

# PRE-DEPARTURE CHECKLIST

## *for Fulbright Visiting Scholars*

### **Before departing for the United States you must:**

- Obtain or update passport for you and any accompanying dependents. Make sure all passports have expiration dates at least six months after the end of your grant (section 7\*).
- Complete and submit your medical history in your home country (section 10).
- Sign and return two copies of the Terms and Conditions of your grant to the Fulbright organization in your home country (section 3).
- Review Form DS-2019 for you and any accompanying dependents and report any inaccuracy to the Fulbright organization in your home country (section 7).
- Apply for your J-1 visa and have each accompanying dependent apply for a J-2 visa (section 7).
- Contact your faculty associate at your U.S. host institution to confirm academic arrangements for your grant activity (section 15).
- Obtain international air tickets (section 8).
- Inform your faculty associate and the Fulbright organization in your home country of (a) your arrival date; (b) your complete itinerary, including all airlines, flight numbers, transfer cities, dates and times; and (c) names of dependents accompanying you on your grant.
- Review your grantee health benefits coverage, and research health insurance policies for any family members who will accompany you to the U.S. on J-2 visas. You will be required to purchase coverage for dependents (section 11).
- Research housing options and finalize long-term housing if possible. Make temporary arrangements if necessary (section 9).
- Research schooling for accompanying children and gather documents that may be necessary to confirm age, academic record, immunizations, and language proficiency (section 11).
- Pack essential items, including an adequate supply of prescription medications since prescriptions from abroad cannot be filled in the U.S. (section 12).

\* For further information, please see the indicated sections of the Guide for Fulbright Visiting Scholars online at [www.cies.org/vsgrantees/guide.htm](http://www.cies.org/vsgrantees/guide.htm)