XIPHIAS Immigration

PROGRAMME BROCHURE



SKILLED MIGRATION | UNITED STATES

J-1 Visa — U.S. Exchange Visitor Program for Study, Training & Research

Experience U.S. education, research, and professional exchange through the J-1 Visa — fostering global collaboration and cultural understanding.

JOB OFFER

Not required

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At a glance

COUNTRY **United States**	ROUTE **Skilled Migration - Exchange**
TIMELINE **Set by your sponsor and US consulate appointment availability**	JOB OFFER **Not required**
LAST UPDATED **1 October 2026**	

Overview

The **J-1 visa** is a U.S. non-immigrant exchange visitor visa created to **promote cultural, educational, and professional exchange**. It allows individuals such as **students, teachers, interns, researchers, and professionals** to live and train in the U.S. through **approved sponsor programs**.

Eligibility Overview

Applicants must have a **designated sponsor organization**, **sufficient financial resources**, and **a clear intent to return to their home country** after program completion. Depending on their category, participants must meet **academic, professional, or training requirements** and hold a **valid DS-2019 form** issued by the sponsor organization.

Check the two-year home-country rule first

Many J-1 categories carry a **two-year home-country physical presence requirement** under INA section 212(e). If it applies to you, it must be served, or waived, before you can move to H-1B or most green card routes. Check this before you accept a J-1 offer.

Key benefits

- Gain educational, cultural, or professional experience in the U.S.
- Access diverse exchange categories — study, research, training, and teaching.
- Develop global exposure and enhance career opportunities.
- Eligible to bring dependents under J-2 status.
- Strengthen international collaboration and cross-cultural understanding.

When this route may not fit

- No approved sponsor organization.
- Insufficient financial or academic documentation.
- Failure to demonstrate intent to return home post-program.
- Non-compliance with program regulations.

Skills, language and points

Job offer: Requires sponsorship from a U.S. Department of State–designated exchange program sponsor.

Eligible J-1 Categories

- Students and researchers
- Interns and trainees
- Teachers and professors
- Medical professionals and scholars
- Camp counselors and au pairs

How the process works

1. **Obtain a Designated Sponsor**
   Secure an approved U.S. sponsor organization aligned with your J-1 category (student, intern, researcher, etc.).
2. **Submit Application and Documents**
   Provide personal information, academic details, and proof of funds to your sponsor.
3. **Receive Form DS-2019**
   Upon acceptance, your sponsor issues the DS-2019 Certificate of Eligibility for Exchange Visitor Status.
4. **Pay SEVIS Fee & Attend Visa Interview**
   Pay the SEVIS I-901 fee and attend your visa interview at a U.S. embassy or consulate.
5. **Receive Visa & Travel to U.S.**
   Upon approval, receive your J-1 visa, travel to the U.S., and begin your exchange program.
6. **Program Completion & Return**
   After your authorized stay, return to your home country and share your experience as a cultural ambassador.

Document checklist

Personal and Identity Documents

- Valid passport
- Passport-size photographs as per USCIS specifications
- Educational and professional qualification certificates

Program and Sponsor Documents

- Form DS-2019 (Certificate of Eligibility for Exchange Visitor Status)
- Sponsor-issued acceptance or invitation letter
- Proof of financial support or funding source

Supporting and Legal Documents

- Completed DS-160 visa application form
- SEVIS fee payment receipt

- Evidence of home country ties (employment, property, or family)
- Resume or academic transcripts

Questions clients ask

What is the purpose of the J-1 visa?

The J-1 visa promotes educational and cultural exchange between the U.S. and other countries through study, training, or professional programs.

Who can apply for the J-1 visa?

Students, teachers, interns, researchers, and professionals sponsored by approved organizations can apply for the J-1 visa.

How long can I stay in the U.S. on a J-1 visa?

The duration varies by program type, typically from a few months to several years.

Can my family accompany me?

Yes. Your spouse and children under 21 can join under J-2 dependent visas.

Can I apply for a Green Card while on a J-1 visa?

The J-1 is a non-immigrant visa. If the INA 212(e) two-year home-country requirement applies to you, it must be served or waived before you can move to H-1B or most green card routes; otherwise a change to another status may be possible depending on your circumstances.

How does Xiphias Immigration assist?

Xiphias Immigration helps candidates identify approved sponsors, prepare documentation, and navigate the J-1 application and interview process.

Important notes

- Many J-1 exchange visitors are subject to the INA 212(e) two-year home-country physical presence requirement.
- Failure to maintain program compliance may lead to termination.
- Unauthorized employment can result in visa cancellation.

Compliance

- The J-1 exchange visitor programme requires sponsorship by a designated exchange programme sponsor.
- Many J-1 categories carry a two-year home-country physical presence requirement under INA 212(e). If it applies to you it must be served, or waived, before you can move to H-1B or most green card routes. Check this before you accept a J-1 offer.
- J-1 cases run through your programme sponsor (Form DS-2019) and a US consulate; consular appointment waits change frequently, and XIPHIAS confirms the current position when you apply.

Official sources: US Department of State — exchange visitor visas; Electronic Code of Federal Regulations — 8 CFR 106.2 (USCIS fee schedule).



XIPHIAS Immigration

NEXT STEP

Plan your United States application with our Dubai team

Tell us about your profile, family and timeline. We will confirm whether **J-1 Visa — U.S. Exchange Visitor Program for Study, Training & Research** fits, set out the full cost in writing and manage the application with you from start to finish.

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CREDENTIALS

- Advising clients on global mobility since 2009; XIPHIAS Immigration DMCC in Dubai since 2017.
- Named Best Immigration Consultant by The Times of India in 2022.
- Canada files handled by a CICC-licensed Regulated Canadian Immigration Consultant, licence R516194.
- Australia files handled by a registered migration agent, MARA 1680615.

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