** A J-1 Exchange Visitor is subject if they received any direct governmental funding from either the U.S. government or from their home government during the J-1 program. They are also subject if they received indirect governmental funding through a bi-national commission or international agency (for example, Fulbright or the U.N.).
2. **Exchange Visitor Skills List.** A J-1 Exchange Visitor is subject if their country is part of the “Skills List” and if the J-1’s area of specialization during the J-1 program is listed for the home country. In some cases, it may be difficult to determine if an area of specialization is included in the list. In some cases, the Waiver Review Division should be contacted for an advisory opinion.
3. **Medical Education or Training.** A J-1 Exchange Visitor who is a foreign medical graduate and came to the U.S. to obtain graduate medical education or training in J-1 status after January 10, 1977, is subject to the two-year home country physical presence requirement.

## Caution! Documents Marked in Error

Two documents may be marked by U.S. government agency officials indicating whether or not a J-1 Exchange Visitor is subject to the two-year home country physical presence requirement. First, the J-1 visa page in the passport may contain the notation: “Bearer is/is not subject to Sec. 212(E). Two-year rule does/does not apply.” Secondly, the bottom left hand corner of the DS-2019 may be notated. These documents are marked erroneously from time to time. If any of the three criteria listed above apply, the J-1 visitor is subject to the requirement, regardless of what appears on these documents. Likewise, the J-1 visitor may not be subject even if the documents indicate that s/he is subject. Such cases may require an advisory opinion from the Waiver Review Division. For additional information on requesting an advisory opinion visit the following U.S. Department of State website: [travel.state.gov/content/travel/en/us-visas/visa-information-resources/advisory-opinions.html](https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/advisory-opinions.html)

## Types of Waivers

Exchange Visitors who are subject to the physical presence requirement may request a waiver of the requirement, **but the timing is important so contact Berkeley International Office or come to a Two-Year Home Country Physical Presence (212.e) workshop before applying for a waiver.** The length and success of the waiver process depends on many factors and can take from 4 to 12 months to complete. All requests for waivers are submitted to the Waiver Review Division, Department of State. The final adjudication of the waiver is issued by the Department of Homeland Security (formerly known as Immigration & Naturalization Service). For information on the waiver categories see the Department of State Waiver Frequently asked questions: [travel.state.gov/content/travel/en/us-visas/study/exchange/waiver-of-the-exchange-visitor.html](https://travel.state.gov/content/travel/en/us-visas/study/exchange/waiver-of-the-exchange-visitor.html)

## Berkeley International Office Two Home Residency Workshops

Schedule: [internationaloffice.berkeley.edu/immigration/twoyearrequirement](https://internationaloffice.berkeley.edu/immigration/twoyearrequirement)

- J Program and the Two Year Home Country Physical Presence Requirement
- What makes a J Exchange Visitors subject
- Timing for the application for a waiver
- U.S. Department of State and U.S. Department of Homeland Security policy updates impacting J Exchange Visitors

**\*\* U.S. regulations and policies are subject to changes involving the waiver of the two year home country physical presence requirement. Please attend a workshop or email [jscholar@berkeley.edu](mailto:jscholar@berkeley.edu) with questions or concerns.**

## Maintaining Legal J-1 Status

Under current federal regulations, J-1 Exchange Visitors must comply with a number of requirements. Violation of these requirements could lead to serious penalties, including termination of the Exchange Visitor's J-1 program. ***U.S. federal regulations governing J-1 Exchange Visitors and J-2 dependents are subject to change. Please stay in contact with the Berkeley International Office and ensure that the office has your current email address to stay informed of any changes.***

### ☐ **Maintain Academic Program Objective:**

J-1 Exchange Visitors are granted a Form DS-2019 based on an academic program objective agreed upon between the Exchange Visitor and their host department. The U.S. Department of State requires that this objective be maintained throughout the Exchange Visitor's stay in J-1 status. If the Exchange Visitor plans to change his or her academic program objectives in any way, notify Berkeley International Office about the change in order to remain legally in the U.S.

### ☐ **Obtain Proper Off-Campus Payment Authorization:**

J-1 Exchange Visitors are not permitted to accept payment or other remuneration that is not reflected on their Form DS-2019 without prior written approval from the Berkeley International Office. For information on how to obtain authorization to engage in occasional off-campus lectures or short-term consultations visit the following website:

[http://internationaloffice.berkeley.edu/profs\\_researchers/j-1/payment\\_authorization](http://internationaloffice.berkeley.edu/profs_researchers/j-1/payment_authorization)

### ☐ **Keep Documents Valid and Accurate:**

Each J-1 Exchange Visitor and J-2 dependent must always have a valid Form DS-2019 from their program sponsor. Remember that extensions and transfers can take up to four months to process, and changes of status can take four to six months or longer in some cases. The information on your Form DS-2019 should be accurate, so notify Berkeley International Office of any changes including funding or site of activity.

#### ☐ **Extension of J-1 Status:**

J-1 Exchange Visitors need to contact their host department four months prior to the expiration of the DS-2019: If an appointment is extended the host department submits the extension request to Berkeley International Office.

#### ☐ **30-Day Grace Period:**

All J-1 Exchange Visitors and J-2 dependents have a 30-day grace period from the end date of the Form DS-2019 if they complete their original academic program objective. The 30-day grace period is allowed for traveling within the U.S. and to prepare for departing the U.S. No extensions, transfers, research, teaching and payments are allowed during the 30-day grace period.

### ☐ **Report Early Departure:**

Exchange Visitors leaving more than 15 days before the end date on their Form DS-2019 must inform the host department and the Berkeley International Office. Failure to do so may jeopardize eligibility for participation in future J-1 Exchange Visitor programs.

Exchange Visitors must inform the host department and the Berkeley International Office if accompanying J-2 dependents' final departure from the United States is prior to the Exchange Visitor's departure date.

### ☐ **Report Changes of Address, Telephone Number and/or Email Address:**

Exchange Visitors must report a change of email address for themselves and any J-2 dependents. Exchange Visitors must also report a change of telephone number and/or residential address. The address must be the Exchange Visitor's residence, not office, lab or post office box. **Changes must be reported within 10 days of the move by emailing Berkeley International Office at [jscholar@berkeley.edu](mailto:jscholar@berkeley.edu) and copying the host department.**

*Sample Residential Address:*  
123 Bancroft Street, Apt. 104  
Berkeley, CA 94706

### ☐ **Maintain Health Insurance for the Entire Duration of Exchange Visitor's Stay in U.S.:**

Resources and requirements are available at the following website: <http://uhs.berkeley.edu/vspd/> and on [page 8](#) of this handout. Health insurance coverage must include medical evacuation and repatriation of remains benefits.



