English Proficiency for J-1 Exchange Visitors

The U.S. Department of State, the government agency that has oversight of the Exchange Visitor Program, requires an Exchange Visitor (EV) to have sufficient proficiency in English language as determined by an objective measure to successfully participate their program, and to function on a day-to-day basis.

English language proficiency is a critical factor in an Exchange Visitor’s ability to succeed in the lab or classroom, and on a day-to-day basis. This includes everything from negotiating rent to describing an illness to a physician. Language proficiency is essential to the health, welfare, and safety or an EV, as well as a critical tool to fully understand rights, responsibilities, and protections while in the U.S.

English language proficiency can be demonstrated in one of the following ways:

1) Objective, recognized English language test:
The following tests are acceptable to fulfill the English proficiency requirement:
   - TOEFL - a minimum score of 80 on the iBT (internet based test) or 550 on the PBT (paper-based exam)
   - IELTS - an overall minimum band score of 6.5
   - CEFR: Level of C1 or above

   *All test dates must be within two years of receipt of the DS-2019 application to be valid.

2) J-1 Interview conducted by English3: The J-1 Interview is a recorded interview completed through English3’s website available to anyone with internet access. The duration of the interview is about 25 minutes and evaluated within 48 hours. Please click the following link to access English3’s J-1 Interview.

If you have one of the following, you are not required to provide proof of English proficiency:
   - An associate, bachelor’s, master’s or doctoral degree from a regionally-accredited U.S. college or university completed within two years of the date the DS-2019 application is received by ISSS
   - A bachelor’s degree or higher completed within the last two years of the date the DS-2019 application is received by ISSS from an officially-recognized college or university in one of the following English speaking countries:
     - Australia, Canada (except Quebec), Ireland, New Zealand, or the United Kingdom (England, Scotland, Wales, Northern Ireland)
   - Native speakers of English who are citizens of Australia, Canada (except Quebec), Ireland, New Zealand, or the United Kingdom (England, Scotland, Wales, Northern Ireland)