**Recapturing Days Spent Outside the US for H-1B Extension**

Please use the template below to report the days you have spent outside the U.S. over the time you have held H-1B status. Recapturing time requires that each date listed below be substantiated with evidence. Flight itineraries work best for this purpose, but entry stamps can be used as well.

Please upload a completed version of this sample as a PDF document to the *Prospective H-1B Employee Information* e-form. You will also need to upload all of your evidence to the e-form as single PDF document. You can email [ois-info@umaryland.edu](mailto:ois-info@umaryland.edu) if you run into any issues uploading either document. The OIS will review and make necessary changes to the chart to correct any errors in calculation and include it in the H-1B petition along with the evidence provided.

**Note: When calculating the number of days you were outside the U.S., you cannot include your U.S. departure and return dates, as you were physically present in the U.S. during those days.**

**For example,** if you departed the U.S. on March 12, 2018, and returned on April 1, 2018, you should fill out the chart as follows:

|  |  |  |  |
| --- | --- | --- | --- |
| Start Date | End date | Number of days outside U.S. | Evidence |
| 3/13/2018 | 3/31/2018 | 19 | **Page 1:** Flight itinerary showing departure from Baltimore to Toronto on 3/12/18  **Page 2:** Reentry stamp to U.S. (4/1/18) |

**Days spent outside the United States**

|  |  |  |  |
| --- | --- | --- | --- |
| Start date | End date | Number of days outside U.S. | Evidence |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |
|  |  |  |  |

**Total Days Spent Outside U.S.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**