# Health Insurance Requirements

Under the U.S. Department of State Exchange Visitor Program, all J-1 international Exchange Visitors must have health insurance for themselves and for all accompanying J-2 dependents for the entire period of stay in the U.S. These requirements are a necessary condition of the Exchange Visitor's approved stay in the U.S. For information about the required coverage, please visit the Berkeley International Office website at: [http://internationaloffice.berkeley.edu/j\\_insurance](http://internationaloffice.berkeley.edu/j_insurance)

*U.S. federal regulations governing J-1 Exchange Visitors and J-2 dependents are subject to change. Please stay in contact with the Berkeley International Office and ensure that the office has your current email address to stay informed of any changes.*

## Health Insurance Referral List

### 1) Visiting Scholars and Visiting Student Researchers:

Visiting scholars and visiting student researchers have the option of purchasing health insurance through Garnett Powers:

- **Purchase insurance through UC Berkeley:** UC Berkeley offers a health insurance plan for visiting scholars and visiting student researchers (UC Berkeley Visiting Scholar Benefit Plan or UCBVSBP). If you plan to purchase this health insurance, you must complete the Enrollment Form located at this link: <http://clients.garnett-powers.com/vs/ucb/>. Instructions for completion are provided at the same link.

For more information, contact Garnett-Powers & Associates at 1-888-441-3719 or email: [UCBVSBP@Garnett-Powers.com](mailto:UCBVSBP@Garnett-Powers.com).

### 2) Dependents and Employees Not Eligible for UC Berkeley Benefits:

For more information, contact the department administrator or Garnett-Powers & Associates at 1-888-441-3719 or email: [jvisainsurance@garnett-powers.com](mailto:jvisainsurance@garnett-powers.com) or visit <https://clients.garnett-powers.com/vs/jvisa/>

### 3) Postdoctoral Scholars (3252 Employee, 3253 Fellow and 3254 Paid Direct):

- Benefits provided through Garnett-Powers & Associates: <http://clients.garnett-powers.com/pd/uc/>
- Contact: Sharon Johnson at [sjohnson@berkeley.edu](mailto:sjohnson@berkeley.edu) or 510-664-4126
- Additional information available at the VSPA website: <http://vspa.berkeley.edu>

### 4) UC Employees:

- Benefits provided through UC Berkeley Human Resources for employees
- Includes all benefits available to UC employees based on scholar's payroll title and duration requirements
- Scholar or department must purchase medical evacuation and repatriation of remains benefits
- Contact: Departmental benefits coordinator or human resources representative

### 5) UC Berkeley Registered Students (except Summer Sessions Students)

- Benefits provided through University Health Services (UHS)
- Student Health Insurance Program (SHIP) includes health, dental, medical evacuation and repatriation of remains benefits
- Contact: Student Health Insurance Office (SHIP) Tang Center Room 3200, 2222 Bancroft Way, phone: 510-642-5700 or email: [ship@berkeley.edu](mailto:ship@berkeley.edu)

*\* For health insurance coverage from another source, the insurance corporation underwriting the policy must have one of the following ratings: an A.M. Best rating of "A-" or above; an Insurance Solvency International, Ltd. (ISI) rating of "A-i" or above; a Standard & Poor's Claims-paying Ability rating of "A-" or above; or a Weiss Research, Inc. rating of "B+" or above.*

## Healthcare in the US

Understanding the U.S. healthcare system and your insurance plan will help should you need to seek medical care during your stay in the US. Below are some common questions and answers about navigating the US healthcare system.

**Q: I have heard medical care in the US is expensive. Is this true?**

A: Yes! Medical care in the US can be very expensive, so it is important to be aware of what your insurance policy covers and have a good plan.

**Q: I waived out of Garnett & Powers because I am bringing my own insurance policy from my home country that meets the J-1 requirements. How can I use my home country insurance in the US?**

A: Check with your insurance policy to confirm the procedure for using your insurance in the US. If you are using your own health insurance policy from your home country and are waiving out of coverage through Garnett & Powers, be aware that you may need to pay any medical bills by yourself first and get reimbursement from your insurance company later.

**Q: I am not feeling well. Can I just go to the hospital emergency room?**

A: If you are experiencing a true medical emergency, it may be appropriate to visit the hospital emergency room (ER) or call 911 if you require emergency services. If your situation is not a medical emergency, consider visiting an urgent care clinic or a doctor instead. Visiting the ER in situations that are *not* considered medical emergencies can result in high costs as it possible your insurance company may not cover the bill.

**Q: How can I identify a US doctor or urgent care clinic?**

A: The best way to find a doctor or urgent care center is through your insurance company's website. If you are bringing your own insurance policy from your home country, check with your policy for advice on how to choose a U.S. doctor or clinic.

**Q: I am confused by all the specific healthcare terminology. Can you offer any advice?**

A: Healthcare terminology can be confusing! See the Garnett & Powers Glossary of Healthcare Terms for an explanation of common U.S. healthcare terminology: <http://clients.garnett-powers.com/vs/ucb/glossary/>

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## U.S. Federal and State Taxes

Even if the J-1 Exchange Visitor is not paid in the US, there may be some U.S. federal and state tax forms that should be completed each year. Berkeley International Office is unable to answer any U.S. tax questions. However, general information on U.S. taxes is available on our website, and Berkeley International Office sponsors tax webinars in the spring. For questions about Tax Treaties, J-1 Exchange Visitors who are UC Berkeley employees or Postdoctoral Scholars can **contact Central Payroll** in person Monday – Friday from 12:30 pm – 2:30 pm in Room 120 Warren Hall (2195 Hearst Ave) or via email at [glacieradmin@berkeley.edu](mailto:glacieradmin@berkeley.edu). For questions about California state tax, please visit the following California Franchise Tax Board website: <http://ftb.ca.gov>

### GLACIER (non-resident alien tax compliance system)

UC Berkeley implemented GLACIER in order to facilitate compliance with U.S. federal tax regulations. GLACIER is a secure, on-line tax compliance software system that collects tax information from international scholars receiving funds from the University of California. All international scholars receiving UC Berkeley funds, funds distributed through Central Payroll or Disbursements must have a GLACIER record. The J-1 Exchange Visitor's host department will assist them with GLACIER access. Once GLACIER access has been established, the international scholar can complete a tax record and submit any necessary documentation within ten days to avoid incorrect tax withholding. For more information, email [glacieradmin@berkeley.edu](mailto:glacieradmin@berkeley.edu) Please note: GLACIER determines residency tax status and tax treaty eligibility for federal taxes, not California state tax.

## Social Security

### What is Social Security?

The Social Security system was established to provide financial support for retired or disabled workers in the U.S. A Social Security number (SSN) is required for everyone who works in the U.S., even non-immigrants. However, a Social Security card is not a work permit. Most non-immigrants should not have Social Security payments (FICA) deducted from their paychecks, nor are non-immigrants eligible to receive any Social Security benefits.

### Who is Eligible for a Social Security Number

- 1) J-1 scholars (Professor, Research Scholar, Short-Term Scholar, Specialist)
- 2) J-2 dependents with Employment Authorization Document (EAD)
- 3) J-1 students (Student Bachelors, Student Masters, Student Doctorate, Student Intern, Student Non-Degree) with employment authorization letter from the Berkeley International Office (BIO)
- 4) Individuals with other immigration statuses that allow employment

You can only apply for an SSN while you are physically present in the U.S. An SSN is issued once per lifetime. If you have previously had an SSN, but do not have the card or do not remember the number, you can apply for a duplicate card if you meet the eligibility criteria.

### When to Apply for a Social Security Number

Applications made too early may be rejected or delayed much longer than the usual process. Students and visiting scholars must be physically present in the U.S. to apply for an SSN. The Social Security Administration (SSA) is required to verify your legal entry into the U.S. before issuing an SSN.

