

Post-Arrival Guide for International Students, Scholars and Employees



Office of International Affairs



Dear new international student, scholar or employee:

Welcome to Thomas Jefferson University! We are committed to creating a diverse and inclusive environment at Jefferson. We know that the creative energy and innovative insights that result from diversity are vital for the university's intellectual rigor and social fabric. Our institution is richer because of our international community.

As a follow-up to the Pre-arrival Guide, we have prepared this Post-Arrival Guide for your use. This guide provides essential information to help you navigate Philadelphia and Thomas Jefferson University as you establish and settle into your life in Center City and throughout your degree program studies, employment or visit.

We hope you have an excellent experience. Please remember that we are happy to answer your regulatory questions about visa procurement and immigration status. You can reach all Office of International Affairs staff by email at ويا@jefferson.edu.

Regards,

Office of International Affairs
Center City Campus

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I. OIA SERVICES

The Office of International Affairs handles status inquiries and programming for F-1 and J-1 Jefferson students, J-1 scholars, international visitors, and Jefferson-sponsored nonimmigrant employees (H1B, TN, O-1). Visit our website [here](#) for more in-depth information or contact us at uia@jefferson.edu.

The International Services Portal

The Office of International Affairs uses a platform called the International Services Portal to aid in fulfilling requests and processes related to immigration status for students, scholars, and visitors. The user can access all their status-related documents within the Portal. F-1 and J-1 students can use the Portal for requests throughout the duration of their program and for work authorization after the program end date. J-1 scholars can use the Portal throughout the duration of their program.

Per regulations, you must notify the Office of International Affairs regarding the following situations:

A. Students

Requests through the International Services Portal:

- Reporting instances of on-campus employment
- Before you travel internationally
- Before changing the length of your program*
- Before a change in education level
- Before dropping below full-time status*
- Applying and reporting for Optional Practical Training (OPT) or STEM OPT
- Applying and reporting for Academic Training
- Adding a dependent to your I-20
- Transferring to another school

*Formal changes to your program before consulting and obtaining approval from OIA can have severe negative consequences to your F-1 or J-1 student status.

By emailing uia@jefferson.edu:

- If you are failing the semester
- Changes to your I-20 information
- Before any other changes to your program
- Any other issue that may potentially affect your status

Through BannerWeb:

Address and phone number changes need to be updated within 10 days of the change.

B. Scholars

Requests through the International Services Portal:

- Address, phone number, and email address changes (within 10 days of the change)
- Before you travel internationally
- Before leaving Jefferson permanently before the program end date

- Adding a dependent to your DS-2019
- Changing of J-1 Category
- J-1 Transfer out
- Requesting a new copy of the existing DS-2019
- J-1 Out of Country
- Extending the existing DS-2019: Only your department administrator can request a program extension through the Portal.

By emailing ويا@jefferson.edu:

- Before changes to employment information, such as position, department, salary changes
- If you are facing funding issues
- Notifying plans after the program before the program end date
- Any other issue that may potentially affect your status

OIA will contact you by email; make sure you check your email regularly and respond to emails from OIA to maintain your status.

Our office can assist you with issues as they pertain to your status. However, there are instances where you will need to seek the advice of an immigration attorney, such as getting a marriage-based green card, non-Jefferson change of status, individual tax situations, and if you are charged with a crime.

II. STEPS TO TAKE UPON ARRIVAL

A. Students

- Secure housing
- Get a U.S. phone number
- Open a bank account. More information [here](#)
- Visit Commuter Services for information on public transportation discounts
- Make sure you have your Campus ID and Campus Key
- Make sure you can access your Jefferson email
- Make sure you can access all platforms required for your program (ex. Banner, Canvas, etc.)
- Make sure you are registered full-time for in-person classes
- Complete university orientation
- Make sure you have provided all the medical records required for JOHN
- Make sure you have University health insurance or have formally waived out
- Reach out to your International Student Liaison if needed
- Attend mandatory F-1 Check-in/New International Student Orientation

B. J-1 Scholars

Scholars on Jefferson Payroll

- Secure housing
- Get a U.S. phone number
- Open a bank account. More information [here](#)
- Complete all necessary steps on Human Resources' Destination Jefferson

- Complete the health screening at Jefferson Occupational Health Network. Learn more [here](#)
 - Note that your employment start date can be delayed if the screening is not completed
 - Tobacco-Free Environment: All new hires must take a drug test, including nicotine, and attest they have not used tobacco for the previous ninety (90) days and will not use it during their employment. Learn more [here](#)
 - Drug test: All new hires are required to take a drug test. A prohibited drug is any drug made illegal as a matter of federal, state, or local law, which is not legally obtainable as a matter of federal, state, or local law; or one which is legally obtainable but has not been legally obtained. Note that some medications that are legal outside of the U.S. may be made illegal in the U.S. Any positive drug test results can lead to delays in starting employment
- If you are doing wet bench research, complete the training at Environmental Health & Safety.
 - Contact Theresa Wilson at Theresa.Wilson@jefferson.edu for more information
- Make sure you have a Jefferson ID badge. More information [here](#)
- Make sure you have a campus key. The department/supervisor provides you with a campus key.
 - Contact IS&T at 215-955-7975 for a password if necessary
- Apply for a Social Security Number. More information [here](#)
- If preferred, set up a direct deposit on PeopleSoft [here](#)
- Check myJeffHub [here](#) for Benefits, LiveWell@Jeff, and any more relevant information

Scholars not on Jefferson Payroll

- Secure housing
- Get a U.S. phone number
- Complete the health screening at Jefferson Occupational Health Network. Learn more [here](#)
 - Note that your employment start date can be delayed if the screening is not completed
 - Tobacco-Free Environment: All visitors must take a drug test, including nicotine, and attest they have not used tobacco for the previous ninety (90) days and will not use it during their employment. Learn more [here](#)
 - Drug test: All new hires are required to take a drug test. A prohibited drug is any drug made illegal as a matter of federal, state, or local law, which is not legally obtainable as a matter of federal, state, or local law; or one which is legally obtainable but has not been legally obtained. Beware that some medications that are legal outside of the U.S. may be made illegal in the U.S. Any positive drug test results can lead to delays in starting employment
- If you are doing wet bench research, complete the training at Environmental Health & Safety
 - Contact Theresa Wilson at Theresa.Wilson@jefferson.edu for more information
- Make sure you have a Jefferson ID badge. More information [here](#)
- Make sure you have a campus key. The department/supervisor provides you with a campus key.
 - Contact IS&T at 215-955-7975 for a password if necessary

Scholars at Jefferson Affiliated Institutions

- Secure housing

- Get a U.S. phone number
- If necessary, open a bank account. More information [here](#)
- If necessary, apply for a Social Security Number. More information [here](#)
- Follow all other requirements as stated by your institution

III. SAFETY AND SECURITY

People coming to Philadelphia from abroad bring many impressions of life in America. Though it is essential to take certain safety precautions, you should not feel that you are always unsafe.

