

NIH SPONSORED  
J-1 & J-2  
EXCHANGE VISITORS

## Difference between Two-Year Home Residence Requirement 212(e) and 24 Month Bar on Repeat Participation

### 212(e): Two-Year Home Residence Requirement

#### What is it?

212(e) requires certain J-1 Exchange Visitors, such as all NIH-sponsored J-1 Exchange Visitors, to return to their country of last legal permanent residence (as indicated on their Form DS-2019) for an aggregate period of two years upon conclusion of their J-1 program. Note that J-2 dependents are also subject to the requirement. More information can be found on the Division of International Services (DIS) and Department of State (DOS) websites.

DIS: [https://www.ors.od.nih.gov/pes/dis/VisitingScientists/Pages/212\(e\)Requirement.aspx](https://www.ors.od.nih.gov/pes/dis/VisitingScientists/Pages/212(e)Requirement.aspx)  
DOS: <https://travel.state.gov/content/travel/en/us-visas/study/exchange.html>

#### How does this impact your future in the U.S.?

After participating in an NIH J-1 program, you and your J-2 dependents will not be eligible for an H, L, K or immigrant (permanent resident) visa and cannot apply for a change of nonimmigrant status to most visa statuses – including adjusting to permanent resident – from within the U.S. until you have fulfilled this requirement.

You may still be permitted to depart and return to the U.S. in other nonimmigrant classifications, for example, B-1 Business Visitor or B-2 Tourist.

### 24 Month Bar on Repeat Participation

#### What is it?

Individuals who participate in a J-1 Exchange Visitor Program of any length in the Research Scholar category may not return to the U.S. as a J-1 Research Scholar or Professor for a 24-month period. To determine your current Exchange Visitor Category, refer to box 4 on your DS-2019.

Note: This bar also prevents J-2 dependents from changing to their own J-1 status in the Research Scholar or Professor categories.

#### How does this impact your future in the U.S.?

The 24 month bar begins as soon as the Exchange Visitor ends his/her J-1 program. Both the J-1 and any J-2 dependents are prohibited from returning to the U.S. in J-1 Research Scholar or Professor categories for 24 months.

The 24 month bar would not prevent you from returning to the U.S. in other J categories or nonimmigrant classifications.

Visit the DIS website [Visiting Scientists](#) section for more immigration-related resources.

Contact DIS: <https://www.ors.od.nih.gov/pes/dis/>