### Scholar Application Time Frame

New J-1 visiting scholars must wait at least ten calendar days after entering the U.S. and attending the Scholar Information Meeting (SIM).

### J-2 Dependent Application Time Frame

J-2 dependents applying for an Employment Authorization Document (EAD) can apply for the EAD and the SSN at the same time on the EAD application form.

### How to Apply for a Social Security Number

Visit a local Social Security office with the following documents:

1. **J-1 scholars** (Professor, Research Scholar, Short-Term Scholar, Specialist): passport, Form DS-2019, and one of the following: passport admission stamp, I-94 electronic record, or paper I-94 card.
2. **J-1 students** (Student Bachelors, Student Masters, Student Doctorate, Student Intern, and Student Non-Degree): passport, Form DS-2019, employment authorization letter from BIO, and one of the following: passport admission stamp, I-94 electronic record, or paper I-94 card.

dependents applying for an EAD: follow the instruction at [https://internationaloffice.berkeley.edu/families/j-2\\_employment](https://internationaloffice.berkeley.edu/families/j-2_employment) to apply for the SSN and EAD at the same time

### Where to Apply

Berkeley International Office recommends that all UC Berkeley students and visiting scholars use the Downtown Berkeley office **because they are most familiar with student and scholar applications**. **NOTE:** Changes may occur without notice.

Downtown Berkeley Social Security Office

2045 Allston Way (west of Shattuck Ave., near the Downtown Berkeley BART station)

<https://secure.ssa.gov/ICON/main.jsp> (Enter 94720 in the box for ZIP and click "Locate")

## Social Security Number (SSN) Safety

Although an SSN is only meant to be used for tax and government purposes, it is often used by financial institutions, businesses, and others as a unique identification number. Because the SSN is a unique ID, it is often the target of “identity theft.” Therefore you should be very careful about where and to whom you provide your SSN.

- Never carry your Social Security card or number with you. Keep it at home in a secure place.
- Only give your SSN to someone who has a specific and legitimate need for it.
- Be very careful with any forms, applications or other materials that may have your SSN on it.
- Never give your SSN to someone who phones you. You should initiate the call or meet in person.
- Never reply to email or websites that request an SSN.

## Business Uses for Social Security Numbers

Most businesses do not need an SSN from you unless it is for credit purposes (loans, credit cards, cell phone companies etc.) If a business requests an SSN solely for ID purposes, you can request that the business create an ID for you. You do not need an SSN to open bank accounts. If a bank clerk insists on an SSN, ask to speak to a manager. For more information, see the Social Security website: <https://ssa.gov>.

## Driver License and California ID

Changes may occur without notice. Visit the Department of Motor Vehicles (DMV) website for updated information at <https://dmv.ca.gov>.

### Who Needs a California Driver License

If you will be driving in California and/or if you plan to purchase a motor vehicle (a car, scooter or motorcycle), we recommend that you get a California driver’s license. Many insurance companies will only provide coverage, or offer you better rates, if you have a CA driver’s license. Additionally, having insurance is a legal requirement. For more information, refer to <https://internationaloffice.berkeley.edu/driving>.

### When to Apply for Drivers License/State Identity Card (DL/ID)

- Wait at least 10 days after attending the Scholar Information Meeting (SIM) before applying for a DL/ID.
- If you are eligible for an SSN, you must have one to apply for a DL/ID. Applications made without an SSN may be denied.
- If you are not eligible for an SSN (see page 10), you may apply for a DL/ID without one. When asked for an SSN, tell the DMV employee, “I am not eligible for a Social Security Number.” DMV will then verify your immigration status with USCIS.

### How to Apply for the California Driver License (DL)

The Department of Motor Vehicles (DMV) website <https://dmv.ca.gov> has the latest California Driver Handbook, forms, instructions on how to apply for a driver’s license, and a section on frequently asked questions.

- Make an appointment to apply for the license. Call (800) 777-0133, or make the appointment online. If you make the appointment online, take a copy of the appointment confirmation with you to the DMV.
- The local DMV offices are in El Cerrito at 6400 Manila Avenue (near San Pablo and Moeser Avenues), and in Oakland at either 5300 Claremont Avenue (near Telegraph) or 501 85th Avenue (Coliseum Office).
- There is a fee. Credit cards are not accepted as a form of payment, but debit cards are accepted. You can also pay by cash, check, or money order.
- You will need to present your passport, Form DS-2019, your I-94 electronic record (or paper I-94 card), and SSN card if you have one.
- ☐ You will need to also present two documents proving that you live in California and showing the same address. To find the list of the acceptable documents as proof of California residency, please visit, [https://www.dmv.ca.gov/portal/dmv/detail/dl/residency\\_requirement](https://www.dmv.ca.gov/portal/dmv/detail/dl/residency_requirement).

### How to Apply for a California Identity Card (ID)

If you are not planning to drive, the DMV can also issue a California Identity Card (ID) with your photo and date of birth information on it. This is an easily recognizable form of I.D. used for cashing checks, proving your age, etc.

- Make an appointment. Call (800) 777-0133, or make the appointment online.
- You will need to present your passport, your I-94 electronic record (or paper I-94 card), visa documents, and SSN card, if you have one. There is a fee; check the DMV website for the current cost.
- There is a 90-day wait for the card if your application is “clear” when the DMV verifies your immigration documents.

## Transportation

### Public Transportation

Comprehensive information about public transportation in the San Francisco Bay Area is available at 511.org or simply dial 5-1-1 to access this information by phone. The local transit systems are:

- **Alameda-Contra Costa Transit (AC Transit)** operates buses in the East Bay and to San Francisco's Transbay Terminal in the San Francisco Financial District. Riding an AC Transit bus requires exact fare. <http://www.actransit.org/>
- **Bay Area Rapid Transit (BART)** is our local subway system, with trains running throughout the East Bay and through San Francisco. <http://www.bart.gov/>
- **The Municipal Railway (MUNI)** in San Francisco operates buses, trolleys, and cable cars throughout the city. You can purchase a MUNI map at some San Francisco bookstores. <http://www.sfmta.com/>

A “**Clipper Card**” is a transit card that can be used on a number of Bay Area transit systems, including Muni, BART, AC Transit, and Caltrain: Tel: 877-878-8883, [www.clippercard.com](http://www.clippercard.com)

If you will be riding the AC Transit buses on a regular basis, visit the Parking & Transportation Office with your Cal ID to inquire about your eligibility for “EasyPass,” a discounted AC Transit bus pass. Visiting Student Researchers must also bring a letter from your supervisor confirming your research. <http://pt.berkeley.edu/transportation-options/public-transportation-berkeley-and-beyond/ac-transit>

### Bicycles

Find helpful information about all aspects of bike ownership on the UCB Campus Police Department website:

<http://ucpd.berkeley.edu/laws-and-policies/vehicles-and-bicycles-campus>

Bicycle theft is common! Always lock your bike with a heavy-duty "U" shaped lock (recommended brands: Citadel, Kryptonite). Bicycles are subject to the rules and regulations of the California Vehicle Code; obey stop signs and red lights, and signal properly when making turns, or you may be ticketed by the police. Be smart--ride defensively, wear a helmet and be aware that most drivers are "blind" to cyclists.

