

Prior To Arrival Checklist

Housing

- Start your search for housing
- Off-Campus Housing Resources
 - o [Neighborhoods](#)
 - o [Human Resources Housing List](#)
 - o [The Overlook](#)
 - o [University Edge](#)
 - o [University Rental Properties](#)
 - o [South Bend Student Housing](#) - Great for families looking for houses
- [Contacting Landlords](#) – Guide
- [Residence Housing and Checklists](#)
- [Signing a Lease](#)

Campus and Community

- Become familiar with the University of Notre Dame and the surrounding communities
 - o [University of Notre Dame](#)
 - o [City of South Bend](#)
 - o [City of Mishawaka](#)
- Review list of helpful [Notre Dame](#) and [Community](#) websites

Communication

- Once you know your arrival date, email your faculty mentor and your department/lab administrator your arrival date.
- Follow the Office for Postdoctoral Scholars on Social Media
 - o [ND Postdocs Facebook Group](#)
 - o [@NDPostdocs](#)

J1 Scholar Health Insurance Information

- J-1 regulations require that you and your dependents carry health insurance while you are in the United States.
- If you are a **benefit-eligible employee** (full time and paid by Notre Dame) you will be eligible for Notre Dame health insurance. Contact the Office of Human Resources at askhr@nd.edu for details.
 - o If your hire date is the 1st of a month, you will have insurance coverage from your first date of employment. (Please note that if you do not arrive in the US in time to begin employment on the 1st of the month, your hire date may change.)
 - o If your hire date is after the 1st of a month, you will not receive university-sponsored insurance coverage until the 1st of the following month. In the meantime you have two options: You may purchase the university policy at the full price, or you may purchase a short term policy from another company. (If you are interested in the second option, you may consider the companies listed below.)

- If you are **not a benefit-eligible employee** or if you choose not to purchase Notre Dame health insurance, you and any J-2 dependents must obtain insurance that complies with J-1 regulations (see Insurance Certification) and complete and submit an [J-1 Visa Insurance Certification](#) to the Office of Human Resources in 200 Grace Hall.
- While we do not specifically endorse the companies below, they do offer policies that meet the J-1 regulations and have been used by other J-1 scholars at Notre Dame:
 - [Harbor Group](#)
 - [HTH Worldwide](#)

Prepping for Arrival

- Read the [Arrival Checklist](#)
- Read [New Hire Paperwork](#) and make sure you have the proper identifications