On-Campus Employment

J-1 on-campus employment is defined as employment that occurs on the premises of Yale University or for which you receive a Yale paycheck. With permission of the J-1 program sponsor, students in J-1 status may work up to 20 hours per week (each week) when school is in session and full-time during holiday and vacation periods. If Yale University is your J-1 program sponsor (i.e. if Yale issued your DS-2019 form), you must seek permission to work from OISS before commencing work which can done by reporting your on-campus employment below. This reporting will be sent to SEVIS and serve as your permission to work. If you have an outside sponsor such as Fulbright, you need to contact that sponsor for permission.

[Report your J-1 On-Campus Employment](https://oiss.yale.edu/immigration/j-1-students/employment)

Off-Campus Employment

With prior permission from OISS, some students in J-1 status may engage in off-campus employment which is necessary due to serious, urgent and unforeseen economic circumstances that have arisen since obtaining the exchange visitor status. An OISS adviser is available to talk with you about the kind of circumstances that qualify and the supporting documentation you need to request this kind of employment.

### Academic Training

Academic Training is an employment authorization status granted to eligible J-1 students. It is authorized by your J-1 program sponsor and does not require further authorization. If Yale University is your sponsor, meaning Yale issued your DS-2019, the advisers at OISS will evaluate your application and authorize you for Academic Training. If your DS-2019 was not issued by Yale University, contact the program sponsor that issued your DS-2019. If Yale is your DS-2019 sponsor, [you may apply for academic training](https://oiss.yale.edu/immigration/j-1-students/employment).

### Legal Employment

According to the Code of Federal Regulations 8 CFR 274 (a) (f) the term ‘employee’ means an individual who provides services or labor for wages or other types of remuneration. Therefore employment is work performed or services provided with the expectation that there will be compensation, either financial or other. ‘Volunteer work’ on the other hand refers to philanthropic activity without financial gain.

The most important employment issue that you always need to keep in mind is the issue of legal (or “authorized”) versus illegal (or “unauthorized”) employment. You must always make sure that any employment you plan to engage in is legal employment. Any unauthorized (i.e. illegal) employment - even for one day - even if you did not know it was illegal - poses a grave threat to your ability to remain in or return to the United States. You must always make sure that you have the necessary employment authorization before you begin work, since starting work without prior authorization-even if you receive authorization later-constitutes illegal employment. If you have questions, always [consult with an OISS adviser](https://oiss.yale.edu/immigration/j-1-students/employment) before beginning any employment. This is the only way to be sure that you won’t engage in unauthorized employment, with all of its adverse consequences for your future in the United States.

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Links:
[2] https://oiss.yale.edu/immigration/j-1-students/employment/academic-training
[3] https://oiss.yale.edu/about/connect-with-oiss