



# Northern Border Regional Commission

## J-1 Visa Waiver Application Instructions

All information listed in the [NBRC "Waiver Application Checklist"](#) must be included in your application to be considered for a J-1 visa waiver recommendation. If documentation required on the checklist is omitted or does not meet the NBRC guidelines, the application will be returned to the applicant.

Letter size (8 1/2" x 11") paper should be used for all documentation. Please refrain from using staples, paper clips, tabs or two-sided documents. Case numbers assigned by the Department of State must be recorded on the corner of every sheet submitted. Documents must be placed in the order of the NBRC waiver checklist, labeled as they appear on the checklist, and should not include extra documentation not requested on the checklist.

The completed waiver packet must first be sent to the [State J-1 Visa Program Administrator](#) (where the physician will practice) for review. If the State office approves the request for waiver application, they will send it to the NBRC for final review.

Once NBRC receives the application we will notify the applicant of receipt. If all requested information is received, the applicant can expect a determination within 30 days. The determination period will be longer if documentation is omitted from the application packet or found to be insufficient.

If approved, a recommendation will be sent from the NBRC Federal Co-Chair to the US Department of State for consideration. NBRC and the applicant will receive notification from the US Department of State if our waiver recommendation is approved and is being sent to the U.S. Immigration and Citizenship Services for a final determination. USCIS has the sole authority to grant or deny a J-1 Visa waiver request. The applicant will receive notification directly from USCIS of the final determination, but the NBRC will not. Therefore, the applicant must notify the NBRC once they receive an official determination from USCIS.

For more information on J-1 visa waiver requirements and processing, please visit the U.S. Department of State's webpage on how to ["Apply for a Waiver of the Exchange Visitor Two-Year Home-Country Physical Presence Requirement."](#)