### Trains and Long Distance Buses

- **Caltrain** is a commuter train that runs from San Francisco to San Jose, stopping at many cities along the way. <http://www.caltrain.com/>
- **AMTRAK** is the train service that operates across the United States, including many cities within California. They have some low cost special fares to certain destinations. <http://www.amtrak.com/home>
- **Greyhound** buses go throughout California and the United States from Oakland or San Francisco. <http://www.greyhound.com/>
- There are also private bus firms that travel to tourist destinations in the Bay Area, California and out-of-state. Check the internet under “**Charter Buses**.”

### Taxis

Private taxi service is available in any city from several companies listed in the phone book yellow pages or online. Taxis are the most expensive form of transportation, but can be reasonable and convenient if there is a small group. Taxi drivers are generally tipped 10-15% of the fare. For more information on transportation including Uber and Lyft, refer to: <http://internationaloffice.berkeley.edu/Transportation>

### Buying a Car?

See our ‘Buying a Car’ web page with helpful resources for buying a car in the U.S.: [http://internationaloffice.berkeley.edu/buy\\_car](http://internationaloffice.berkeley.edu/buy_car)

### Now you Must Find Parking: UC Berkeley Parking & Transportation

Parking on campus is very limited. You may want to buy a parking permit, or just purchase day passes for those occasional late meetings. See the Parking and Transportation website for more info. Good luck! <http://pt.berkeley.edu/>

### AAA – California State Automobile Association

AAA members receive emergency road service, road trip planning and more.  
1775 University Ave, Berkeley. Tel: 510-898-7600, <http://calstate.aaa.com>



## Safety, Scams, and Fraud

The below common sense tips can help you stay safe while in the U.S.

### Don't walk alone at night! Use these free UCB Police services:

- BearWalk (campus safety escort)
- Night Safety Shuttle (campus bus service)
- Door-to-Door Service (a ride to locations near campus)
- For more information, see <https://nightsafety.berkeley.edu/>

### Save emergency numbers in your phone:

- Off-campus: call 911
- UCB Police: 1-510-642-3333 (faster than 911 while on-campus)

### Protect your valuables:

- Lock your bike with a U-Lock

- Keep your valuables close and never leave backpacks, laptops, or electronic devices unattended!

### When meeting strangers in person:

- Insist on a public meeting place like a cafe.
- Do not invite strangers into your home.
- Consider having a friend accompany you.
- Don't meet in a secluded place.
- Be especially careful when buying/selling high value items.
- Tell a friend or family member where you're going.
- Take your cell phone along if you have one.
- Trust your instincts.

## Follow the below tips to protect yourself from scams and fraud!

### Be private

- Never send money or give out personal information or immigration details to anyone over the phone or online.
- If the caller seems to have a lot of your personal information, do NOT give out any more information (date of birth, address, SSN, etc.)

### Know your rights

- If you receive a phone call from a person that claims they are from a 'government agency' and asks for money or threatens you with legal action, you should assume it is a scam.
- Ask for a name and telephone number. If the caller refuses, take this as a warning that something is not right.
- Don't be afraid to say, "No," ignore a verbal request, or walk away if you feel uncomfortable.

**Report the incident** - Contact [jscholar@berkeley.edu](mailto:jscholar@berkeley.edu) immediately if you suspect you have been a victim! The resources below may also be helpful.

- UC Berkeley Campus Police: <https://ucpd.berkeley.edu/>
- Report Online Scams - Internet Crime Complaint Center: <https://www.ic3.gov/default.aspx>
- Report Immigration Scams to USCIS: <https://www.uscis.gov/avoid-scams/report-scams>

## Public Charge Rules



Use of certain US public benefits can have serious, negative implications for J-1 and J-2 visa holders. The US Department of Homeland Security and US Department of State recently published new federal regulations regarding "public charge", which is an evaluation of whether a foreign national is likely to need financial support from the US or state government while they are in the US. These regulations address programs such as Medi-Cal, Food Stamps, etc. Please educate yourself about this in advance to avoid enrolling in programs that could jeopardize your US immigration status. For more information, see BIO's Public Charge webpage: <https://internationaloffice.berkeley.edu/public-charge>

## Money and Banking

More information about money and banking can be found at the following website:

[http://internationaloffice.berkeley.edu/money\\_banking](http://internationaloffice.berkeley.edu/money_banking)

### Banking

There are two basic kinds of accounts: checking accounts, for payment of regular bills and shopping needs; and savings accounts where money you do not need to use immediately can earn interest.

Before you open an account at a bank, be sure to visit several banks to compare their services and fees. Most will be similar, but there can be important differences. Opening a bank account is fairly easy; deposit your funds and complete any required bank forms. (Be aware that if you are making a deposit with an overseas check or bank draft, you may have to wait three business days to three weeks before your money will be available to you.) Most banks do not require a Social Security Number to open an account.

### Checking Accounts

When opening a checking account, be sure to ask about different types of checking accounts. All banks have several kinds of accounts and most have checking accounts, which accrue interest if a minimum balance is maintained. Be sure to look at the account fees and when they may be charged. After opening an account you will be given a book of temporary checks, but you should order checks with your name and local address printed on them. Most businesses will only accept a check that has the printed information.

Writing a check: Checks should be filled out at the time you are making a payment. Fill in all blank spaces on your check. The amount should be written numerically and in longhand. Draw a line through any unused blank spaces. Never sign a check before you are ready to use it, since it can be cashed as soon as your signature is on it. Most merchants will require that you show one or two pieces of photo ID to accept your check. These can be a California Driver's License or Identity Card, a passport, or other official ID. Merchants near campus will also accept a UC student photo IDcard.

### Savings Accounts

Savings accounts, which earn interest on the balance, are available at all banks. If you have larger sums of money, which you do not need for your routine living expenses, a savings account is a safe way to keep it.

### Local Banks



*Official Bank of UC Berkeley*

Convenient on-campus banking with the Official Bank of UC Berkeley.

Bank of the West offers 15 on-campus ATM's and an on-campus branch in the MLK Jr. Building ASUC Student Union, so you can get your banking needs met right on campus. [BankoftheWest.com/UCBerkeley](http://BankoftheWest.com/UCBerkeley)

There are also other banks in the area. Check with each bank to compare their special services and their interest rates.

