

Recapturing Unused H1B Time

Time spent outside of the United States during the validity of your H-1B may be recaptured and used to extend your six-year maximum period of stay if properly documented.

In the worksheet below, start with your last trip outside of the U.S. and enter the date you left the U.S. and the date you were readmitted to the U.S.

Supporting documents - List the document that shows an official stamp for your exit date and your re-entry date. If providing alternative evidence, list the type of evidence in the Supporting Document field (airline ticket, itinerary confirmation, other evidence of departure/arrival).

Example: If you departed the U.S. on May 1, 2020, count only the first full day that you were outside of the U.S. That would be May 2, 2020. If you re-entered the U.S. on Sept. 6, 2020, then your last full day outside of the U.S. would have been Sept. 5, 2020.

Date of Departure from U.S.	Date of Re-entry to U.S.	Supporting Document (Passport with exit/entry stamps made by official at port of entry. I-94, plane tickets, itineraries)	Number of days physically outside of the U.S.

Source: USCIS memo – Michael Aytes (10/21/04) and USCIS Adjudicator’s Field Manual § (g)(9) and 31.3(g)(14)