A. Personal Safety

- Keep your doors locked while you are at home and your car doors locked while driving.
- Do not open the door to anyone you do not know. You are not required to open the door simply because someone knocks or rings the doorbell.
- Leave an inside and outside light if you will be away from your apartment or home after dark.
- Bars are sometimes scenes of considerable disorderly conduct, especially on weekend nights. Use caution if you frequent them.
- *Women are advised to be particularly cautious.* Avoid walking alone at night, especially in areas that are not well lit. Walk with a companion or find a ride. If you must walk at night, be aware of your surroundings and stay alert.
- Consider taking a taxi or a ridesharing service, such as Uber or Lyft, late at night. When using Uber or Lyft, verify the license plate number and driver's name before getting into the backseat of the car.
- Avoid outside Automated Teller Machines (ATM).

For emergencies, dial 911 from any phone to contact the police. Call the Thomas Jefferson University Security Department for on-campus emergencies by dialing 811 using a campus phone. You can also use the University Escort Service by dialing 215-955-8888 if you feel unsafe walking from one University building to another.

Emergency hands-free phones are provided throughout the campus area and are identified by a blue light atop a pole marked "Emergency." In an emergency, push the red button to activate the automatic dialer to reach the security response center. State the problem, and an officer will respond immediately.

B. Protecting Valuables

- Lock the doors to rooms, apartments, and cars.
- Never leave any items in view inside a car.
- Even briefly, do not leave valuables unattended in public places such as libraries and cafes. Take your bag, phone, coat, or other valuable possessions.
- Bicycles: If you park a bike outside, be sure you lock and chain it to a bicycle rack through both the frame and tire.

C. Homelessness

Philadelphia has a large homeless population. It is common to see people panhandling on the streets or the subway. For more information on the homeless population and advice on handling interactions with the homeless, visit the website [here](#).

D. Scams

Scammers often try to impersonate government officials to intimidate you into giving them your personal information or money. If you receive a threatening call or message from someone claiming to be a government or law enforcement official, you should:

- Not give the person any personal or financial information
- Collect the caller's contact information
- End the conversation immediately if threats and intimidation persist
- Contact OIA at oia@jefferson.edu and ICE's Homeland Security Investigations Tip Line [here](#)
- Visit the IdentityTheft.gov [here](#) for resources and to report identity theft

E. Know Your Rights

Regardless of your immigration status, you have guaranteed rights under the Constitution. Learn more about your immigrant rights and how to express them. You can find more information on the ACLU website [here](#).

IV. GETTING AROUND

A. Navigating Around Philadelphia

If you are new to Philadelphia, you will notice that Center City Philadelphia is on a grid, which makes it easy to orient yourself. Streets going east and west are named, while north and south streets are usually numbered. As you go west, you will notice the street numbers going higher.

You can download a map of Center City [here](#).

You can also learn how to get from one place to another using Google Maps. In Google Maps, you can select your mode of transportation by car, public transit, walking, or biking. Google Maps also allows you to search by category, such as "hair salon," and will return the search results within the map. You can find the Google Maps website [here](#).

Yelp is a popular website that allows you to search by category and is reviewed by patrons at a particular venue. Find more information [here](#).

B. Public Transportation

SEPTA

SEPTA (Southeastern Pennsylvania Transportation Authority), Philadelphia's local public transportation system, operates buses, subways, trolleys, and regional rails throughout the Philadelphia area. You can

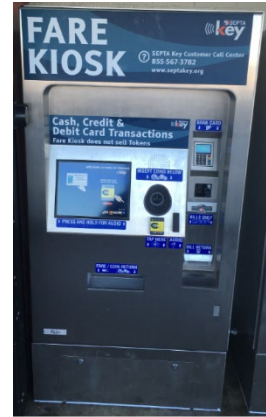
acquire route maps at the train stations, in our office, or on Septa's website [here](#). The base fare for buses, subways, and trolleys is \$2.50 (subject to increase). The fare for regional rails differs depending on the zone of destination stations. Find more information about SEPTA fares [here](#).

SEPTA Key Card



Septa Key Card (pictured left) is a reusable card that lets you load/reload money for your fare. The use of this card provides a discount. Find more information [here](#).

At a Fare Kiosk (self-serve fare purchase system pictured right), you can buy a Key Card, load/reload a fare, and check the balance on your card. Kiosks accept credit, debit, and cash. The Fare Kiosk also sells a Quick Trip for customers without a Key Card and those occasional riders who only want to purchase a single ride fare.



PATCO

The PATCO Hi-Speed Line links Philadelphia with Southern New Jersey. PATCO stations are located at 8th & Market Street., 9th & 10th & Locust Streets, 13th & 14th & Locust Streets, and 15th & 16th & Locust Streets. For more information, go to PATCO's website [here](#).

Commuter Services at Jefferson

Anyone with a Jefferson ID badge may be eligible for discounts on public transportation and parking through the Commuter Services Office. The office is in the Jefferson Bookstore, at 1100 Walnut Street, Suite 102. For information, go to the Commuter Services Office website [here](#).

Train

The national rail service in the United States is known as Amtrak. You can get an Amtrak train from 30th Street Station in Philadelphia. Find more information [here](#).

C. Other Modes of Transportation

Ridesharing

The two most common ridesharing apps that are used in Philadelphia are Lyft and Uber. You will need a U.S. debit or credit card and a local U.S. number to book a ride. Both companies use individual contractors to pick up passengers and have options to rideshare or be the only passenger. It is a convenient way to get around the city if it is late at night or public transportation is not near and accessible to your destination. Check the license plate and the driver's name before getting in the car. Note: Jefferson assumes no liability for nor endorses these companies.

Taxicabs

Taxi (or "cab") service is usually more expensive here than in other countries. Although taxis are less common in Philadelphia because of the popularity in ridesharing services, it is another alternative if you must travel late at night. Taxis have meters that show the fare. Paying an additional 15 percent of the fare as a "tip," or gratuity, is customary.

Bicycling

Bicycles are a convenient way to get around the city. Bicycle Coalition of Greater Philadelphia is a resource (see website [here](#)) to look at maps and get information on getting around by bike. Google Maps also provides a feature that allows you to find a bicycle route to your destination. You can access Google Maps either by app or website [here](#).

Bicycle thefts are common in the city. See the website [here](#) for more information on how to avoid bike theft.

If you do not have a bike, bike rentals are possible through various Indego locations. Check the Indego website [here](#).

Private Car or Rental

If you want to rent a car, you must have a valid driver's license.

Some rental car companies include:

Avis- website [here](#)

Budget- website [here](#)

Enterprise- website [here](#)

Hertz- website [here](#)

National- website [here](#)

Zip Car- website [here](#)

Check each website for rental prices and details.

Inter-city Bus

Megabus and BoltBus provide affordable travel options between cities such as New York, Baltimore, and Washington D.C. You can only book tickets online. Find more information on Megabus [here](#) and BoltBus [here](#). The Greyhound bus station is a short walk north of campus on Filbert Street and has routes to New York and Washington, DC

Hitchhiking

Hitchhiking is a means of transportation that is gained by asking individuals, usually strangers, for a ride in their car or other vehicles. It is illegal in many states and is **EXTREMELY DANGEROUS**. Do not pick up a hitchhiker or be a hitchhiker.