## Housing Guide

More information about housing can be found at: [http://internationaloffice.berkeley.edu/housing\\_finding](http://internationaloffice.berkeley.edu/housing_finding)

There are plenty of housing opportunities in Berkeley, but you should plan to spend at least one to three weeks looking for a rental. Housing in Berkeley is very expensive. Utilities are often charged in addition to rent, as well as a security deposit equal to an extra month's rent and a cleaning deposit. To get you started, here are some options to consider:

- **Cal Rentals** offers housing resources and online rental listings (shared housing, vacant apartments and houses, and room/work exchanges) to the Cal community for a fee of \$25. Cal Rentals advisers can help you compare housing options and make wise choices. To start, go to <https://och.berkeley.edu/> For questions, call 510-210-0650 from 9 am – 5 pm, Monday - Friday.
- **Craigslist** is a free online community service that lists Bay Area apartments and houses to rent and share:  
<https://sfbay.craigslist.org>
- **International House** (I-House: <http://ihouse.berkeley.edu> 2299 Piedmont Avenue [ihres@berkeley.edu](mailto:ihres@berkeley.edu) 510-642-9470) accepts reservations for one semester or more from visitors without families if space is available.
- **Apartments.com** has information about available apartment space: <http://apartments.com>
- **The UC Berkeley Postdoc Listserv** is an unmoderated listserv with periodic postings about available housing. To sign up for the postdoc.net emails, send an email with a blank subject line to [postdocnet@lists.berkeley.edu](mailto:postdocnet@lists.berkeley.edu). In the body of the message type "subscribe postdocnet."
- **Short term housing** (less than 12 months) is difficult to find unless you are here during the summer months because many landlords want you to sign a 12 month lease. Check **Cal Rentals** and local rental agencies for "sublets" listings. You may also want to consider shared housing. Tell others at your academic department of your housing needs, and put notices for "housing needed" on the bulletin boards at the International House and in campus departments. **Airbnb** is another short term housing option where you rent a furnished room or residence: <https://www.airbnb.com/>
- **Scholars with families:** There is a limited amount of reasonably priced housing available for visiting scholars with families at University Village through Cal Housing. Apply online at <http://housing.berkeley.edu> However, assignments are on a first-come, first-serve basis, and you may be on a waiting list for three months to two years.

## Housing advocacy

Occasionally scholars experience problems with rentals or living situations that require information or counseling services. Be sure to read the Terms and Conditions of your lease thoroughly before signing a contract.

- **Berkeley Rental Housing Safety** is a group comprised of owners, tenants, the City, and the Berkeley community who work together to help prevent deaths, injuries, and ill health resulting from unsafe rental housing conditions, Tel. 510-981- 5444, <http://ci.berkeley.ca.us/housing/rhsp>
- **Berkeley Rent Stabilization Program** has information on rent control and renters' rights for non-University rental housing in the City of Berkeley (2125 Milvia Street; [rent@cityofberkeley.info](mailto:rent@cityofberkeley.info); 510-981-7368).

## Local Utility Companies

### Gas/Electric

PG&E: 800-743-5000, <http://pge.com>

### Cable TV/Internet

Comcast: 1-800-945-2288  
DIRECTV: 1-800-531-5000  
DISH Network: 1-877-363-2474  
Sonic: 1-888-766-4233

### Water

EBMUD 1-866-403-2683, <http://ebmud.com>

### Mobile Phone

AT&T: 800-331-0500, <http://att.com>  
Verizon: 800-922-0204, <http://verizonwireless.com>  
Sprint: 1-866-866-7509, <http://sprint.com>  
CampusSIMs: <https://campussims.com/>  
Cricket Wireless: <https://www.cricketwireless.com/>  
T-Mobile: <https://www.t-mobile.com>

## J-2 Dependent Information

*U.S. federal regulations governing J-2 dependents are subject to change. Ensure that you receive updates by reporting a change of email address to Berkeley International Office.*

### Immigration Matters for J-2 Dependents

- Spouses and children under 21 are eligible for J-2 dependent status
- J-2 dependents are permitted to stay as long as J-1 is maintaining status in U.S.
- If J-1 Exchange Visitor's academic program terminates, the J-2 cannot remain in the U.S.
- J-2 dependents are subject to 2-Year Home Residency Requirement (212.e) and/or the 24 month bar/12 month bar if J-1 is subject
- J-2 dependents are not eligible for Social Security Number unless applying for USCIS work authorization (EAD)
- J-2 dependents may study part-time or full-time
- J-2 dependents must have health insurance coverage that meets the minimum the U.S. Department of State requirements
- J-1 Exchange Visitor must inform the host department and the Berkeley International Office if accompanying J-2 dependents' final departure from the U.S. is prior to the J-1 Exchange Visitor's departure date
- Must inform the host department and the Berkeley International Office of a change in J-2 spouse's email address

### Adding J-2 dependents

To add a J-2 dependent, the J-1 Exchange Visitor must complete the "DS-2019 Request for J-2 Dependents" form, available both online and at the Berkeley International Office, and attach a copy of the dependent's passport biographical page. The minimum funding requirement is \$500 per month for a spouse and \$300 per month per child. If additional funding is required to meet the minimum requirement, attach a copy of the proof of funding documentation. For more information, see the following website:

[http://internationaloffice.berkeley.edu/inviting\\_family](http://internationaloffice.berkeley.edu/inviting_family)

### J-2 Work Permission





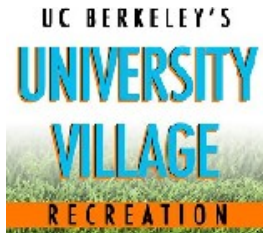
J-2 dependents that are 14 years or older are eligible to apply for a J-2 work permit through a mail-in application process that takes an average of 3-5 months. Employment may not begin until the J-2 has received permission to work from the U.S. Customs and Immigration Service (USCIS). This work permit is called the Employment Authorization Document (EAD). J-2 work permits allow the holder to work in any job, full-time or part-time, but employment may not extend beyond the end date on the EAD. If the Form DS-2019 is valid beyond the validity of the EAD card, the J-2 can apply to renew the EAD card. The renewal application should be submitted to the USCIS at least 3-5 months prior to the expiration of the current EAD to avoid gaps in employment authorization. For complete instructions on how to apply for an EAD card, visit the following website: [http://internationaloffice.berkeley.edu/j-2\\_employment](http://internationaloffice.berkeley.edu/j-2_employment)

### Childcare, School, and Parenting Resources

For information about childcare, school, and parenting resources, visit the following website:

[http://internationaloffice.berkeley.edu/childcare\\_schools](http://internationaloffice.berkeley.edu/childcare_schools)

## J-2 Dependent Support

Program Name & Contact	Regular Meetings	Description
<b>Partners @ Berkeley</b> Facebook page: Partners@Berkeley	<b>Monthly Happy Hour</b> - Last Wednesday of the month	Network for accompanying spouses and partners of international graduate students and researchers at Berkeley. The Partners@Berkeley don't like to sit at home - we meet each other, share our experiences, discover our new home, work on our careers, make new friends, go out and most of all: we have a good time. Come to our EVENTS and join the Partners@Berkeley!!! 
<b>Friday Morning Coffee</b> Facebook page: Creating a Fulfilling Life in America	Every Friday, 11 am–1 pm at Café Strada (2300 College Avenue, Berkeley, CA 94704)	This group is a community for networking and providing support, resources, and information to international newcomers to the San Francisco Bay Area. We welcome accompanying spouses and partners of universities and organizations as well as other globally minded individuals. Feel free to use this group to reach out and make new friends, ask for advice or information, and share resources. Organize an activity and ask others to join you! Hopefully, this group will help you meet other newcomers from all over the world and begin to create a fulfilling life in America. 
<b>INSPIRE</b> Facebook page: @InspireRelocatedPartners	Check the INSPIRE Facebook Page for upcoming events.	INSPIRE is a network for relocated partners to inspire, support, and motivate each other. We share good vibes and tips to ease the bumps in your relocation or journey abroad. If you're in the East Bay area, we organize events and activities to help you meet people, support one another, face the challenges together of living in a different country or state, develop your personal and professional life, and discover what the San Francisco Bay Area has to offer! 
<b>Berkeley Spouses, Partners &amp; Parents Association</b> <a href="https://bsppa.berkeley.edu/">https://bsppa.berkeley.edu/</a>	Check the website For the monthly workshops and networking socials.	The University of California Berkeley Spouses, Partners & Parents Association (BSPPA) is a volunteer association that supports the families of postdocs, visiting scholars, and visiting graduate researchers. We organize social and informational events and assemble resources based on our collective experiences. BSPPA is here to serve our community, so please contact us if you have any questions, comments, or concerns. 
<b>University Village Recreation</b> <a href="https://universityvillage.berkeley.edu/recreation">https://universityvillage.berkeley.edu/recreation</a>	Offers various programs and classes for children and adults.	University Village Recreation Program at UC Berkeley was founded in 1986 and established to serve the needs of the University's family housing residents but has since broadened to serve the general public. The program participants represent a cross-section of cultural and international diversity that includes families from 65+ countries. Programs, classes, camps and open recreation are available to children, teens, and adults. 



