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J1 visa is a non immigrant visa issued by the United States to visitors participating in programme that promote cultural exchange within the US. It is also for foreign medical graduates who wish to pursue graduate medical training in the United States. This visa allows holders to remain in the US until their studies are completed. At the completion of their studies they are expected to return to their home countries for 2 years before applying for a permanent visa in the United States.

J1 visa categories include physicians, professor, research scholar, trainee, international visitors, government visitor, college and university student and short term scholar. To apply for this visa you must have sufficient funds to cover for all your expenses or have a sponsoring organization that will provide full support, have the required education and have a good understanding of the English language or must be entering a program for English. You must apply for J1 visa at the American embassy or consulate with jurisdiction over their place of permanent residence. Although visa applicants may apply at any US consular office abroad, it may be more difficult to qualify for the visa outside the country of permanent residence.

H1 b visa is a non immigrant visa which allows a US company to employ a foreign individual in a specialty occupation. A specialty occupation requires theoretical and practical application of a body of specialized knowledge along with at least a bachelorâ€™s degree or its equivalent. This includes, architecture, engineering, mathematics, physical sciences, social sciences, medicine and health, professional nurses entering the US to perform complex job duties or supervise nursing operations education, business specialties, accounting, law, theology, and the arts are specialty occupations.

The H1 b visa is valid for 3 years and you can apply for an extension of another 3 years, but you can stay outside the United States for 1 year before another H1b petition can be approved. You may not apply for the visa as an individual because you need a sponsoring employer. An employer may apply by filling a labor condition application for non immigrant workers. You can apply if you have a bachelor degree or its equivalent in work experience and specialized skills and have a job offer in the US with a company willing to sponsor you. A salary and working conditions that matches what others are making in the same field in the area where you will be working and relevant work experience to the position offered.

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