

F-1 & J-1 Comparison

F-1 Visa

Every full-time degree student at Yale is eligible for the F-1 visa and the majority of Yale international students hold this visa status. Spouses and dependent children under 21 who accompany an F-1 student hold F-2 status.

J-1 Visa

Some students may also be eligible for the J-1 student visa, an exchange visitor option. The J-1 visa is part of a larger U.S. Department of State mission to foster cultural and educational exchange between countries. Spouses and dependent children under 21 who accompany a J-1 student hold J-2 status.

To be eligible for the [J-1 student visa](#) [1], a substantial portion of your financial support must be from a source other than your personal assets which include personal loans. This can include Yale funding or scholarship from another organization. Students with only personal or family funding are **NOT** eligible for J-1 status.

Comparison

There are a few basic differences between the F-1 and J-1 visa types, which are outlined in the chart below.

	F-1 Status	J-1 Status
Source of Funding	No funding source requirements. Can be funded through personal, Yale, or independent scholarships.	A substantial portion of funding must be from a source other than personal assets.
On-Campus Employment	Part time (up to 20 hours/week) when school is in session*, full-time during periods of recess.	Part time (up to 20 hours/week) when school is in session*, full-time during periods of recess. Prior permission must be obtained from your OISS adviser [2].
Off-Campus Employment	Optional Practical Training [3] - up to 12 month period per degree level of training directly related to their studies. No job offer required prior to application.	Academic Training [4] – Duration equal to length of study or 18 months whichever is shorter. PhD students eligible for up to 36 months. Graduating students must have job offer within 30 days of graduation.
Dependents	F-2 dependents are not eligible for employment.	J-2 dependents are eligible to apply to USCIS for permission to work in the U.S. after their arrival.
Requirement to Return Home Upon Program Completion	No requirement to return home upon program completion.	Some Exchange Visitors and their dependents may be subject to the two year home country physical presence requirement [5] upon program completion.
Bar to J-1 Scholar Status	None	J-1 students completing an academic program will be subject to a 12 month wait [6] before they are able to use the J-1 research

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scholar/professor category.

** F-1 and J-1 students may work up to 20 hours a week while school is in session per federal immigration regulations, but per [Yale policy](#) [7] students may not work more than 19 hours (combined for all jobs) in any week during the academic terms. Exceptions are Ph.D. students, who may not work more than 10 hours (combined for all hourly jobs) in any week during academic terms unless they have the required permission of the director of graduate studies, in consultation with the appropriate associate dean.*

Source URL: <https://oiss.yale.edu/getting-started/new-students/applying-for-your-us-visa/f-1-j-1-comparison>

Links

[1] <https://oiss.yale.edu/getting-started/new-students/applying-for-your-us-visa/applying-for-the-j-1-student-visa> [2] <https://oiss.yale.edu/about/connect-with-oiss> [3] <https://oiss.yale.edu/node/279> [4] <https://oiss.yale.edu/employment-taxes/employment-for-international-students/j-1-students/academic-training> [5] <https://oiss.yale.edu/immigration/j-1-scholars/understanding-j-1-status/two-year-home-country-residence-requirement> [6] <https://oiss.yale.edu/immigration/maintaining-status-for-f-1-and-j-1-students/understanding-the-12-and-24-month-bars> [7] <https://your.yale.edu/policies-procedures/policies/3600-student-employment-and-student-stipends#:~:text=Students%20may%20not%20work%20greater,termination%20of%20a%20student's%20employment.>