## Shopping Resources

### New Furniture and Household Items:

<b>Bed, Bath, and Beyond</b> www.bedbathandbeyond.com	590 2 <sup>nd</sup> Street, <b>Oakland</b> , CA 94607 6000 El Cerrito Plaza, <b>El Cerrito</b> , CA 94530	510-834-9484 510-559-3763
<b>Cost Plus World Market</b> www.worldmarket.com	101 Clay Street, <b>Oakland</b> , CA 94607	510-834-4440
<b>IKEA</b> www.ikea.com	4400 Shellmound Street, <b>Emeryville</b> , CA 94608	510-420-4532
<b>Sur La Table</b> www.surlatable.com	1806 4th Street, <b>Berkeley</b> , CA 94710	510-849-2252
<b>CB2</b> www.cb2.com	1730 4th Street, <b>Berkeley</b> , CA 94710	510-558-0106
<b>Macy's</b> www.macys.com	2500 Hilltop Mall Road, <b>Richmond</b> , CA 94806 170 O'Farrell Street, San Francisco, CA 94102	510-222-3333 415-397-3333
<b>Target</b> www.target.com	1057 Eastshore Highway, <b>Albany</b> , CA 94710 2187 Shattuck Avenue, <b>Berkeley</b> , CA 94704 (Express) 1414 University Ave. <b>Berkeley</b> , CA 94702 2700 5 <sup>th</sup> Street, <b>Alameda</b> , CA 94501	510-982-0512 510-982-3726 510-542-5346 510-214-0931
<b>CVS (Drug Store)</b> www.cvs.com	2300 Shattuck Avenue, <b>Berkeley</b> , CA 94704 2655 Telegraph Avenue, <b>Berkeley</b> , CA 94705	510-549-4250 510-549-9063
<b>Walgreens</b> www.walgreens.com	2310 Telegraph Avenue, <b>Berkeley</b> , CA 94704 2190 Shattuck Avenue, <b>Berkeley</b> , CA 94704	510-848-5121 510-849-4691

### Thrift Stores (Used Items):

<b>The Cellar Thrift Store</b> Firstchurchberkeley.org/justice-service/cellar-thrift-shop	2345 Channing Way, <b>Berkeley</b> , CA 94704	510-644-3262
<b>Goodwill</b> www.goodwill.org	2058 University Avenue, <b>Berkeley</b> , CA 94704 6624 San Pablo Avenue, <b>Oakland</b> , CA 94708 505 San Pablo Avenue, <b>Albany</b> , CA 94706	510-649-1287 510-428-4911 510-525-2680
<b>Salvation Army</b> <a href="http://www.oaklandarc.salvationarmy.org">www.oaklandarc.salvationarmy.org</a>	601 Webster Street, <b>Oakland</b> , CA 94608 1918 Park Street, <b>Alameda</b> , CA 94501	510-836-8971 510-769-7401
<b>The Turnabout Shop</b> <a href="https://www.facebook.com/The-Turnabout-Thrift-Shop-266492036885428/">https://www.facebook.com/The-Turnabout-Thrift-Shop-266492036885428/</a>	10052 San Pablo Avenue, <b>El Cerrito</b> , CA 94530	510-525-7844

### Flea Markets (Type of Bazaar):

<b>Alameda Point Antiques Faire</b> alamedapointantiquesfaire.com	3800 Main Street, <b>Alameda</b> , CA 94501	510-522-7500
<b>Berkeley Flea Market</b>	1937 Ashby Avenue, <b>Berkeley</b> , CA 94703 Hours: Opens Saturday and Sunday 7 am – 6 pm & Thursday 5-7pm; Friday 12-2pm	510-644-0744

# Cultural Adjustment

## Factors Important to Successful Intercultural Adjustments

For a successful intercultural experience, it is important to be aware of the host culture's majority values. The following 10 items will help you encounter and adapt to the American majority values listed on [page 19](#). You are welcome to talk to Berkeley International Office staff if you experience any challenges during your adjustment to living in the Bay Area. For additional information on intercultural adjustment, see [http://internationaloffice.berkeley.edu/cultural\\_adjustment](http://internationaloffice.berkeley.edu/cultural_adjustment)

1. **Open Mindedness.** . . The ability to keep one's opinions flexible and receptive to new stimuli seems to be important to intercultural adjustment.
2. **Sense of Humor.** . . A sense of humor is important because in another culture there are many things which can cause one to weep, get angry, be annoyed, embarrassed, or discouraged. The ability to laugh off things will help guard against despair.
3. **Ability to Cope with Failure.** . . The ability to tolerate failure is critical because everyone fails at something overseas. People who go overseas are often those who have been the most successful in their home environments and have rarely experienced failure, thus, they may have never developed ways of coping with failure.
4. **Communicativeness.** . . The ability and willingness to communicate one's feelings and thoughts to others, verbally or non-verbally, has been suggested as an important skill for successful intercultural communicators.
5. **Flexibility and Adaptability.** . . The ability to respond to or tolerate the ambiguity of new situations is very important to intercultural success. Keeping options open and judgmental behavior to a minimum describes an adaptable or flexible person.
6. **Curiosity.** . . Curiosity is the demonstrated desire to know about other people, places, ideas, etc. This skill or personality trait is important for intercultural travelers because they need to learn many things in order to adapt to their new environments.
7. **Positive and Realistic Expectations.** . . It has been shown frequently that there are strong correlations between positive expectations for an intercultural experience and successful adjustment overseas.
8. **Tolerance for Differences and Ambiguities.** . . A sympathetic understanding for beliefs or practices differing from one's own is important to successful intercultural adjustment.
9. **Positive Regard for Others.** . . The ability to express warmth, empathy, respect, and positive regard for other persons has been suggested as an important component of effective intercultural relations.
10. **A Strong Sense of Self.** . . A clear, secure feeling about oneself results in individuals who are neither weak nor overbearing in their relations with others. Persons with a strong sense of themselves stand up for what they believe, but do not cling to those beliefs regardless of new information, perspectives, or understandings which they may encounter.

