

Understanding J-1 Status

The J-1 Exchange Visitor Program, which is governed by the U.S. Department of State (DOS) was created to “...promote mutual understanding between the people of the United States and other countries by means of educational and cultural exchange [...]”.

To learn more about how the Department of State runs the J Exchange Visitor Program, please [watch a short video or read the information posted on their website](#) [1]. You can also read their [Welcome Brochure](#) [2], which summarizes many of your rights as an Exchange Visitor..

What J-1 Cannot Be Used For

The J-1 visa **cannot be used** for ladder-track or tenured appointments nor for Managerial and Professional (M&P) or Clerical and Technical (C&T) positions.

M.D. Scholars

Yale's J-1 Exchange Visitor Program does not allow any patient care or clinical activities without express permission from Office of International Students and Scholars (OISS) and then under the most limited of circumstances. International medical graduates often use the J-1 visa sponsorship of the [Educational Commission for Foreign Medical Graduates](#) [3] for clinical residency and fellowships.

Important Information

Review the following important information:

- Review the J-1 visa policy on [English language proficiency](#) [4]
 - Review details of the [J-1 health insurance requirement](#) [5](you will be asked to confirm that you will have adequate insurance coverage for the entire period)
 - Do not purchase plane tickets or make travel plans until OISS can confirm issuance of the J-1 Form DS-2019
 - Find resources for [new Scholars, like arriving in New Haven, your required orientation, what to do in your first two weeks, and much more](#) [6] on this useful page.
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Contacts and Concerns

Contact Your Department

Before coming to New Haven, it is important for you to communicate directly with your host department at Yale regarding your arrival date, and details of how to begin your employment. Please read your Yale job offer letter carefully, and ask your department if you have any concerns about the salary, benefits, lab or office set-up and expectation of work schedule.

Contact OISS

If you do not understand the terms of your work status , or if you still have unanswered questions, please [contact your adviser in OISS](#) [7]. If you ever have any immigration questions, OISS should be your first resource. We are happy to help you understand the complexities of U.S. immigration policies.

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Published on Office of International Students & Scholars (<https://oiss.yale.edu>)

Contact the Department of State

As an Exchange Visitor (J-1), your visa is governed by the U.S. Department of State (DOS). The Office of Private Sector Exchange Administration Academic and Government Programs (OPA-AG) monitors and enforces full compliance with Department regulations and policies with a focus on exchange visitor's health, safety, and well-being; and responds to complaints and incidents. At any point prior to coming to Yale, or during your program, you should feel free to contact the DOS using the information below.

- Telephone: (866) 283-9090
- Email: agalert@state.gov [8]

Cultural Exchange Opportunities

The cross-cultural component of the J-1 Exchange Visitor Program gives participants the opportunity to learn about U.S. society and culture. At the same time, international visitors are critical members of the Yale community by sharing perspectives and challenging assumptions across academic disciplines. In addition to your academic goals, Yale invites you to participate in the many cultural and social events being offered around the campus, and in particular at OISS. Whether you are seeking an English language discussion partner or wanting to join a Speed-Friending event with American graduate students, OISS offers countless opportunities to network and socialize with the Yale community. Here are just a few cultural events and resources:

- OISS [Events and Programs](#) [9]
- English Language [Discussion Group](#) [10]

Also check out the amazing [Yale Events Calendar](#) [11].

Source URL: <https://oiss.yale.edu/immigration/j-1-scholars/understanding-j-1-status>

Links

[1] <http://j1visa.state.gov/participants/videos/j-1-visa-exchange-visitor-program/> [2] <https://j1visa.state.gov/wp-content/uploads/2022/05/EVP-Welcome-Brochure-2022.pdf> [3] <https://www.ecfm.org/> [4] <https://oiss.yale.edu/for-departments/how-to-invite-a-scholar/english-language-proficiency> [5] <https://oiss.yale.edu/immigration/j-1-scholars/maintaining-legal-status/health-insurance-requirement> [6] <https://oiss.yale.edu/getting-started/new-scholars> [7] <https://oiss.yale.edu/about/contact-oiss> [8] <https://oiss.yale.edu/about/contact-oiss> [9] <https://oiss.yale.edu/program-events> [10] <https://oiss.yale.edu/program-events/english-language-support> [11] <https://calendar.yale.edu>