

YOUR WORKING CHECKLIST

J-2 family members: sponsor permission and individual DS-2019s

How does a J-2 family member join a J-1 exchange program?

The exchange category must permit accompanying family participation. The Department of State says eligible spouses and children receive separate sponsor-issued DS-2019s and use relationship evidence in the visa process. A principal's program acceptance alone is not each family member's immigration decision.

Check the boxes on screen or by hand. Use the notes area for records to find and questions to ask.

Your preparation checklist

- ☐ Keep the principal's category and sponsor information visible.
- ☐ Identify the dependent's legal relationship through the actual record.
- ☐ Preserve the person-specific record and any revisions.
- ☐ Separate a work-permission question from a visa or program participation question.

Notes and questions to follow up

Source links and current instructions

Sources checked October 25, 2026. Follow current instructions at the linked institution.

U.S. Department of State: Exchange visitor visa: sponsor and program

<https://travel.state.gov/content/travel/en/us-visas/study/exchange.html>

U.S. Department of State: Student visa: school and category distinctions

<https://travel.state.gov/content/travel/en/us-visas/study/student-visa.html>

DHS Study in the States: Maintaining student status

<https://studyinthestates.dhs.gov/students/maintaining-status>

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<https://immigrantinsider.com/immigration-paths/student/j2-dependents/>

General information

This free organizer is not a government form and does not submit an application, establish eligibility, preserve a deadline or replace individual legal advice. Government filing fees and professional services are separate.