



Exchange visitors using the J-1 visa program are required by the U.S. government to have sufficient financial support to cover the costs of living expenses and travel for the duration of their training program. Financial support can include monetary and non-monetary compensation. An exchange visitor **cannot** be paid for their training in an amount **less than** what an American resident at the same training level would be paid.

- This information should be prepared by the **Host Company** in consultation with the exchange visitor applicant. In compliance with J-1 visa regulations, this information will be shared with the exchange visitor applicant as part of their visa application. While expense information should be considered to be only an *estimate*, please be as *realistic* as possible.
- **Income** and exchange visitor personal resources will be shown on the DS-2019, Certificate of Eligibility to demonstrate the exchange visitor will be supported for the duration of their program.
- **Cost of living** information is often available through local real estate agents, community web-sites, and local chambers of commerce. Please ensure your estimates are feasible for the city the exchange visitor will be in.
- Respond to every applicable item under the "Anticipated Exchange Visitor Expenses" section.
- Check "Provided by U.S. host" if the US host organization will be directly paying for the cost of the expense **IN ADDITION** to the amount of the stipend. If "Provided by U.S. host" is selected, the corresponding dollar amount should be \$0, since that expense should incur no cost to the J-1 Trainee/Intern.
- Pay attention to the minimum **budget for food**. J-1 Trainees/Interns should expect to spend no less than \$300 per month. Rule of thumb: budget \$75-\$100 per week if the exchange visitor will cook their own meals; budget more if the exchange visitor will eat out more.
- The **Sickness and Accident Group Insurance Policy** available for purchase through the American Immigration Council is **\$80** per month. *Please purchase the adequate amount of insurance to cover the exchange visitor from the beginning of their program to the end, including the two grace periods if the exchange visitor will come 30 days early and stay 30 days after the program.*
- The "Remaining money for travel" should always be a positive amount. In general, the J-1 Trainee/Intern should have enough to cover at least one month's worth of expenses remaining at the end of their J-1 program to cover the cost of living during the 30-day grace period.
- The **visa application fee** is \$220 and is paid at the time that the exchange visitor submits their application to the US Consulate where they will apply for the J-1 visa.

**Please Note: Incomplete forms will significantly delay processing of the application.**

Exchange Visitor Name (LAST, First): \_\_\_\_\_

| Anticipated Exchange Visitor Funding (Duration of Stay):  |           |
|---|-----------|
| Approximate total Gross Income provided by U.S. Company<br><i>***Total gross income for entire stay. 18 month training = calculate 78 weeks</i> | \$        |
| Financial support provided by U.S. government (if any)<br><i>Name of U.S. Government Agency:</i>  | \$        |
| Financial support provided by trainee/intern's government (if any)  | \$        |
| All other financial support<br><i>Name of individual/organization providing support:</i>  | \$        |
| Exchange visitor's personal funds   | \$        |
| Approximate total net income<br><i>***Subtract 25% for payroll withholding tax from the total gross income</i>                                  | \$        |
| <b>Total Financial Support</b>  | <b>\$</b> |

| Anticipated Exchange Visitor Expenses (Duration of Stay):  |           |  |
|--|-----------|--|
| U.S. Visa application fee(s)   | \$        | Provided by U.S. host <input type="checkbox"/> |
| International airfare  | \$        | Provided by U.S. host <input type="checkbox"/> |
| Temporary housing upon arrival in U.S. (if any)  | \$        | Provided by U.S. host <input type="checkbox"/> |
| Security deposit for housing   | \$        | Provided by U.S. host <input type="checkbox"/> |
| Housing rent:<br>monthly _____ x number of months _____  | \$        | Provided by U.S. host <input type="checkbox"/> |
| Utilities (gas, sewer, electric, wifi, etc.):<br>monthly _____ x number of months _____                              | \$        | Provided by U.S. host <input type="checkbox"/> |
| Commuting:<br>monthly _____ x number of months _____   | \$        | Provided by U.S. host <input type="checkbox"/> |
| Food (minimum \$75-\$100 per week):<br>monthly _____ x number of months _____  | \$        | Provided by U.S. host <input type="checkbox"/> |
| Sickness & Accident Insurance:<br>monthly _____ x number of months _____   | \$        | Provided by U.S. host <input type="checkbox"/> |
| Miscellaneous expenses (Cell phone, bedding, dishes, etc.)   | \$        | Provided by U.S. host <input type="checkbox"/> |
| Entertainment (Movies, museums, sporting events, car rentals, etc.)  | \$        | Provided by U.S. host <input type="checkbox"/> |
| Personal/Other (Stamps, clothing, personal care, etc.)   | \$        | Provided by U.S. host <input type="checkbox"/> |
| <b>Total anticipated expenses</b>  | <b>\$</b> |  |
| <b>Remaining money</b><br><i>***Subtract total expected expenses from total net &amp; personal financial support</i> | <b>\$</b> |  |