V. IDENTIFICATION DOCUMENTS

A. Jefferson Identification Card

Thomas Jefferson University affiliated visitors, students, and staff members receive a Jefferson identification card, which is required to enter buildings on campus.

You can also load campus currency onto your I.D. card for printing at the library and on and off-campus purchases. See more information [here](#).

If you have issues with your Jefferson ID card, go to the Photo ID Center at 1100 Walnut Street, Suite 102.

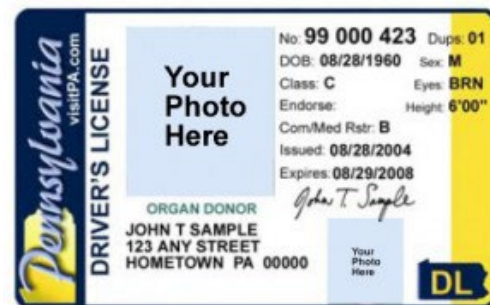
B. Driver's License or State Photo ID Card

While a passport can be used as proof of identity, most Americans use a driver's license as identification. You can also apply for a Pennsylvania State ID card instead of a driver's license.

C. Pennsylvania Driver's License

Pennsylvania will only issue driver's licenses for international visitors with I-20 and DS-2019 forms whose program duration is at least one year. Note that car insurance is required for car owners in Pennsylvania and can be expensive.

See the [Appendix](#) for more details on how to obtain a Pennsylvania driver's license.



D. PHL City ID

The PHL City ID provides a secure and affordable photo identification card for anyone living in Philadelphia, age 13 and older. It is especially beneficial for those who have difficulty obtaining other forms of identification. The PHL City ID displays the cardholder's name, address, date of birth, and self-identified gender. It assigns a unique identification number to each Philadelphian and shows the card's issue and expiration date. See more information [here](#).

VI. BANKS AND BANKING SERVICES

Banks offer savings and checking accounts, safe deposit boxes, international currency exchanges, loans to qualified customers, and varying interest rates. When choosing a banking service, ensure that the federal government, or "FDIC," insures it. You can look up any bank [here](#) to confirm it is FDIC certified.

A. Opening a Bank Account

To open a bank account, you must show evidence of your legal immigration status and a local address in the United States. Some banks do not require a social security number to open an account, but you may

need two forms of ID. There are numerous banks near Jefferson. Many banks allow you to pay bills via the internet. Inquire at your bank if you are interested in this service. Check the banks near Jefferson [here](#)

Debit Cards

A debit card, also called a check card, is a payment card that deducts money directly from a checking account to pay for a purchase. Debit cards eliminate the need to carry cash or physical checks. They usually have a daily purchase limit, meaning it may not be possible to make a substantial purchase with a debit card, which prevents the user from going into debt. This card also lets the user withdraw cash from ATMs (Automated Teller Machine).



Automatic Teller Machines (ATMs)

The Automated Teller Machine (ATM) is a device through which bank customers can make deposits or withdrawals at any time of the day, any day of the week, using a debit card and a secret PIN (personal identification number). Follow the instructions on the automatic teller. You will be notified and allowed to cancel the transaction if there is a fee. Fees range from \$1 to \$3 per transaction if you use an ATM from other banks.

ATMs are located at banks, supermarkets, shopping centers, and Jefferson's campus buildings.

Credit Cards

In the United States, an individual's credit score is a number representing the probability that an individual will make payments on time. Having a high score can benefit you in many ways. It can make it easier for you to rent an apartment, lower your insurance rate, or get a loan.

Many new international students and scholars will not have any credit history in the United States and may find it challenging to obtain a credit card. Some banks and institutions will allow you to apply for a prepaid credit card to build a credit history. Prepaid credit cards function like debit cards. Ask your bank if there is the option to build a credit history with these prepaid credit cards.

If you decide to pursue obtaining a credit card, please be sure you fully understand how they work to avoid going into debt. You can learn more about credit cards and credit scores [here](#).

VII. COMMUNICATION SERVICES

A. Using Telephones

Telephone numbers in the U.S. are composed of ten digits: a three-digit "area code" followed by another seven digits. Some area codes around Philadelphia include 215, 610, and 267. In southern New Jersey, area codes are 609 and 856.

B. Internet Access

All Jefferson buildings have internet access, and some have wireless access. If you are employed at Jefferson, you must speak with your department to get a campus key. If you are a student, you should have already received a campus key during the admissions process. Should you need assistance with your wireless setup at Jefferson's Center City campus, please call the IS&T Service Desk at 215-503-7975. Some coffee shops and bookstores (Starbucks, etc.) offer wireless services for little or no fee if you have a laptop computer or a smartphone.

VIII. MEDICAL CARE AND EXPENSES

A. General Nature of the U.S. Medical Care

The medical care delivery system in the U. S. has two characteristics that distinguish it from many others worldwide. First, it devotes considerable resources to prolonging people's lives with serious illnesses or unusual injuries. Medical care costs reflect the enormous research, medication, and technology investments required to make this type of care available.

Secondly, there is no federally supported system for paying individuals' medical costs.

The result of these and other factors is that *medical costs in the U. S. are incredibly high, and they must be paid by the individual incurring them*. Individuals can buy insurance that will cover some of their medical expenses, but no insurance plan covers *all* medical expenses.

B. Insurance

F-1 Students: All enrolled students are required by Jefferson to have health insurance and to complete the enrollment or waiver process for each academic year. Getting a health insurance provider other than Jefferson must meet the stated minimum requirement to qualify for a waiver. See the Office of Student Life and Engagement's website [here](#) for more information.

J-1 Students and Scholars: The U.S. Department of State requires all J-1 Exchange Visitors and their J-2 dependents to have insurance for the entire duration of their J program. Willful failure to maintain insurance requirements will result in the termination of your exchange visitor program. Minimum requirements for insurance coverage are found in [22 CFR 62.14].

Minimum requirements for J-1 program participation

- Medical benefits of at least \$100,000 per accident or illness
- Repatriation of remains in the amount of \$25,000
- Expenses associated with the medical evacuation of the exchange visitor to their home country in the amount of \$50,000
- The deductible does not exceed \$500 per accident or illness

Find the category relevant to you below to learn how to meet the insurance requirement.

