



**United States Department of State**  
**Bureau of Educational and Cultural Affairs**  
**Washington, DC 20522**

July 20, 2023

Dear College or University Student:

Welcome to the U.S. Department of State's BridgeUSA Exchange Visitor Program! This the start of an exciting adventure. During your time in the United States, you will engage in positive and memorable experiences and make friendships that will last a lifetime. Since 1949, thousands of college and university students from around the world have come to share their language, culture, and customs with American students and the broader local community. Your participation in this exchange program fosters a greater understanding between our two countries and works towards peaceful relations throughout world.

We want you to have a meaningful and successful experience. Your goal should be to learn as much as you can about American customs, values, and culture and to build strong relationships with your classmates and friends.

Your U.S. sponsor is your first point of contact throughout your stay in the United States. Their information is identified on your Form DS-2019, Certificate of Eligibility for Exchange Visitor Program (J-1) Status. If you have any questions about your exchange program or need assistance of any kind, immediately contact your U.S. sponsor. It is their responsibility to help you with any problems, needs, or concerns you may have. Their emergency telephone contact number can be found in your program orientation materials and identification card, and is available 24 hours a day, 7 days a week. Add this phone number to your contact list.

If you have concerns and/or issues that your U.S. sponsor has not resolved, or you find you cannot reach your sponsor, please contact the U.S. Department of State through our J-1 Visa Emergency Helpline 1-866-283-9090, which is available 24 hours a day, 7 days a week, or by e-mail at [JVisas@state.gov](mailto:JVisas@state.gov). Please add the helpline number the email address to your contacts to ensure you receive important communications from the Department. Your sponsor and the Department are here to ensure your success and safety on the program.

As exciting and enriching as international exchange can be, it may present challenges. The Department of State's concern for your health, safety, and welfare includes your mental health. There are many resources available to help deal with mental health issues. Please reach-out to <https://www.mentalhealth.gov/get-help/immediate-help> for immediate help. BridgeUSA also has other available resources on our website, [www.j1visa.state.gov](http://www.j1visa.state.gov), for you to check out.

We are pleased that you made the decision to study in the United States and hope you enjoy your stay.

Sincerely,

A handwritten signature in dark ink, appearing to read "Rebecca A. Pasini".

Rebecca A. Pasini  
Deputy Assistant Secretary  
for Private Sector Exchange