It has been said, “a picture is worth a thousand words.” I agree.

The J-1 Visa provides countless opportunities for international candidates looking to travel and gain experience in the United States. The multifaceted programs enable foreign nationals to come to the U.S. to teach, study, conduct research, demonstrate special skills or receive on the job training for periods ranging from a few weeks to several years. Students, scholars and department hosts, thank you for your participation in UNT’s Exchange Visitor Program!

Reminders:
International travel is NOT recommended at this time.

If you decide to travel:
• You must have a valid DS-2019 with valid travel signature to re-enter the United States.
• You must have a valid J1 visa stamp to re-enter the United States (unless you are a citizen of Canada).
• You must have a valid passport that has more than 6 months remaining of its validity.
• Report your travel information to the COVID-19 Hotline Team
• Current immigration rules and travel bans

Please be sure you contact the International Student and Scholar Services office at jinfo@unt.edu if there are any changes to your J program.

DS-2019 Extensions should be submitted to jinfo@unt.edu at least 14 days prior to current DS-2019 end date.

International Affairs Diversity, Equity, & Inclusion Council

“As a unit of the University of North Texas, International Affairs recognizes the growing need to address the values of diversity, equity, and inclusion on our campus – with a special focus and interest in serving our international students, scholars, faculty, and staff. International Affairs has created a council to meet these needs. The International Affairs Diversity, Equity, & Inclusion Council cultivates an inclusive and welcoming environment for all faculty, staff, scholars, and students through action and engagement in anti-discriminatory practices, anti-racism education, community empowerment, and campus internationalization.

Please continue to stay tuned to email announcements and the International Affairs website for opportunities to learn more, participate, and partner with the Council in the near future. The International Affairs Diversity, Equity, & Inclusion Council is also accepting emails at InternationalDEI@unt.edu.”

-Jamal King, International Affairs Diversity, Equity, & Inclusion Council Member

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

Harriet Tubman
Learn more about Harriet Tubman here.
Ensure Exchange Visitor’s Health, Safety and Welfare is the University of North Texas and the Department of State’s Highest Priority

To help safeguard the health, safety and welfare of exchange visitors, there's an Exchange Visitor Program Emergency Hotline: **1-866-283-9090** This 24/7 toll-free phone number allows exchange visitors to directly contact the State Department in emergency and urgent situations.

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Your Rights as a Non Immigrant Visa Holder

**Non Immigrant Visa Holder Information**

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Contact

**Lauren Jacobsen-Bridges**  
Director, International Student & Scholar Services  
Lauren.Jacobsen-Bridges@unt.edu

**Nancy Dreessen**  
Senior Immigration Advisor (J-1 Specialist)  
Nancy.Dreessen@unt.edu

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Marquis Hall, Room 110  
1511 W Mulberry St | Denton, TX 76201  
Monday-Friday: 8am-5pm  
940-565-2195 | JInfo@unt.edu
My name is Huong (Hina) Thu Le, a J-1 international student from Hanoi, Vietnam. I was a member of the flute faculty in the Vietnam National Academy of Music before relocating to Texas. I came to Denton in Fall 2015 to pursue my Doctor of Musical Arts degree in Flute Performance in the studio of professor Terri Sundberg and Dr. James Scott, who both are significant and conscientious professors. My impression about UNT overall is its diverse program and enthusiastic professors, as well as helpful staff. Thanks to them and many other skillful professors, my doctoral research has come to a fruitful result, with the successful completion of my dissertation on the topic “Gabriel Pierné’s Sonata in D Minor, op. 36: a study of the work’s compositional language and context, focusing on the composer’s transcription for flute”.

I have been teaching private flute lessons and flute master-classes at several public schools and music studios locating in Alvord ISD, Frisco ISD, and Denton ISD as part of my Academic Training, besides my studying at UNT. With support from the College of Music and the International Students and Scholar Services, I am thankful that I could do this program to strengthen my educational background here at UNT and fulfill my future career as a flute teacher. I could learn the teaching methods in American schools by sharing my knowledge and working with students during their lessons and auditions. Later on, I can adapt these experiences to the Vietnamese students and education system. I’m happy and proud to have several high school students from Frisco ISD, who achieved good results in Region and TMEA Area in school year 2019-2020, and other private students from Denton ISD won places to play in their private school band and orchestra. For every teacher, it is an award and encouragement when the students succeed in their goals. Besides taking part in schools’ auditions and competitions, many of my students have been giving community performances in several public places, such as churches and nursing homes in Denton, Argyle, and Lewisville.

For the past school year of 2020-2021, like every other teacher, I have an unforgettable experience giving virtual lessons for a whole year long since the Covid-19 outbreak. It was quite a challenge, where both teacher and student have to overcome many difficulties, including having an online lesson instead of in-person, overcoming the interrupted internet connection that happens from time to time, or the lacking of individual contacts when the teacher has to correct student’s hands or posture. I hope that this pandemic will be over soon, so people can contact each other most casually in person.

Surrounded by such a diverse educational environment in UNT, I always feel lucky and proud to be a member of this prestigious family. My priority goals are contributing my ability and taking part in its activities and projects that involve that involve exchanged culture between countries, especially Vietnam and the U.S., and other international educational aspects.

Hina, thank you for being the Spring 2021 J-1 Spotlight and sharing your experiences!