Category	Do I need to buy insurance?
A scholar employed by Jefferson who will receive health benefits immediately	YES. Although Jefferson’s health insurance benefits through Human Resources cover you after you sign up, you must purchase supplemental insurance to cover repatriation of remains and medical evacuation for the entire duration of your program.
A scholar employed by Jefferson or Jefferson affiliations who will receive health benefits on the first day of the month following your employment start date.	YES. Jefferson’s health insurance coverage starts on the 1 st of the month. If you do not start employment on the 1 st of the month, you will need to purchase insurance that meets all J-1 criteria until Jefferson’s health insurance becomes effective. Make sure you sign up for Jefferson's health insurance benefits on time through Human Resources. From the time your Jefferson health insurance becomes effective, you must also ensure that you purchase supplemental insurance to cover repatriation of remains and medical evacuation for the entire duration of your program.
A scholar employed by Jefferson affiliates who will receive health benefits	MAYBE. You must be sure that your health insurance starts at the start of your program. You may need to purchase separate medical evacuation/repatriation insurance covering the whole period of your program. Check with your insurance provider and/or employer to ensure all J-1 insurance criteria are covered.
A scholar who is not employed by Jefferson or Jefferson affiliations	YES. Visit our website to see the list of insurance companies on J-1 insurance here .
A full-time student at Jefferson	YES. All students are required to have health insurance. Jefferson student health insurance meets the minimum requirements for J-1 compliance. If you formally waive out of the Jefferson health insurance plan through the Office of Student Life and Engagement, you must ensure that your insurance meets the minimum J-1 requirements.

Additional Considerations When You Buy Insurance

- An insurance policy secured to meet the benefits requirements must be underwritten by an insurance corporation with an A.M. Best rating of "A-" or above, an Insurance Solvency International, Ltd. (ISI) rating of "A-I" or above, a Standard and Poor's Claims Paying Ability rating of "A-" or above, or a Weiss Research, Inc. rating of B+ or above.
- To avoid reimbursement issues for any medical costs with non-U.S. insurance plans, we strongly recommend that you enroll in an eligible insurance plan from a U.S. insurance company. Contact the health insurance provider should you have questions about their plan.
- Should you arrive earlier than your start date, we strongly recommend coverage starting from the day of your arrival.
- You must show proof of insurance at the check-in appointment with OIA

- Health insurance in the U.S. can be confusing especially for people living in the U.S. for the first time. To learn more about how health insurance in the U.S. works, you may view the video [here](#). For a definition on other health insurance terms, click [here](#).
- Find insurance options [here](#).

IX. TAXES

Taxes are typically filed every April 15 if you have income. If you don't have income, you are still required to file Form 8843 by June 15. Form 8843 is not an income tax return. Form 8843 is merely an informational statement required by the U.S. government for certain nonresident aliens (including the spouses or dependents of nonresident aliens).



The Payroll Office should contact those that receive a paycheck from Jefferson to open a Glacier international tax analysis account to determine your taxability status, either nonresident or resident. Contact Payroll Manager Mike Lucey at michael.lucey@jefferson.edu if you have not already received your invitation to establish your account.

If you are employed or need to file taxes for income received from the prior fiscal year, you must file federal and state income taxes. Jefferson offers nonresident taxpayers free federal tax filing through our partner Sprintax. As tax season approaches, information about accessing Sprintax's tax filing platform and completing the necessary forms will be provided. Note that OIA does not offer advice on specific tax situations. If you require specific tax advice, please contact a tax consultant or our partner, Sprintax at hello@sprintax.com.

A. Social Security Number (SSN)

The Social Security number is a tax identification number that is often used for many other purposes, such as applying for a driver's license or phone services. F-1 students are eligible for an SSN only if they are employed, have a doctoral stipend or compensatory scholarship for research. J-1 scholars are eligible for a Social Security number if they are employed by a U.S. employer. F-1 Students and J-1 Exchange Visitors can request a support letter through the International Services Portal. See the [Appendix](#) for more details.

If you obtain a Social Security card, keep the number and card in a safe place. The Social security number can be used for identity theft, so always be careful about sharing your number, even when you are asked for it. Ask why your number is needed, how it will be used, and what will happen if you refuse. You can help the Social Security Administration (SSA) keep your information safe by taking action [here](#).

B. ITIN Number

An Individual Taxpayer Identification Number (ITIN) is a tax processing number issued by the Internal Revenue Service. The IRS gives ITINs to individuals who are required to have a U.S. taxpayer identification number but do not have, and are not eligible to obtain, a Social Security number (SSN) from the Social Security Administration (SSA). More information is found [here](#).

C. Internal Revenue Service (IRS)

The Internal Revenue Service (IRS) is part of the United States federal government and is the government agency responsible for collecting taxes and enforcing tax laws. If you need to visit the Internal Revenue Service (IRS) office, it is located at:

600 Arch St. #1507
(267) 941-6800, 1-800-829-1040
Website [here](#)

For Canadian International Students Only:

If you are a student and a Canadian resident that needs assistance in confirming tuition/enrollment, please contact Student Accounts [here](#).

X. CULTURAL ADJUSTMENT

It can be challenging at first to adapt to a new environment. The typical pattern of cultural adjustment consists of four phases: Honeymoon, Culture Shock, Recovery, and Adjustment.

The honeymoon phase is best described by feelings of excitement and optimism often experienced when one enters an unfamiliar environment or culture. People are likely to focus on the positive aspects of the new environment.

The culture shock phase describes the anxiety, surprise, or confusion one feels when experiencing a different environment. People experience difficulties in adjusting to the new culture and understanding what is appropriate and what is not. Some signs of culture shock include homesickness, sadness, depression, and discontent about the host country.

Recovering from culture shock is handled differently by everyone because everyone has unique strengths and weaknesses that influence our experiences. During this period, people begin to accept the negative changes and find new ways to deal with the situation.

With time and patience, you will experience the positive effects of cultural adjustment. You will gradually feel more comfortable and expand your social networks in your new environment. You will learn to accept and practice parts of the new culture.

Should you need support during the culture shock and recovery phase, please refer to the **X. COUNSELING** section.

XI. COUNSELING



A. Students

The Student Counseling Center (SCC) offers individual counseling, brief treatment interventions, crisis assessments, and referral services to Jefferson students. The SCC also offers group psychotherapy and psychiatric/psychopharmacological services when clinically appropriate. Counseling and support services are also available for Thomas Jefferson University Hospital (TJUH) residents through the Emotional Health and Wellness Program for House Staff. The SCC also sponsors various wellness workshops and health education seminars for students and TJUH residents throughout the year.

For more information, visit their site [here](#).

B. Jefferson Employees

Jefferson employees can check with their insurance provider for coverage and a listing of doctors.

Employees also have access to the following resources:

Mental Health Referrals:

- First CALL Employee Assistance Program for Center City, Methodist, Northeast, East Falls employees 1-800-382-2377
- CareerBridge Employee Assistance Program for Abington, New Jersey, Magee employees 1-800-437-0911
- Pastoral Care Hotline for Jefferson clinicians caring for patients 215-955-3303

Suicide Prevention Lifeline

- National Suicide Prevention Lifeline 1-800-273-TALK

C. Non-Jefferson Employees

Non-Jefferson employees can make appointments with a doctor within their insurance network. Check with your insurance provider for coverage and a listing of doctors.

D. Recommended Doctors and Counseling Centers

Below is a listing of counseling centers/doctors recommended by the Department of Psychiatry and Human Behavior at Jefferson if you seek care outside of Jefferson.

