

*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE

**Maintaining Your J-1 Exchange Visitor Status**

The United States J-1 Exchange Visitor Program enables people to travel to the United States for a variety of professional, educational and cultural exchange purposes under the sponsorship of a school, an agency, or an organization that has been designated as an exchange visitor sponsor by the United States Department of State (DOS) Bureau of Education and Cultural Affairs. The National Academy of Sciences is the designated sponsor of J-1 exchange visitor visas for the NRC Research Associateship Programs. Your J-1 Responsible Officer (RO) is Peggy Wilson.

Length of stay: As a J-1 exchange visitor, you were admitted to the U.S. for “duration of status” (D/S). This means you are permitted to stay in the U.S. as long as you remain in the NRC Research Associateship Program, have a valid Form DS-2019 and otherwise maintain your valid J-1 status by fulfilling the requirements pertaining to J-1 exchange visitors.

Exchange: Because the J-1 visa is for educational and cultural exchange, you are expected to share your own culture with American friends and to actively seek American cultural experiences while you are here, beyond working in the lab. We hope this will give you a broad experience of life in the United States and many opportunities to get to know Americans.

Remember that there is an important difference between a J-1 **visa** and J-1 **status**. The **visa** is a stamp or sticker placed in your passport by a U.S. embassy or consulate, granted to enable you to apply for admission to the United States *only*. J-1 **status** is granted when you are admitted to the U.S., and is regulated by the Department of Homeland Security (DHS). If your visa stamp expires, you are still legally allowed to remain in the U.S. as long as you have a valid Form DS-2019 and are maintaining legal status. On the other hand, even if your visa stamp is valid, you can lose your legal J-1 status if you do not comply with immigration laws regulating your stay in the U.S. *If you fail to maintain your legal J-1 status, you may be considered unlawfully present in the United States and may be subject to deportation.*

**Government Regulations You Must Follow in Order to Maintain Your Legal J-1 Status**

- Maintain a valid passport at all times, unless exempt from passport requirements.
- Conduct research only at the laboratory where DOS and/or DHS has authorized you to be (as shown on your Form DS-2019).
- Maintain health insurance for yourself *and* dependents that meets the requirements of the Exchange Visitor Program. Willful failure to maintain health insurance will result in termination of your program.
- Notify the NAS RO/ARO within 10 days if you change your residential or laboratory address in the U.S. or your legal name or citizenship. If you fail to notify our office of your change of address, you will be considered out of status and ineligible for reinstatement.
- Notify the NAS RO/ARO within 10 days if you change your program in any way (including department or adviser changes, so that your SEVIS record can be updated accordingly).
- Notify the NAS RO/ARO at least 15 days before the expiration of your current Form DS-2019 if you need to extend your status to complete your research program and tenure.
- Notify the NAS RO/ARO immediately if you terminate or complete your program of research for any reason, or if you change nonimmigrant status.
- Notify the NAS RO/ARO in advance if you wish to transfer out of the NRC program to another institution, so that we can release your SEVIS record to your new J-1 sponsor.
- Request advance written authorization by the NAS RO/ARO before conducting any outside talks or consultations for which you will receive expenses or an honorarium. J-1 scholars **MAY NOT** work for anyone other than the program sponsor listed in section 2 of the Form DS-2019 unless officially authorized by an RO/ARO in advance. Such unlawful employment may cause termination of your program.
- Before any international travel, be sure that there is a valid travel endorsement by the NAS RO/ARO on your Form DS-2019. The endorsement is valid for 12 months for J-1 research scholars, and 6 months for J-1 short term scholars.
- J-1 Exchange Visitors may be subject to the “two-year home country physical presence requirement” which dictates return to the country of nationality or last legal residence for at least two years after completing a J-1 program before the exchange visitor may apply for an H, L, K, or permanent residence visa.
- If you violate your program requirements, you are eligible for reinstatement into legal status only if you notify the NAS RO/ARO within 5 months of the violation, and only for certain infractions. Otherwise, you cannot be reinstated and will be considered out of status.

**\*\* IN ADDITION TO THE J-1 SEVIS REQUIREMENTS ABOVE, ALL J-1 EXCHANGE VISITORS MUST ABIDE BY ALL OTHER REGULATIONS FOR MAINTAINING STATUS SET FORTH BY THE DEPARTMENT OF HOMELAND SECURITY and U.S. DEPARTMENT OF STATE AS STATED ON THE DS-2019 AND IN THE U.S. CODE OF FEDERAL REGULATIONS.\*\***

Note: Your Social Security Number (SSN) will track all of your U.S.-based funding. This funding information may be shared with other government agencies (DHS, DOS, DOL, IRS, etc.).

***“I have read the statements about maintaining my legal J-1 status in the U.S. I understand that I must abide by these regulations and others listed in the Code of Federal Regulations in order to remain in legal status while in the U.S.”***

Print/Type Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_