

J-1 Academic Training

J-1 students are permitted to accept employment directly related to their field of study through academic training. Academic training may not exceed a cumulative total of 18 months or the period of full course of study in the United States, whichever is less. Your J-1 program sponsor approves academic training. The following information is intended for students who are on Eastern Illinois University's J-1 exchange program.

You may apply for academic training in the following cases:

- During summer vacation, if you intend to register the following semester
- While school is in session for a maximum of 20 hours per week, which will be deducted from your total allotment at the *full-time* rate
- After completion of course work, but prior to deposit of thesis or dissertation
- After completion of course of study (application deadline is 30 days after your final registration)

To apply, make an appointment with your J-1 program sponsor and bring the following:

1. Your original DS-2019 (formerly IAP-66)
2. Passport
3. A letter of recommendation from your academic advisor. The letter must be on department letterhead and contain the following information:
 - Your name, date of completion or graduation, degree, and field of study;
 - The goals and objectives of the specific training program, including its location, the name and address of the training supervisor, number of hours per week, and the dates of the training;
 - How the training relates to your field of study; and
 - Why the training is an integral or critical part of your academic program.

The program advisor will evaluate the effectiveness and appropriateness of the proposed academic training program in achieving the goals and objectives. If academic training is approved, the program advisor will issue you a SEVIS-compliant DS-2019 and a letter permitting you to undertake academic training. You can download an Application for a new DS-2019 by clicking [here](#).

Special note regarding health insurance for academic training after completion of studies:

The United States Department of State requires that all J-1 students and their J-2 dependents have adequate health insurance while in the United States. Minimum insurance coverage must provide: 1) medical benefits of at least \$50,000 per accident or illness; 2) repatriation of remains in the amount of \$7,500; 3) expenses associated with medical evacuation to your home country in the amount of \$10,000; and 4) a deductible not to exceed \$500 per accident or illness. If your employer does not provide adequate health insurance coverage, you must purchase it for yourself and your J-2 dependents for the entire period of your academic training. **Failure to maintain adequate health insurance may result in termination of your J-1 program.**