Psychotherapy

Hornstein, Platt, and Associates
Website [here](#)

Springfield Psychological Group Practice
Website [here](#)

Lisa Gottesman, LCSW
lisa@lgottesmantherapy.com
Website [here](#)

Equilibria
Website [here](#)

PsyCare Solutions
Website [here](#)

Life Counseling – Center City
Website [here](#)

Bloomgarden, Ostroff & Associates
Website [here](#)

Thriveworks Counseling
Website [here](#)

Harmony Mental Health
Website [here](#)

Psychiatry/Medication Management

Springfield Psychological Group Practice, Philadelphia office
Website [here](#)

PsyCare Solutions at Thomas Jefferson University Hospital
Website [here](#)

Life Counseling – Center City
Website [here](#)

Harmony Mental Health
Website [here](#)

Hornstein, Platt and Associates
Website [here](#)

Herbert Adler, MD
Website [here](#)

Tal Weinberger, M.D.
Website [here](#)

Eileen Bazelon, M.D.
Website [here](#)

Nick S. Garg, MD
Website [here](#)

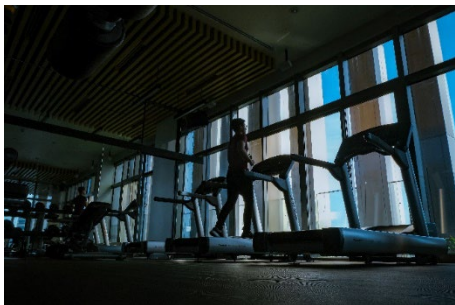
Tracy Jones, M.D.
Website [here](#)

Jonathon Indik, M.D.
Website [here](#)

James Nelson, M.D.
Website [here](#)

Chris Pagnini, M.D.
Website [here](#)

XII. FITNESS

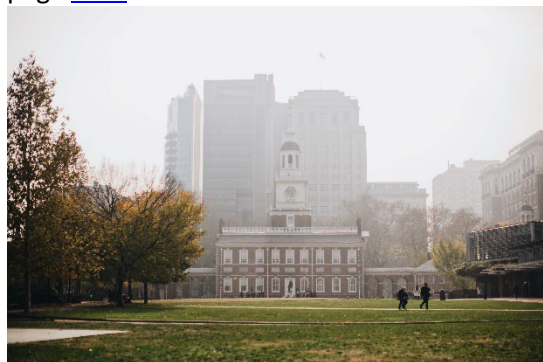


Jefferson Fitness and Recreation Center is accessible to students, employees, and visitors. Full-time and part-time employees and visitors can access the gym for a fee. You can find more details [here](#).

Other local private fitness venues provide discounts for Jefferson employees. Please refer to the Human Resources' Employee Discounts Guide [here](#).

XIII. TOURISM

Philadelphia is rich in its history and there are many sites to visit and things to do. Visit Philly is a website that provides a complete listing of tourist destinations in and around Philadelphia. Find more information visit the web page [here](#). See [here](#) to find updated information about weekly events in Philadelphia. Thrillist is another site that keeps you updated on upcoming events in Philadelphia and the country. See the web page [here](#) for more information.



XIV. RESOURCES

A. Departments and Colleges

Office of International Affairs- offers regulation-specific advising and workshops. See our website [here](#).

Academic Programs- information regarding your program, courses, and curriculum

- For information regarding the College of Health Professions, click [here](#)
- For information regarding the College of Life Sciences, click [here](#)
- For information regarding the College of Pharmacy, click [here](#)
- For information regarding the College of Population Health, click [here](#)
- For information regarding the College of Nursing, click [here](#)
- For information regarding the College of Sidney Kimmel Medical College, click [here](#)
- For information regarding the College of Rehabilitation Sciences, click [here](#)

International Student Liaisons (ISLs)- peer contacts here to support you on all non-regulatory information such as their experience in the program, life in Philadelphia and their overall experience at Jefferson. OIA will provide you with contact information if there is an International Student Liaison at your College.

Information Services & Technology (IS&T)- for IS&T Solutions Center, click [here](#) or call 215-503-7975

Office of Student Life and Engagement (OSLE)- organizes student activities, oversees student health insurance, and manages student organizations. See OSLE's website [here](#).

Housing and Residential Life-see [here](#) for information regarding on-campus housing options and pricing

Registrar Office- for information regarding registration, course scheduling, and transcripts, click [here](#)

Financial Aid- for information regarding tuition payments, click [here](#).

Student Personal Counseling Center (SCC)- offers various counseling and support services to help students in times of need. For more information, click [here](#).

Career Development Center- for more information on job search strategies, interviews, and resumes, click [here](#)

Office of Diversity and Inclusion- see [here](#) for more information on Jefferson's diversity and inclusion initiatives

Scott Memorial Library- provides databases, full-text collections, and almost all library services. See [here](#) for more information.

B. Jefferson Postdocs

Office of Postdoctoral Affairs- provides all postdocs at Jefferson with an opportunity to participate in the Postdoc Buddy Program. In the program, a postdoc is paired with another postdoc at Jefferson and gets support related to settlement, navigating the city, professional networking, etc. See [here](#) for more information.

Jefferson Postdoctoral Association (JPA)- a liaison association for Jefferson postdocs. JPA can give general information about settling in and provide social and professional events to all Jefferson postdocs. See [here](#) for more details.

English Language Resources

The locations below are some organizations that provide English as Second Language courses for adults who wish to improve their English skills.

Al-Bustan Seeds of Culture
3645 Lancaster Avenue, Philadelphia, PA 19104
267-809-3668
Website [here](#)

Garces Foundation
1901 S 9th Street, Philadelphia, PA 19148
267-284-7905
Website [here](#)

Beyond Literacy
229 N. 63rd St. Philadelphia, PA 19139
1420 Pine St. Philadelphia, PA 19102
100 W. Oxford St. Philadelphia, PA 19122
215-474-1235
Website [here](#)

IHM Center for Literacy
929 S. Farragut Street Philadelphia, PA 19143
7341 Cottage Street Philadelphia, PA 19136
215-338-3120
Website [here](#)

Congreso de Latinos Unidos
2800 N American St. Philadelphia, PA 19133
215-763-8870
Website [here](#)

Nationalities Service Center
1216 Arch Street, 4th Floor, Philadelphia, PA 19107
215-893-8400
Website [here](#)

Providence Center
2557 N 5th Street Philadelphia, PA 19133
215-739-7465
Website [here](#)

PEDAL at UPenn
3700 Walnut Street, Philadelphia, PA 19104
Register online
Website [here](#)

Temple University WELL Program
ECEC 1509 Cecil B. Moore Ave, Suite 415
Philadelphia, PA 19122
215-204-7491
Website [here](#)

SEAMAAC
1711 S. Broad Street Philadelphia, PA 19148
267-223-5236
Website [here](#)

Let's Talk Philly Conversation Circles
211 N. 13th Street, 4th Floor, Philadelphia, PA
19107 (Welcoming Center)
Website [here](#)

