

## Temporary Out of Country Absence

### What an “Out of Country” Absence?

An **Out of Country Absence (OOC)** is a temporary period of time outside the United States of **more than 30 days** with an intent to return to the U.S. to continue an original Exchange Visitor Program objective. During the OOC absence, the current SEVIS immigration record will remain ACTIVE.

### General Guidelines for a Temporary Absence:

If your stay abroad is **MORE than 30 days** and you intend to return to continue your original Exchange Visitor (EV) program objective, you must request and receive authorization for a Temporary **OOC** absence or your **SEVIS immigration record** will become INACTIVE, and your J-1 program will “complete”. A completed program will subject EV’s in the **Research Scholar** and **Professor** category to a **24-month bar on repeat participation** in those categories. For a temporary absence of **30 days or less**, authorization for a temporary OOC absence is not necessary, but you must have a valid travel signature on your DS-2019 in order to re-enter the U.S. \*\*Please review the [Travel Survey](#) for more information.

**Note:** If there is a **pending transfer** of your SEVIS immigration record, a request for a **change of status**, or **pending reinstatement**, you must contact a J-1 Scholar Advisor to review your eligibility for an **OOC** benefit.

### You Are Eligible for an OOC Absence, if During the Absence:

1. You will continue to pursue your original program goals and objectives.
2. The research or collaboration will be ongoing and continue to benefit the University of Utah.
3. You will maintain the minimum required health insurance for yourself and your dependents that meets the U.S. Department of State requirements for the **duration of your EV program**, even while abroad. **This requirement cannot be waived.**
4. You report changes to your out of country **site of activity** and **return date** to ISSS.
5. You will remain under the supervision of your Professor or Primary Investigator at the U of Utah.

### How to Apply for an OOC Absence:

Submit a **Temporary Out of Country Absence** E-form through [UAtlas](#). Please be prepared to include the following information in the E-form:

- **Begin date** and **End date** of your temporary absence.
- Address of your **site of activity** (your physical location) outside of the U.S. (most commonly a university, a research institution, or lab).
- Proof of **health insurance** that meets the minimum requirements of the J-1 visa, and confirmation of **continued coverage** for you and your dependents **during** your temporary absence.
- Contact information of your faculty supervisor or Primary Investigator (PI).

**Disclaimer:** International Student & Scholar Services provides support and information related to U.S. immigration laws and regulations related to F and J status. ISSS staff are not attorneys and any information provided by us should not be construed as legal advice. Individuals are welcome to consult a qualified immigration attorney for specific legal advice, particularly in complicated cases. For a list of local Utah attorneys please visit our website [here](#).