

This worksheet was created for Grinnell’s F-1 students who are considering study, internships, externships, or general travel that will take place OUTSIDE of the U.S. Your F-1 status will impact your participation and planning, since departing the U.S. always introduces some risk. The OISA is here to help, as are several campus partners:

- **Off Campus Study [OCS]**, located in Macy House, supports the pursuit of semester- and year-long *domestic and international study opportunities, in collaboration with external program providers.]
- **Institute for Global Engagement** [The **IGE** is located in Macy House, and supports course embedded travel and the Global Learning Program.]
- **Careers Life and Service** [The **CLS**, at 1127 Park Street, supports career exploration through service, internships, externships, and preparation for post grad employment or graduate or professional studies.]

Research how your F-1 visa impacts your plans!

Helpful Links:

- [Foreign Consulates](#)
- [U.S. Consulates](#)

F-1 CHECK LIST for PARTICIPATION in and INTERNATIONAL EXPERIENCE:

	<p>1. Do you have a State ID or Driver’s License? If not, we recommend that you secure one. Students who participate in these opportunities are likely to encounter the need for an alternate form of identification.</p>
	<p>2. Do you need to renew your Passport? Your Passport must always be date-valid for a minimum of <u>6 months</u> into the future. You can renew a Passport through your home consulate (in most cases, you are able to renew a foreign passport from within the U.S.).</p>
	<p>3. Will you need to secure a visa to <u>enter</u> the country(s) you will travel to? This varies, depending on <i>your</i> nationality; what <i>country(s)</i> you will travel to; and the <i>purpose</i> for your trip. You should research this through the consulate of the country you plan to visit. Note:</p> <ul style="list-style-type: none"> ▪ If you are participating in OCS, the external program provider will likely assist you. ▪ Processing an entry visa can take anywhere from several days - to several months! ▪ Some countries/consulates require ‘in person’ applications (you may need to go to Chicago, for ex). ▪ Some countries/consulates will only support your visa application (from within the U.S.) if your F-1 visa is valid for reentry (they must be sure that you can return to the U.S. after your program ends). ▪ Some countries/consulates only review your visa application after you have been lawfully present in the U.S. for 2 years. In this scenario, you would need to go to your home country to apply for a visa to that country.
	<p>4. Will you need to renew your U.S. F-1 visa, before you can <u>re-enter</u> and return to Grinnell? Remember, you can <i>only</i> renew an F-1 visa from <i>outside</i> of the U.S. It is best to renew your U.S. visa from your home country, but some U.S. Consulates will facilitate visa renewals from ‘third country nationals.’ Note, however, that no one can guarantee your ability to secure the renewal from a third country, so in some cases, you should be prepared for the eventuality that a trip back to your home country may be necessary. <i>*if you have been arrested in the U.S., visa renewal is particularly risky.</i></p>
	<p>5. Do you have a recent I-20 travel endorsement from the OISA? Secure an endorsement from our DSO’s: Karen Edwards, Brenda Strong, or Jaimie Chambers. Signatures are valid for 12 months.</p>
	<p>6. Will you travel <i>through</i> any other countries? Some nationalities are required to secure a Transit Visa to simply fly through specific airports, en route to another country. Some programs offer study tours or side trips that will require visa acquisition. It is essential to plan ahead in this regard!</p>
	<p>7. Are you considering the use of CPT or OPT in the summer following a spring semester abroad? If yes, visit the OISA & CLS, and print your I-94 Arrival/Departure card <u>before</u> you leave. Read our handout on F-1 Students & Internships.</p>

OISA Handouts are general in nature. Individual advising appointments are strongly recommended.

OTHER topics to consider as you travel:

- If you have the **Grinnell Student Health Insurance** coverage, do you know how to seek medical care in this new location? Do you know how your insurance works outside of Grinnell? Outside of the USA?
www.grinnell.edu/offices/studentaffairs/oisa/links If not, visit SHACS to learn more! [*Health Insurance is NOT the same as Travel Insurance.*]
- In addition, if you **waived coverage** of the Grinnell Health Insurance plan, but will return to Iowa during the summer, should you purchase short term coverage at that point?
- If you will be abroad during the spring term, you **STILL DO** need to file a **U.S. Tax Return** to report on your physical presence and any potential tax obligations for the previous tax year. The OISA will send you a password and instructions for your free access to Glacier Tax Prep. Since you are outside of the U.S., the deadline for your tax compliance is actually later (but there's no reason to delay your compliance).
- Most international travel opportunities will require a signed **indemnity statement** from your parents, and most also ask you to provide emergency contact person. This form should be signed by your *actual* parents, even if they are not here in the U.S. You may need to fax/scan/mail documents well in advance of the deadline, since it may take longer for you to secure this information.
- Be ready to experience **culture shock** all over again – or perhaps for the first time! Take time to read about the place you are traveling to. (Remember, experiencing 'culture shock' is a GOOD thing. It means you are paying attention, challenging yourself, and learning!)
- Send us **photos** and/or stories for MOSAIC ☺ ...we love picture **postcards!**

Need a visa application form?**Not sure about the entry requirements?****Try TRAVISIA's [Online Visa Section!](#)?****Would you like to receive travel alerts (natural disasters, civil unrest, etc.)?****Check out the [Smart Traveler Enrollment Program \(STEP\)](#)**

*This service is designed for U.S. citizens, but it can be helpful for anyone who enrolls!

It is YOUR responsibility to tend to the details of participating in international study, internship, or travel!

***Things to consider, if an Off Campus Study is based inside the U.S.**

- **On-campus employment** benefits for F-1 students do not always extend to off campus sites.
- Will the program involve a **paid internship or research** experience as part of the curriculum for credit? If yes, you may need to secure employment authorization (as an F-1 student you are not allowed to accept payment via wages, housing, stipends, cash, fellowships, etc. from a source other than Grinnell without prior authorization to do so). This is often processed as CPT, but [read more about off campus employment!](#)
- All F-1 students are required to report your **physical residential U.S. address** to the OISA in order to comply with SEVIS requirements! That includes your address if/when participating in a Grinnell program elsewhere in the U.S. Email the OISA your new residential address within 10 days of any move.
- Carry your **immigration documents** (valid passport, visa, I-20, and I-94) with you to your domestic site.
- Will you be leaving the U.S. to travel after the program is over? If yes, do you need a new **travel endorsement** before leaving Grinnell? (travel endorsements are valid for 12 months).

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