Oxford Circle Christian Community Development
Association
900 Howell Street Philadelphia, PA 19149
adulteducation@occcda.org, 215-288-8504
Website [here](#)

Free Library of Philadelphia
Various locations in Philadelphia
Website [here](#)

C. Cultural Community Resources in the Greater Philadelphia Region

Africa & The Caribbean

1. African Cultural Alliance of North America provides culturally sensitive social services, cultural programs, economic and workforce development programs, community engagement and development programs, and other services targeting mainly African and Caribbean immigrants in the United States. More information can be found [here](#).
Phone: (215) 729-8225

2. Philly Nigerian Professionals is a professional organization that aims to build and strengthen connections among Nigerian and Nigerian-American students and professionals through social networking, professional development, and charitable events. Despite the name, you do not have to be Nigerian to be a part of PNP. PNP has members from all over the African Diaspora. More information can be found [here](#).
Phone: (267) 571-9849
Email: phillynaijaprofessionals@gmail.com

Asia

3. Asian Arts Initiative is a multi-disciplinary and community-based arts center in Philadelphia that advances racial equity and understanding, activating artists, youth, and their communities through creative practice and dialogue grounded in the diverse Asian American experience. More information can be found [here](#).
Phone: (215) 557-0455
Email: info@asianartsinitiative.org

4. Council of Indian Organizations in Greater Philadelphia is a non-profit organization formed primarily for cultural and educational purposes. They provide civic and political education to people of Indian origin

and foster friendship and understanding between people of Asian-Indian origin and others. More information can be found [here](#).

Email: president@indiacouncil.org

5. Japan America Society of Greater Philadelphia is a private non-profit organization that has inspired mutual curiosity, understanding, and collaboration between Japan and Philadelphia for more than 30 years through art, business, and culture. The organization operates and organizes the Shofuso Japanese House and Garden, the Subaru Cherry Blossom Festival, a US-Japan Business and Public Policy Series, and provide Japanese arts, business, and programming for all ages. More information can be found [here](#).

Phone: (267) 237-3550

6. Philadelphia Chinatown Development Corporation provides services focused on creating Chinatown as a regional destination, helping low-income families meet basic needs, empowering youth, preserving heritage, and promoting the businesses and residents of the Chinatown community and beyond. More information can be found [here](#).

Phone: (215) 922-2156

7. The Korean Cultural Foundation assists in fostering a better understanding of Korean culture. It also helps to reduce the gap between first, second, and third generations in the Korean community to preserve and promote Korean culture and heritage; develop Korean cultural activities that are appropriate for the local community. More information can be found [here](#).

Phone: (484) 213-4603

Email: info@kculfoundation.org

8. The Mainline Indian Association aims to promote local intracultural and intercultural connections by providing a forum for the fostering and sharing Indian culture through educational, cultural, and social programs and activities. More information can be found [here](#).

Email: mainlineindianassociation@gmail.com

9. The Philadelphia Korean Scholars Association is aimed at promoting networking among Korean scholars in the greater Philadelphia area. PKSA welcomes new Korean scholars in the region regardless of research fields and affiliations. PKSA holds bi-weekly meetings on Friday at 6 pm. More information can be found [here](#).

Email: pksa.scholar@gmail.com

Europe

10. The American-Italy Society of Philadelphia promotes a broader understanding of the Italian cultural and artistic heritage through lectures, films, concerts, and language studies. It has several hundred members in the Philadelphia area who share a love for Italy by regularly participating in this program. More information can be found [here](#).

Phone: (215) 735-3250

Email: info@aisphila.org

11. Turkish American Friendship Society of U.S. is a non-profit organization that promotes better understanding and friendship between Turkish and American communities through educational, cultural, and social activities. More information can be found [here](#).

Email: info@tafsus.net

Islamic Resources

12. Al-Aqsa Islamic Society was established in 1989 to maintain the Islamic Identity and to protect and sustain the Islamic Community in Philadelphia. The task is fulfilled through many services this society offers to the Muslims and Arab Communities in the Greater Philadelphia area. More information can be found [here](#).

Phone: (215) 765-2743

13. United Muslim Masjid was established on October 11, 1994, and its goal is to build a strong Islamic community on Qur'an and Sunnah, and is devoted to serving the religious, social, and educational needs of the Muslim community of Philadelphia. More information can be found [here](#).

Email: info@ummonline.org

Latin America & Mexico

14. Acción Colombia aims to develop leadership in the Colombian and Latin American communities by fostering art, culture, and civic participation in the Tri-State area of Pennsylvania, Delaware, and New Jersey. More information can be found [here](#).

Phone: (267) 338-6787

15. Centro Nueva Creación is a non-profit with a mission to promote resilience in young people through educational enrichment and engagement with the arts and Latino cultures. More information can be found [here](#).

Phone: (215) 426-8762

Email: goodlands.director@gmail.com

16. The Mexican Cultural Center is a non-profit organization devoted to promoting understanding and awareness of Mexico's cultural and artistic diversity and its influence in the Delaware Valley in the United States. More information can be found [here](#).

Phone: (215) 592-0410

Email: info@mexicanculturalcenter.org

Middle East

17. Al-Bustan Seeds of Culture is rooted in Arab arts and language and offers artistic and educational programming that enriches cross-cultural understanding and celebrates diversity. They serve youth and adults of all ethnic, religious, and socio-economic backgrounds while supporting the pursuit and affirmation of Arab American cultural identity and playing a constructive civic role within broader American society. More information can be found [here](#).

Phone: (267) 809-3668

18. Shabahang is a non-religious, non-political, non-profit organization. Since its establishment in 1990, Shabahang has served as a platform for cultural expression and intellectual discourse for Iranians and those interested in Iranian culture. Additionally, the organization fosters community engagement with its many events and scholarship opportunities. More information can be found [here](#).

Email: contact@shabahang.org

XV. IMMIGRATION GLOSSARY

General Immigration Terms		
Term	Definition	Related Visa Type
Academic Training (AT)	Employment training or practical experience up to 18 months related to the J-1 student's field of study. Students can participate in Academic Training part-time during the academic year or full-time after their program end date.	J
Alternate Responsible Officer (ARO)	A person recognized and authorized by the Department of State to support the Responsible Officer. The ARO advises J-1 exchange visitors in areas of federal laws and regulations and administers federal forms that are related to the status/activities of J-1 exchange visitors.	J
Designated School Official (DSO)	The person designated by a SEVP-approved school to support the Principal Designated School Official, who advises F-1 students and maintains SEVIS records.	F
Duration of Status (D/S)	Duration of Status or D/S is the length of time for which you may stay in your F or J status in the United States. D/S is based on the completion date on your I-20 or DS-2019, plus a 60 or 30-day grace period.	F, J
Employment Authorization Document (EAD)	Also known as Form I-766, is a work permit document issued by the United States Citizenship and Immigration Services (USCIS) that provides temporary employment authorization to noncitizens in the United States.	ALL
Exchange Visitor (EV)	An individual approved to come to the United States on a J-1 nonimmigrant visa to participate in the exchange visitor program.	J
F-1	International students pursuing a full course of study in a college, university, seminary, conservatory, academic high school, private elementary school, other academic institution, or accredited language training program in the United States where SEVP (Student and Exchange Visitor Program) has approved to enroll foreign students.	F
F-2	A foreign national who is the spouse or qualifying child (under the age of 21) of an F-1 nonimmigrant.	F
Grace Period	A period given to F and J nonimmigrants following the completion of their program. Those on F status have 60 days, and those on J status have 30 days after their confirmed	F, J

