

# How to Apply to the Exchange Visitor Program

The Exchange Visitor Program provides countless opportunities for international candidates looking to travel and gain experience in the United States. The multifaceted programs enable foreign nationals to come to the United States to teach, study, conduct research, demonstrate special skills or receive on the job training for periods ranging from a few weeks to several years.

## Step 1

Determine which program is right for you. See program requirements comparison chart for an overview of each program category.

<https://j1visa.state.gov/Program-Category-Requirements.pdf>



## Step 2

Contact a designated sponsor directly to take part in one of its exchange programs. The sponsor will provide the participant with specific program and application requirements. Search designated sponsors: <https://j1visa.state.gov/sponsor-search>

Find sponsors that operate in your home country:

<https://j1visa.state.gov/sponsor-by-country>



## Step 3

Sponsors are responsible for selecting participants, as well as supporting and monitoring them during their entire program.



## Step 4

Sponsors charge participants program fees. Fees vary from sponsor to sponsor. Participants are encouraged to obtain a breakdown of all costs and fees from multiple sponsors before committing to a program.



## Step 5

If you are accepted into an exchange visitor program, the program sponsor will issue you a Form DS-2019.



## Step 6

Pay the SEVIS (Student and Exchange Visitor Information System) fee at [www.fmjfee.com/](http://www.fmjfee.com/). You may want to print out your proof of payment for your own records.



## Step 7

Go to the U.S. Department of State website [ceac.state.gov/genniv](http://ceac.state.gov/genniv) to fill out an Online Nonimmigrant Visa Application Form DS-160 and to pay the visa application fee of \$160. Consult the website of the U.S. embassy or consulate where you plan to apply for instructions on how to pay.



## Step 8

After you pay the visa application fee, schedule your interview – the earlier the better! Consult the website of the U.S. embassy or consulate where you plan to apply for instructions on how to schedule it.



## Step 9

On the day of your interview, bring the following documents: an original Form DS-2019; Form DS-160 confirmation page; passport; photo; and visa application fee receipt. Consult the website of the U.S. embassy or consulate where you plan to apply to check whether additional documents are needed.



## Step 10

The interviewing officer will inform you at the end of your interview whether your visa is approved or denied. If approved, the interviewing officer will tell you when you should expect to receive your visa.



Continue to work with your sponsor to prepare to travel to the United States.

