## **J-1 NOS Waiver Process**

Exchange Visitor submits personal waiver application to U.S.
Department of State



DOS receives application and updates website



After review, DOS sends a request for sponsor views to DIS



DIS reviews within 30 days



Exchange Visitor submits requested documents to DIS



DIS sends email to Exchange Visitor and NIH Sponsor



DIS submits sponsor views to DOS and notifies Exchange Visitor and NIH sponsor by email



DOS sends recommendation to Exchange Visitor, DIS, and USCIS



USCIS sends final decision to Exchange Visitor

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