# The Values That Majority-Culture Americans Live By

Adapted from “The Values Americans Live By” by Robert Kohls

**1. Personal Control over the Environment**

People can/should control nature, their own environment and destiny; future is not left to fate.

*Result:* Energetic, goal-oriented society.

**2. Change/Mobility**

Change is seen as positive, good, meaning progress, improvement and growth.

*Result:* Transient society, geographically, economically, and socially.

**3. Time and Its Control**

Time is valuable; achievement of goals depends on productive use of time.

*Result:* Efficiency and progress often at expense of interpersonal relationships.

**4. Equality/Egalitarianism**

People have equal opportunities; people are important as individuals and not due to family name.

*Result:* Little deference shown or status acknowledged.

**5. Individualism, Independence and Privacy**

People are seen as separate individuals (not group members) with individual needs. People need time to be alone and to be themselves.

*Result:* Americans seen as self-centered and sometimes isolated and lonely.

**6. Self-Help**

Americans take pride in own accomplishments, not in name.

*Result:* Respect is given for achievements not accident of birth.

**7. Competition and Free Enterprise**

Americans believe competition brings out the best in people and free enterprise produces most progress and success.

*Result:* Less emphasis on cooperation than competition.

**8. Action and Work Orientation**

Americans believe that work is morally right; that it is immoral to waste time.

*Result:* More emphasis on “doing” rather than “being;” Pragmatic, no-nonsense attitude toward life.

**9. Informality**

Americans believe that formality is a show of arrogance and superiority.

*Result:* Casual, egalitarian attitude between people and in their relationships.

**10. Directness, Openness, Honesty**

One can only trust people who “look you in the eye” and “tell it like it is.” Truth is a function of reality not circumstance. “Assertiveness Training.”

*Result:* People tend to tell the “truth” and not worry about “saving face” or the other person’s honor.

## Academic Life at UC Berkeley

### Freedom of Expression

- One of the norms of a university environment is the freedom to express oneself in open dialogue and discussion.
- Scholars should be able to express themselves without fear of any intimidation from others or that any views that they share in office/lab/seminar discussions or public forums will not be used in an adverse or negative way that could lead to their harm.

### Intellectual Property

- Scholars should be aware that there are certain rights that go along with discoveries or inventions by faculty or other scholars. You should exercise caution in how you use the discoveries of others.
- For additional information about Intellectual Property you are encouraged to review this presentation: <https://ipira.berkeley.edu/ip-protection>

## Community Resources

### International House

2299 Piedmont Ave., Berkeley, Tel. 510-642-9490, <http://ihouse.berkeley.edu>

The I-House offers many programs, activities and events, some free or at a reduced rate with membership. Please contact or visit the Program Office for more information.

### University Section Club (formerly Faculty Wives Club)

**The Section Club** - Founded in 1927 to be a friendly community of people associated with the university to share interests in sections, which meet monthly through the academic year and provide services to campus students. A holiday Party in early December introduces children to America's Christmas traditions, including Santa, Christmas cookies and a handmade Cal Bear. The Section Club is open to spouses of Senior Staff and Visiting Scholars.

E-mail: [sectionclub@gmail.com](mailto:sectionclub@gmail.com):

Website: <http://sectionclub.berkeley.edu/>

### Berkeley Visitor Information Center/Visit Berkeley

Address: 2030 Addison St., Suite 102, Berkeley, CA 94704, Tel: 510-549-7040 or 1-800-847-4823, <http://visitberkeley.com>

Open to the public Monday through Friday from 9 am to 5 pm (closed 1-2 pm). They offer a wide variety of brochures and literature:

Visitor Guides	Maps Museums	Performing Arts	Lodging Guide Retail Shopping
Restaurant Guide	Transportation Information	Places of Interest	Downtown Architectural Walking Guide

Calendar of Events <http://visitberkeley.com/events>

### UC Berkeley Library

**Doe Library** guide to borrowing – <http://www.lib.berkeley.edu/using-the-libraries/borrow>

**Reference Center** can answer your general questions about the UC Berkeley libraries.

Tel. 510-642-6657, <http://lib.berkeley.edu/doemoff/about.html>

### Free Public Libraries

Public libraries in the US have lots of free information, free internet, books, videos, magazines, compact discs, books on tape, and newspapers. Please note that Berkeley, Alameda, and Oakland have neighborhood branches as well as their main libraries. To get a library card you need photo ID and proof of residence: rental agreement, phone bill, utilities bill.

**Berkeley Central Library**: 2090 Kittredge (at Shattuck), Berkeley, Tel. 510-981-6100, <http://www.berkeleypubliclibrary.org>

**Albany Branch of Alameda County**: 1247 Marin Ave., Albany, Tel. 510-526-3720, <http://www.aclibrary.org>

**Oakland Public Library (Rockridge Branch)**: 5366 College Avenue, Oakland, General info call main library 510-597-5017, <http://oaklandlibrary.org>

### Telephone Directory

**Yellow pages** – Area maps, bus routes, community services, places to go, theater/stadium seating, parks, etc,

<http://www.yellowpages.com>

### Low Cost English Language Classes, ESL (English as a Second Language)

**Berkeley Adult School**: 1701 San Pablo Avenue, Berkeley, Tel. 510-644-6130, <http://bas.berkeley.net>

**English-In-Action**: YWCA, 2600 Bancroft Way, Tel. 510-843-9716 (fee: \$20 membership to the YWCA), <http://www.ywca-berkeley.org/international-programs/>

Please view our website for a comprehensive list of Bay Area English language classes: [http://internationaloffice.berkeley.edu/esl\\_classes](http://internationaloffice.berkeley.edu/esl_classes)

### Campus and Free Local News

**UC Berkeley News Center** - <http://news.berkeley.edu>

**East Bay Express** on Thursdays (free) - <http://www.eastbayexpress.com>

**The Daily Californian** (free) - <http://www.dailycal.org>

**Berkeley Daily Planet** (free but available online only) - <http://www.berkeleydailyplanet.com>

## Community Resources

### Recreation and Sports

Cal Recreational Sports Tel 510-642-7796, <http://recsports.berkeley.edu>

City of Berkeley Recreation Programs and Services 2701 Telegraph Ave, Berkeley, Tel. 510- 981-5150, <http://ci.berkeley.ca.us/recreation/>

Albany Recreation and Community Services 1249 Marin Avenue, Albany, Tel. 510-524-9283, <http://albanyca.org/>

Cal Sailing Club, a non-profit sailing cooperative – <http://www.cal-sailing.org/>

East Bay Regional Park District (includes Tilden Regional Park) – <http://www.ebparks.org/>

YWCA Dance and Fitness – <http://www.ywca-berkeley.org/dance-classes/>

YMCA (Berkeley/Albany YMCA) – <https://ymcaeastbay.org/>

### Culture and the Arts

Lawrence Hall of Science 1 Centennial Drive, Berkeley, Tel. 510-642-5132, <http://lawrencehallofscience.org>

Department of Music at UCB, Tel. 510-642-2678, <http://music.berkeley.edu>

Theater, Dance and Performance Studies at UCB, Tel. 510-6421677, <http://tdps.berkeley.edu/>

Cal Performances, Tel. 510-642-9988, website: <http://calperformances.org>

Berkeley Art Museum and Pacific Film Archives, Tel. (510) 642-0808, <http://www.bampfa.berkeley.edu>

UC Berkeley Campus Calendar - <http://events.berkeley.edu>

The Datebook – the “pink pages” in the Sunday San Francisco Chronicle, <http://www.sfgate.com/entertainment/>

Guide to the Good Life- <http://insidethegoodlife.com/>

Free & Cheap Events & Things to Do in the San Francisco Bay Area <http://sf.funcheap.com/>

### Volunteering Opportunities

Volunteering is common in the US (approx. 30% of the population), and it is a great way to meet new people!

