J-1 students must provide one of the following documents to establish English proficiency:

- Minimum TOEFL score:
  - o Internet-based: 80; Paper-based: 550
- Minimum IELTS score: 7.0
- Official transcript, school report, or letter (signed and dated) from a higher education institution where:
  - o English was the language of instruction for all coursework and
  - o The student achieved a minimum, cumulative U.S. GPA equivalency of 3.0.
- Attestation of proficiency (signed and dated) from an English language school (a school that teaches English language to non-native speakers) or an English language instructor (an instructor who teaches English language to non-native speakers).

Students who cannot present qualifying proof of English language proficiency will not be able to study in J-1 status.