



## Sprintax Suggested Content for Tax Page:

### 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 taxable 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 2023.

### Resident or Non-Resident for Federal Tax Purposes:

*Generally*, most J-1 Interns/Trainees, Summer Work and Travel, Camp Counsellors and Au Pairs are considered **non-residents for tax purposes**. The above J visas are automatically considered non-residents 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.

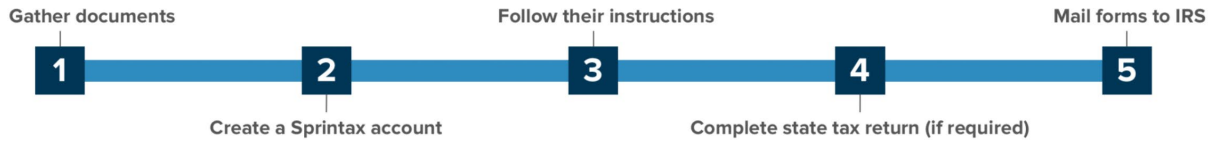
### How to File:

[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.

# sprintax

## Step by Step guide on How to File Your Non-Resident 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>
✓* 1099	This form reports miscellaneous income. Can be interest on bank accounts, stocks, bonds, dividends, earning through freelance employment

### 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) Submit 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. 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 non-resident taxes to provide further clarity on the subject of using Sprintax and non-resident tax. There is also a [Sprintax Blog](#) which go through tax related topics and can be of use to you. You can also access a short overview of US tax obligations for J participants right here [Sprintax Webinar – An Introduction to Nonresident Tax](#)

#### Sprintax Forms Pre-Employment Tax Forms Software:

If you are starting your employment in the US, it is likely that your employer will ask you to complete tax forms to help understand how they should tax you on your income e.g. Forms W-4. These forms can be confusing and its also important to know that as a nonresident for tax purposes, different tax principles apply to nonresidents versus how they would apply to residents or US citizens. If you



would like assistance in having your pre employment tax forms completed for you, Sprintax have a second software, [Sprintax Forms](#) that can assist to understand your tax residency, FICA tax exemption as well as generate your tax forms for you to be able to provide to your employer. The cost to use the software to generate your forms is \$19.95, however there is a free tax residency determination provided as well as FICA exemption determination. You can access this software [here](#).

### **Sprintax 2022 Tax Webinars:**

If you would like to learn more about US taxes for J participants, you can join some of the free and open Sprintax webinars that run through everything you need to know about US taxes for nonresident J participants.

Monday December 5th 2022, 12pm EST –

<https://attendee.gotowebinar.com/register/3109269775566573070>

Tuesday January 17th 2023, 2pm EST –

<https://register.gotowebinar.com/register/2789404250860525839>

Wednesday February 15th 2023, 1pm EST –

<https://register.gotowebinar.com/register/7543527602619795724>

Monday March 20<sup>th</sup> 2023, 4pm EST –

<https://register.gotowebinar.com/register/2512755030684211723>

Wednesday April 12<sup>th</sup> 2023, 3pm EST –

<https://register.gotowebinar.com/register/5256342206217869580>

**DISCLAIMER:** Our institution are 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.