	program end date. Consult the International Office for more details about your status and options during your grace period.	
Immigrant	A person who comes to live permanently in the U.S.	
In Status	An individual is considered in valid status ("in status") if they are following all terms and conditions of their visa classification.	ALL
J-1	Foreign nationals selected by a sponsor, designated by the United States Department of State, to temporarily participate in an exchange visitor program in the United States.	J
J-2	The accompanying spouse or minor child(ren) (under 21 years old) of an exchange visitor (J-1) who temporarily enters the United States on a J-2 visa.	J
Nonimmigrant	A person with permanent residence outside the U.S. who wishes to be in the U.S. on a temporary basis – for example, for tourism, business, temporary work, study, or medical treatment.	F, J
Nonimmigrant Intent	Most foreign nationals applying for a U.S. nonimmigrant visa must demonstrate that they plan to return home when they are done with their intended program or activity. This standard, known as Nonimmigrant Intent, requires the individual to have ties to home countries that he or she has no intention of abandoning.	F, J
Optional Practical Training (OPT)	F-1 Students are eligible for a maximum of 12 months of OPT work authorization. Positions must be related to the student's major. Pre-completion OPT is during the student's program, allowing work part-time while still engaged in coursework. Post-completion OPT takes place after the program. OPT for F-1 students at Jefferson is recommended by OIA and authorized by USCIS.	F
Passport	An official document issued by a government certifies the holder's identity and citizenship and entitles them to travel under its protection to and from foreign countries. The expiration date of a passport should be a minimum of 6 months into the future while in the United States.	ALL
Port-of-Entry (POE)	A place where one may lawfully enter a country.	ALL
Request for Evidence (RFE)	Request for evidence; a letter the USCIS uses to request additional information on a pending case.	ALL
Social Security Number (SSN)	A nine-digit number issued to U.S. citizens, permanent residents, and temporary (working) residents under section 205(c)(2) of the Social Security Act. The number is issued to an individual by the Social Security Administration. Its purpose is to identify and accurately record covered wages or self-employment earnings.	ALL
STEM Optional Practical Training (STEM OPT)	STEM refers to Science, Technology, Engineering, and Mathematics. Eligibility for STEM OPT is based off of the STEM eligible CIP code of a student's major. The individual must also be in a valid period of Post-completion OPT to apply and be employed with an E-verify employer.	F

Violation of Status/Out of Status	An individual is considered "out of status" or violating their "in status" designation when they do not fulfill the terms and conditions of their visa classification.	ALL
Visa	A document placed into the passport of a foreign national by a U.S. Consulate which authorizes the individual to present him/herself at a USCIS Port-of- entry (POE) and request admission into the United States with a specific type of immigration status (e.g., F-1, J-1, M-1). The visa does not indicate how long a person may remain in the U.S. A visa is not required for Canadians to enter the U.S.	ALL
212(e)	Only applicable to J visa holders; A statutory reference to a 2-year home country physical presence requirement and waivers	J
Government Organizations/Systems		
Term	Definition	Related Visa Type
Customs & Border Protection (CBP)	U.S. Customs & Border Protection is a federal law enforcement agency of the U.S. Department of Homeland Security charged with regulating and facilitating international trade, collecting import duties and enforcing U.S. regulations including trade, customs and immigration.	ALL
Department of Homeland Security (DHS)	U.S. Department of Homeland Security is responsible for counterterrorism, cybersecurity, aviation security, border security, port security, maritime security, administration and enforcement of our immigration laws, protection of our national leaders, protection of critical infrastructure, cybersecurity, detection of and protection against chemical, biological and nuclear threats to the homeland, and response to disasters.	ALL
Department of Labor (DOL)	U.S. Department of Labor fosters, promotes, and develops the welfare of the wage earners, job seekers, and retirees of the United States; improves working conditions; advances opportunities for profitable employment, and assures work-related benefits and rights.	ALL
Department of State (DOS)	U.S. Department of State's primary goal is to shape a freer, more secure, and more prosperous world through formulating and implementing the President's foreign policy while supporting and protecting American interests abroad.	ALL
Immigration and Customs Enforcement (ICE)	The U.S. Immigration and Customs Enforcement is a bureau within the U.S. Department of Homeland Security whose mission is to protect America from cross-border crime and illegal immigration that threaten national security and public safety.	ALL
Social Security Administration (SSA)	The Social Security Administration assigns Social Security numbers and administers the Social Security retirement, survivors, and disability insurance programs. They also administer the Supplemental Security Income program for the aged, blind, and disabled.	ALL

Student and Exchange Visitor and Information System (SEVIS)	A web-based system for maintaining information on international nonimmigrant students and exchange visitors in the United States. It is the core technology for the Department of Homeland Security which collects current information from nonimmigrant students and exchange visitors during their course of stay in the United States.	F, J
Systematic Alien Verification for Entitlements (SAVE)	Department of Homeland Security's data system that is used by the Social Security Administration (SSA) and Department of Motor Vehicles (DMV) to verify nonimmigrant status.	F, J
U.S. Citizenship and Immigration Services (USCIS)	U.S. Citizenship and Immigration Services, a bureau within the U.S. Department of Homeland Security and the federal agency that oversees lawful immigration to the United States. Some of the services provided include working in the U.S. and verifying an individual's right to work and citizenship.	ALL
Forms		
Term	Definition	Related Visa Type
DS-160	Online Nonimmigrant Visa Application Form: A new online form issued by the DOS to streamline and combine several of the current DOS application forms (DS-156, DS-157, DS-158) into one form that can be submitted electronically.	F, J
DS-2019	Certificate of eligibility for J exchange visitor status, issued through SEVIS (Student and Exchange Visitor Information System) by an exchange visitor program designated by the Department of State.	J
I-901	Form used to pay the SEVIS fee.	F, J
I-94	A record of a nonimmigrant's admission through a U.S. port of entry or departure is found here .	ALL
I-20	Certificate of eligibility for F or M student status, issued through SEVIS by a school designated by the Department of Homeland Security to indicate that a prospective student will study full-time or perform research for which academic credit will be awarded. This form is required to obtain a visa to enter the United States.	F
I-765	The USCIS Application for Employment Authorization is used when applying for Optional Practical Training.	F
I-9	A United States Citizenship and Immigration Services (USCIS) form used by Human Resources to verify the identity and employment authorization of individuals hired for employment in the United States.	ALL

