

*There are optional tax return services available when filing your taxes. You are not required to use this or any other tax service. Information below is being provided as resource.*

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### **Who must file tax forms for 2022 tax season?**

If you were physically in the U.S. in J status anytime between January 1 - December 31, 2022 you're obligated to send at least one form, Form 8843, to the U.S. tax agency IRS (Internal Revenue Service), even if you had no income.

If a nonresident J participant earns any US income, they will need to file a federal tax return with the IRS by law. **Failure to file a Federal tax return will breach IRS regulations and may inhibit participants from returning to the US on any future visas.** Depending on the individual circumstances, you may also need to file a state tax return(s).

### **Tax Filing Deadline:**

April 18th, 2023 is the last day for residents and non-residents who earned U.S. income to file Federal tax returns for 2022.

### **Resident or Nonresident for Federal Tax Purposes:**

Generally, most J-1 Intern/Trainees, Summer Work and Travel, Au Pairs, Teachers and Camp Counsellors are considered **nonresidents for tax purposes**. The above J visas are automatically considered nonresidents for 2 out of the last 6 calendar years in the US. If you've been in the US for longer than 2 years for the last 6 years period, the [Substantial Presence Test](#) will determine your tax residency. Sprintax will confirm your tax residency for you.

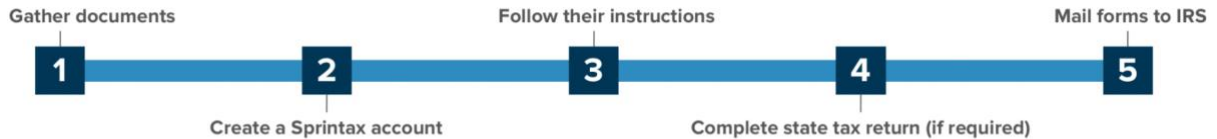
### **How to File:**

**Sprintax** is a resource available for nonresidents that provides online Federal and State tax preparation software for non-residents in the U.S.

After you login to [Sprintax](#), it will ask you a series of questions about the time you have spent in the United States and in which immigration status, looking back over a period of years. Sprintax will then determine your tax status. If it determines that you are a "nonresident alien" (NRA) for federal tax purposes, you can continue to use it to respond to a series of guided questions. Sprintax will complete and generate the forms you need to send to the IRS (Internal Revenue Service). If it determines you are a resident alien for federal tax purposes, you won't be able to continue using the software.

## CREATE ACCOUNT

### Step by Step guide on How to File Your Nonresident Tax Forms (J and F)



Steps to File Your Non-Resident Tax Forms (F and J)

#### 1) Gather the documents you may need for [Sprintax](#)

Document	Description
✓ Passport	
✓ Visa/Immigration information, including form I-20 (F status) or form DS-2019 (J status)	
✓ Social Security or Individual Taxpayer Identification Number (if you have one)	This is not needed if you had no income and the 8843 is the only form you have to file.
✓* W-2	This form reports your wage earnings if you worked. If you had more than one employer you should get a W-2 from each employer. It is issued by the end of January for the previous year. Make sure all employers from last year have an up-to-date address for you. <b>If you are an Au Pair you can use your bank statements to report your US income as generally, Au pairs do not receive W-2' forms.</b>
✓ U.S. entry and exit dates for current and past visits to the U.S.	In addition to passport stamps, you can review or print your U.S.travel history <a href="#">here</a>

Document	Description
✓* 1099	This form reports miscellaneous income. Can be interest on bank accounts, stocks, bonds, dividends, earning through freelance employment
✓* 1042-S	<p>This form is used to report:</p> <ol style="list-style-type: none"> <li>1. Income covered by a tax treaty</li> <li>2. Awards/Prizes</li> <li>3. Stipend, scholarship, fellowship income and travel grants (not tuition reduction or exemption)</li> </ol> <p>If you received this type of income, the 1042-S will be mailed to you by March 15th by the payer.</p> <p>Note: Only NonResident Aliens receive this form. If your tax status changes to a Resident Alien you will not get a 1042-S. Login to Sprintax to check your tax status if you're not sure.</p>

## 2) Create a [Sprintax Account](#):

You can create a user account by visiting the [Sprintax](#) website and creating a UserID and password or if you have an existing account on Sprintax you can log in using your existing credentials.



## 3) Follow the Sprintax instructions

If you had No U.S. Income: Sprintax will generate a completed Form 8843 for you and each of your dependents (if you have any).

With U.S. Income: Sprintax will generate your "tax return documents", including either a 1040NR, and/or state tax return depending on your circumstances.

## 4) (With U.S. income only) If required, complete your state tax return

After you finish your federal return, Sprintax will inform you if you need to complete a state tax return. If so, they will give you the option to use Sprintax for an individual fee. However, it is your choice to use them or to do the state tax return on your own.

## 5) Mail your completed federal and/or state forms to IRS and/or state tax authorities

Remember to read the mailing instructions that Sprintax provides. If you have dependents, each one must mail their 8843 in a separate envelope. This filing season you may be able to **e-file**

**your Federal tax return** directly to the IRS through Sprintax [if you are eligible to do so](#). You will still need to print, sign and mail your state tax return if applicable.

### **Need Sprintax Support?**

24/7 Live Chat Help

Refer to their FAQs

email at [hello@sprintax.com](mailto:hello@sprintax.com)

### **Sprintax Educational Tax Videos and Blog:**

You also have access to the [Sprintax YouTube account](#) where there are a number of educational videos on nonresident taxes to provide further clarity on the subject of using Sprintax and nonresident tax. There is also a [Sprintax Blog](#) which go through tax related topics and can be of use to you. You can also access the recording of a Sprintax webinar covering nonresident tax for J-1 participants here [Sprintax Webinar – An Introduction to Nonresident Tax](#)

**DISCLAIMER:** Our institution is NOT permitted to assist nonresidents with any IRS tax form preparation or tax related questions. The information provided is intended for your benefit. Any questions or concerns should be directed to Sprintax, a certified tax preparer or a local IRS field office.