VolunteerMatch – You can search for activities by zip code - <http://www.volunteermatch.org>

The Volunteer Center – Serving San Francisco and San Mateo Counties - <http://www.thevolunteercenter.net/>

Idealist.org - Action without Borders - <http://www.idealists.org>

East Bay Habitat for Humanity - <http://www.habitatetsv.org>

Project Homeless Connect - <https://www.projecthomelessconnect.org/>

Alameda County Food Bank - <http://www.accfb.org>

Bay Area Volunteer Information Center - <http://www.volunteerinfo.org>

### Other Resources

UC Berkeley Arrival Guide for New International Students & Scholars - [http://internationaloffice.berkeley.edu/arrival\\_guide](http://internationaloffice.berkeley.edu/arrival_guide)

Koret Visitor Center, 2227 Piedmont Ave, Berkeley, Tel. 510-642-5215, <http://visit.berkeley.edu>

They offer campus maps and campus tours.

Postdoc LISTSERV - <http://postdoc.berkeley.edu>

Visiting Student Researchers Social Club (VSRSC) – <http://www.facebook.com/groups/271801532869117/>

UC Police Department (UCPD) 1 Sproul Hall- Emergency: on campus 510-642-3333, off campus 911; <http://ucpd.berkeley.edu>

Bike registration- 510-642-6760; Night escort service- 510-642-WALK or 642-9255

Warn Me – UC Berkeley’s alerting and warning service. Sign up to receive alerts by phone, text message or email,

<https://warnme.berkeley.edu/>

Earthquake Preparedness:

Association of Bay Area Governments - <http://resilience.abag.ca.gov>

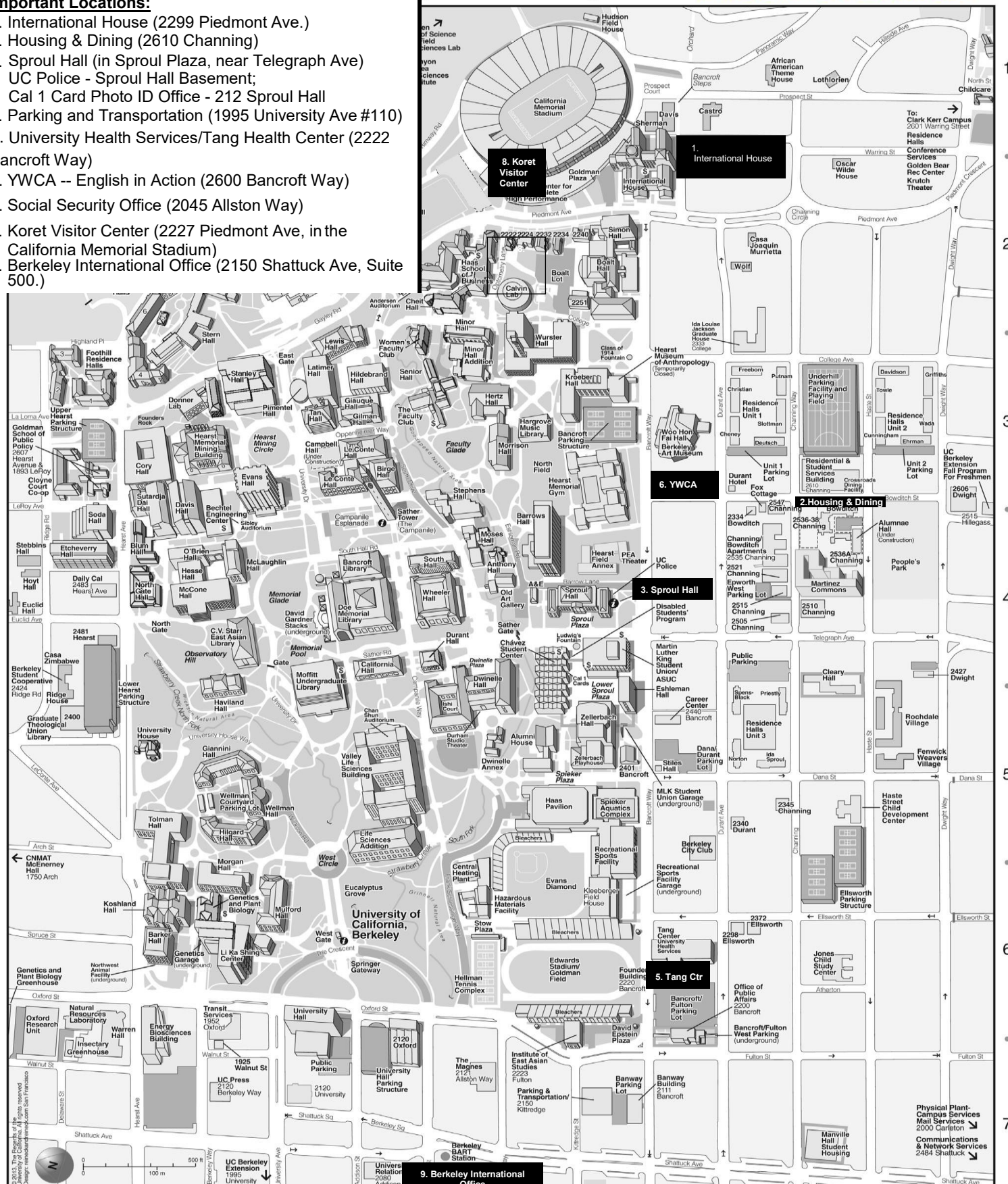
US Geological Survey (USGS) - <http://earthquake.usgs.gov>

USGS Handbook for the San Francisco Bay Region - <http://pubs.usgs.gov/gip/2005/15/>



## Important Locations:

1. International House (2299 Piedmont Ave.)
2. Housing & Dining (2610 Channing)
3. Sproul Hall (in Sproul Plaza, near Telegraph Ave)  
UC Police - Sproul Hall Basement;  
Cal 1 Card Photo ID Office - 212 Sproul Hall
4. Parking and Transportation (1995 University Ave #110)
5. University Health Services/Tang Health Center (2222 Bancroft Way)
6. YWCA -- English in Action (2600 Bancroft Way)
7. Social Security Office (2045 Allston Way)
8. Koret Visitor Center (2227 Piedmont Ave, in the California Memorial Stadium)
9. Berkeley International Office (2150 Shattuck Ave, Suite 500.)



4. Parking & Transportation  
1995 University

7. Social Security Office  
2045 Allston Way

9. Berkeley International Office  
2150 Shattuck Avenue, Suite 500