

CONRAD 30

GUIDE

Allows J1 visa candidates who completed U.S. medical residency to obtain a waiver of the 2-year home-country residence requirement by working in underserved areas for 3 years.

	J-1 The Exchange Program	H-1B The Worker	O-1 The Rockstar
Purpose	For medical training, residencies, or fellowships with a 2-year home-country requirement	Work visa used post-waiver for specialty occupations, including physicians	For individuals with extraordinary ability, like top physicians (less common and harder to get)
Duration	Varies by program, typically up to 7 years	3 years, renewable up to 6 years	Initial 3 years, renewable in 1-year increments
Cost	\$2,000 to \$10,000 (attorney fees + state fees)	\$1,500 to \$4,000 (filing fees + attorney fees)	\$2,650 - \$8,950 (filing fees + attorney fees)
Annual Cap	30 waivers per state per year	65,000 visas plus 20,000 for U.S. master's degree holders	No annual cap - apply anytime
Processing Time	3 to 6 months	6 to 9 months	2 to 4 months

Paperwork Tips

- **Filing Petitions:** Be thorough and accurate.
- **Supporting Documents:** Include qualifications, degrees, and work experience.
- **Interview Prep:** Be ready to explain why the candidate is essential.

Important Reminders

- **Renewal:** Stay on top of visa expiration dates to avoid disruptions.
- **Legal Guidance:** Consult with an immigration attorney to navigate the process smoothly.
- **Application Deadlines:** Varies by state. Typically between **September and October** each year.
- **State Availability:** The most popular states that fill up quickly are New York, California, Texas, and Florida.
- **When to Start Looking:** 12-18 months before residency completion.
- **Alternatives:** Explore H-1B cap exempt employers (institutions of higher education and any affiliated non-profits, non-profit research organizations, and government research organizations) in addition to the Delta Regional Authority and the Appalachian Regional Commission.
- **Benefits of H-1B Cap-Exempt Status:** No cap limitations, year round filing, and no requirement to participate in the H-1B lottery process.



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