J-1 Post-Arrival Information:
Exchange Students, Scholars, Professors and Researchers

Office Information
Office of International Student Services
Post Hall Room 203
Office Hours: Monday – Friday 8:30 a.m. – 4:30 p.m.
Telephone: 516.877.4990
Fax: 516.877.3148
Contact: internationalstudentservices@adelphi.edu

Responsible Officers
Responsible Officer RO:
Wendy Badala
Director of International Student Services
Post Hall Room 203
Telephone: 516.877.4990
Email: wbadala@adelphi.edu

Review of Non-Immigrant Documents
- Passport
- Form DS-2019
- J-1 Visa
- Proof of Health Insurance

Social Security Number
Steps to Apply for a Social Security Number:
- Request appropriate letter from Office of International Student Services
- Take letter, passport, DS-2019 and I/94 arrival document to the Social Security Administration Office to apply.

Adelphi ID Card
Steps to Obtain an Adelphi ID:
- Go to Public Safety
- Lower level of Levermore Hall (Make a Left out of Elevator)
- Bring Passport for identification
University Services

Swirbul Library

Location: Adjacent to the baseball field.
For hours and information please contact the library.

The Learning Center

Location: Nexus Building, Room
516.877.3200

Provides Area Specific Tutoring
Offers Cultural Conversations
Offers Programs to Prepare for Graduate School

The Interfaith Center

Location: University Center Room 108
Interfaith Chapel: University Center Room 306

Catholic Chaplain and Minister Services: Sunday Prayer and Weekly Programs
Protestant Chaplain and Intervarsity Christian Fellowship Services: Weekly Programs Offered
Muslim Chaplain: Friday Prayer Services Offered
Jewish Chaplain: Weekly Programs Offered

Dining Services:

Lackmann Culinary Services offers meal plans, and assistance with dietary needs. The main office is located in the UC Cafeteria on the first floor.

Eating Locations on Campus:
University Center Cafeteria
Underground Café
Post Dining Hall
C-Store
Legends Café
Melt Shoppe

Health Services:

Located on the first floor of Waldo Hall.
Open 24 hours each day while school is in session and can be reached at 516.877.6000

Public Safety:

Location: Lower Level of Levermore Hall
516.877.3500

Services Provided:
Campus Safety Alerts
Campus Shuttle Schedule
Safety Tips and Resources
Campus Recreation:

Location: CRS Building

Group fitness class 5 days a week (Zumba, Ab Attack, Yoga, Pilates, Cycling)
Weight room with stationary cardio equipment
Pool
Indoor walking track
Intramural sports for Spring and Fall semesters
Gymnasium for playing basketball, indoor soccer, volleyball, etc.
Locker Room
Racquetball and Squash Court
Half basketball court
Outdoor tennis courts
Turf field

Activities and Events
Adelphi University Offers Many Events and Activities to Become a Part of. Don’t Miss Out
For Information: Check your Adelphi email account ever week for updates

E Campus Registration (Email Account & Course Registration if applicable)
To register for E Campus
Your Identification Number at Adelphi University is: ____________________________
Your Adelphi ID Number at Adelphi University is:_______________________________
You will need this number in order to log onto E Campus.

1. Go to www.adelphi.edu
2. Click on E-Campus
3. Click on Log In
4. Click on the Getting Started at AU link
5. Follow steps 1, 2, 3 and 4 to get your Adelphi username and password. You will need this to register for orientation, register and check your Adelphi email.

Travel Information
In order to travel outside the United States you will need to have a valid travel signature on your DS-2019. This should be requested by the Office of International Student Services. You will also need a valid passport, valid J-1 visa and DS-2019 form.

Health Insurance Requirements
Please note that J-1 students and scholars are required to carry health insurance for the duration of the J-1 program. The policy must provide "medical benefits of at least $50,000 for each accident or illness". In case of death the policy must provide at least $7,500 in benefits REPATRIATION of remains. In case of serious illness the policy must pay up to $10,000 for the expenses of the visitor’s travel. This is called MEDICAL EVACUATION. The J regulations also limit the deductible to $500.00 per accident or illness and require the insurance company to pay at least 75% of covered medical expenses. Also note, the government regulations stipulate that if the exchange visitors fail to carry health insurance as described above, the program sponsor must terminate their program.