APPENDIX I. CAMPUS MAP



- | | | |
|--|--|--|
| 1 Jefferson Hospital for Neuroscience
9th and Walnut Streets | 7 Clinical Office Building
909 Walnut Street | 12 Benjamin Franklin House
834 Chestnut Street |
| 2 Gibbon Building
111 South 11th Street | 8 925 Chestnut Rothman Institute
925 Chestnut Street | 13 Outpatient Rehab
25 South 9th Street |
| 3 833 Chestnut Street | 9 Medical Office Building
1100 Walnut Street | 14 1015 Chestnut Street |
| 4 Main Building - Emergency Room
132 South 10th Street | 10 Foerderer Pavilion
125 South 11th Street | 15 901 Walnut Street |
| 5 Wills Eye Hospital
840 Walnut Street | 11 Bodine Building
11th & Sansom Street | 16 914 Chestnut Street |
| 6 Walnut Towers
850 Walnut Street | | 17 Jefferson Center
1101 Market Street |

Pennsylvania Department of Transportation, 801 Arch St. See the map [here](#).

Social Security Administration, 1500 John F Kennedy Blvd #2000A. See the map [here](#).

APPENDIX II. DRIVER'S LICENSE AND STATE ID

A. Basic Steps on How to Get a Driver's License in the USA

Steps to get a driver's license or a state I.D. in the United States do not vary from other countries. You first take a knowledge test and then the road test. Depending on the state, you go to a DMV office (Department of Motor Vehicles), DPS office (Department of Public Safety), or DOT office (Department of Transportation). All F-1 and J-1 international students, scholars, and their dependents that need a driver's license or state I.D. from any state in the United States must provide the documents below.

B. Required Documents

First-time License/State ID in the U.S.

For first-time Pennsylvania State ID requests, bring items #1-5 to the Pennsylvania Driver's License Center.

For first-time Pennsylvania Driver's License requests, bring items #1-6 to the Pennsylvania Driver's License Center.

1. **Documents:** Provide your passport, visa, and I-94 card/or admission number. (It does not matter if the visa in your passport has expired.)
2. **Valid I-20 or DS-2019:** Those in F status should bring their I-20, and those in J status should bring their DS-2019. Students and spouses in F status must have at least eleven months left (preferably 12 months or more) before the verified program end date in section 5 of the I-20 to qualify for an initial driver's license. Students, scholars, and dependents in J status must have at least eleven months (preferably 12 months or more) of the program end date in section 3 of the DS-2019 to qualify for an initial driver's license.
3. **Students on Pending/Approved Optional Practical Training:** Students on Optional Practical Training (OPT) must present their Employment Authorization Document (EAD). You may not receive your license or I.D. on the day you apply because the EAD needs to be verified by PennDOT.
4. **Proof of Residency in Pennsylvania:** Provide two documents showing where you live. Preferred documents include leases, housing contracts or mortgage papers; utility bills; local bank statements; and W-2 tax forms. However, when students do not have two of these, the Driver's License Office has been willing to accept other documents, such as a letter from the University Housing Office mailed to their on-campus residence.
5. **Social Security Card or Letter of Ineligibility:** Provide your Social Security Card if you are eligible for a Social Security Number. Students who do not qualify for a Social Security Number must obtain a rejection letter from the Social Security Office stating that ineligibility.
6. **Physical or Health Exam:** Have a physician complete and sign the Health Provider section on page 2 of Form DL-180. Click [here](#) to find Form DL-180.

Renew a State ID or Driver's License

A Pennsylvania Driver's license can be renewed up to 30 days before the end date on the I-20 or DS-2019. Your license will be valid up until the end of the grace period (60 days for F-1 and 30 days for J-1). Bring items #1, 2, 3, and 6 to the DMV for this application.

Transfer of another State License to a Pennsylvania License

Students, Scholars, or their dependents must bring items #1-6 and their out-of-state valid driver's license to the Driver's License Center.

During Optional Practical Training (OPT)

Students on OPT must bring their Employment Authorization Document (EAD) for all requests. To obtain a new license or transfer a license from another state, bring items #1-6. To renew your Pennsylvania license, bring items #1, 2, 3, 4, and 6.

International Driving Permit

Individuals who possess a valid foreign driver's license from their country are authorized to drive in Pennsylvania for up to one year from their entry into the United States or upon expiration of their foreign license, whichever comes first. International driving permits are strongly recommended but not required.

C. Procedure

After you gather the required documents above, you will need to bring them to your local PennDOT Driver's License Center if you live in Pennsylvania. You can find the nearest location [here](#). Should you live outside of Pennsylvania, you will need to obtain a driver's license from the state in which you reside.

If you have any questions on the above information, feel free to check the DMV/USCIS fact sheet [here](#).

APPENDIX III. SOCIAL SECURITY NUMBER

A. Eligibility & Required Documents

The Social Security Administration (SSA) will only assign social security numbers (SSN) to international students and scholars who meet one of the criteria for eligibility as shown in the chart below.

F-1 and J-1 students must request an OIA support letter through the International Services Portal. All other J-1 categories will receive an OIA support letter as part of the check-in process if needed.

Review REQUIRED DOCUMENTS PART A and PART B and take the necessary information to the Social Security Administration Office.

REQUIRED DOCUMENTS PART A

Status	Criteria for Eligibility	Eligibility Proof
F-1 and J-1 Students	On-campus Employment	<ul style="list-style-type: none"> Job offer letter on department letterhead AND OIA support letter
	Doctoral Stipend for Research	<ul style="list-style-type: none"> Letter with stipend award and amount on academic program letterhead AND OIA support letter
	Compensatory Scholarship for Research (ex. SI Award)	<ul style="list-style-type: none"> Award confirmation and amount on letterhead of department granting award AND OIA support letter
	Authorized Off-campus Employment	<ul style="list-style-type: none"> (F-1 only) Valid employment authorization card (EAD/OPT) for Optional Practical Training or Economic Hardship OR (J-1 only) Job offer letter on company letterhead; Academic Training or Economic Hardship authorization on your DS-2019 form and OIA support letter
J-1	Research Scholar, Professor, Short-Term Scholar, Student Intern	<ul style="list-style-type: none"> OIA support letter

REQUIRED DOCUMENTS PART B

In addition to the eligibility documents above, you will need all the following:

- Application for Social Security Card (SS-5) - You can print it out in advance by clicking [here](#), or you can fill it out upon arrival. There is no fee to apply for a social security number.
- Valid Passport
- F-1 or J-1 Visa
- I-20 or DS-2019 or proof of a change of status to F-1 or J-1
- I-94 admission number (Retrieve it [here](#))

If you have any questions about the above information, you can contact OIA at ويا@Jefferson.edu.

B. Location

You should go to the closest Social Security Administration office where you live with the required documents above. Find the SSA location within your area [here](#).

In addition to looking at your documents, an SSA clerk may interview you and ask a few routine questions. Be prepared for a long wait.

For more information, you can find the Social Security Administration website [here](#).