Exemptions from English Language Proficiency Test or Interview

- Individuals who have received a degree from an accredited institution in the U.S. or a nationally recognized university in one of the countries on the below list do not need to submit an English proficiency exam or go through the proficiency interview process. Scholars will be asked to upload their diploma copy to the J-1 Applicant Information e-form.

- Subject to approval by OIS, a letter on letterhead from an academic institution or English language school outside the U.S. may fulfill the English language proficiency requirement provided that;
  - The letter describes the writer's familiarity with the exchange visitor's English language ability;
  - Attests that English is the language of instruction of the school;
  - Supporting documentation about the school is attached about the recognition of its degrees and its authority to operate under the education laws of the country where it is located.
  Scholars will be asked to upload this letter to the J-1 Applicant Information e-form.

  Download Sample Letter

- Scholars who are citizens of any of the countries on the list below are not required to take an English proficiency exam, or complete the English Language Proficiency Interview process:

  Antigua       Ireland       Tanzania
  Australia     Jamaica       The Bahamas
  Barbados      Kenya         The British Virgin Islands – St. Kitts-
  Belize        Lesotho       Nevis, Anguilla
  Bermuda       Liberia        Trinidad and Tobago
  Botswana      Montserrat    Uganda
  Canada (English-speaking, i.e. not Quebec)  Namibia        United Kingdom
  Cayman Islands New Zealand    Zambia
  Dominica      Nigeria        Zimbabwe
  Gambia        Sierra Leone   South Africa
  Ghana         Singapore      (English-speaking,
  Grand Turks and i.e. not Afrikaans)
  Caicos Islands St. Lucia     Ghana
  Grenada       St. Vincent    Gambia
  Guyana        Swaziland      Ghana