

How to



From Guyana 2026

If you're a U.S. citizen or dual-national abroad, and will be 18 years old on election day, you have the right to vote in a federal election, and in your state's elections if your state allows.

As a U.S. citizen, you can register to vote from abroad while living, working, or traveling overseas by submitting one form, the Federal Post Card Application (FPCA). It doesn't matter if you were registered to vote before you left the U.S. or how long you have lived outside the U.S. (including if you've never resided there). Below you'll find an overview of the entire process of voting from Peru including how to:

1. Register and Request a Ballot
2. Confirm and Receive a Ballot
3. Vote and Return a Ballot
4. Track a Ballot

Questions along the way? Contact voterhelp@democratsabroad.org at any point!

1. Register to vote and request your ballot

Per UOCAVA, the federal *Uniformed and Overseas Citizens Absentee Voting Act*, you have the right to **receive your ballots via email only** if you are registered as a citizen living abroad. **This right is not afforded to those who register to vote absentee through their state.**

Visit VotefromAbroad.org to fill out your absentee ballot request, also known as the Federal Post Card Application (FPCA)— it only takes 5-10 minutes! If you're not registered to vote, the FPCA serves as a voter registration form as well. **Be sure to choose the option to receive your ballot via email!**

Every state has different submission rules and deadlines!



Your state's can be found at [Your State Rules](#) and on the VotefromAbroad.org homepage.

If you have any questions while filling out the form, you can refer to [FAQs](#), also on the homepage. If you don't find

your answer listed there, click the online Voter Help Desk's **red circle** at the bottom right and type in your question. Or email: voterhelp@democratsabroad.org.

2. Confirm your request has been accepted and that you will receive a ballot

You should **always verify with your local election official that you will be receiving a ballot**. After you submit your Federal Post Card Application (FPCA) request form, if they don't send you a confirmation of receipt right away, **call or email** your local election official to verify they received it and will be sending a blank ballot to you. You can look up their contact information at [Your State Rules](#).

The contact information is also listed in the instructions generated when you complete the FPCA on VotefromAbroad.org. Alternatively, most states provide a website where you can verify your voter status, although these sites can sometimes be outdated and are not aimed at abroad voters; **You can find it by searching for "[state] verify voter registration."**

By federal law pertaining to overseas voters, all states must send absentee ballots to overseas voters no later than **45 days** before a federal election (MOVE Act). This year: **September 19**. If you don't see your ballot in your inbox, check your spam! If you still don't see it, contact your local election official and confirm they sent your ballot out. Remember, you can look up your local election official's contact info at [Your State Rules](#).

Important! FWAB (Federal Write-In Absentee Ballot): If you must mail your ballot back and you don't have your ballot shortly after September 19 - or even before if you are concerned that your ballot might not arrive on time - we recommend you send in an FWAB backup ballot to make sure your vote gets to your state in time. This also allows you to use a quicker and more economical method of mail, courier, or embassy/consult delivery (see below in section 3). If you then receive your state's complete official ballot in time to mail or courier it back, you can do so! Your FWAB ballot will be superseded by your state's ballot - you will not be voting twice!

See details below in **Sec 3. Vote and Return your ballot: Returning your ballot via mail**.

3. Vote and Return your ballot

Return your ballot ASAP via the easiest and quickest option available for your state!

Because ballot return methods vary by state, carefully check your state's guidelines on return via online upload, email, fax, or postal mail at [Your State Rules](#). If your state only allows postal mail return you must return your ballot as quickly as possible! See mail-return options below.

---> **Tip:** New Jersey Voters - Please note that New Jersey allows for email or fax returns, but *also* requires that the ballot be sent by postal mail as well.

---> **Tip:** New York Voters - Here are instructions on [How to fold the New York State General Election ballot](#).

Returning your ballot via email or online upload

Bingo! If your state allows, these are the easiest, fastest options. Use these!

(Note that DA continually works with individual state representatives to promote legislation that would allow these options for all states.)

Returning your ballot via fax

If you don't have a fax machine or international fax service isn't easily available, you can use an **Email-to-Fax service!** They will convert your email to a fax, then fax it to your local election office as written on your Cover Sheet.

Free Email-to-Fax services are available online; two are:

[HelloFax](#) allows you to send up to 5 pages for free.

[FAX.PLUS](#) allows you to send up 10 pages for free.

Note: FVAP's previous email-to-fax service is no longer available under the current federal administration.

Returning your ballot via mail

Important: Recent USPS operational changes in postmark procedures mean delays for voted ballots arriving at your Local Election Office by your state's deadline. For all mail ballot return methods from abroad, be sure to obtain a date of mail stamp as noted below and allow additional time for your ballot to reach your Local Election Office.

If your state requires **postal mail** ballot return, your options are :

Post Office

Use your local post office **only IF you have reliable postal service in your area! and IF you are sending your ballot back early** enough to allow time for delivery to your local election office in the states. Be sure to add international postage to your Postage Paid envelope and obtain a postmark.

Note: If you happen to be in the US to mail your ballot: You can go inside and request the clerk apply a same-day manual postmark called a "round-date stamp" for no extra fee.

Courier Service

Courier service is a more reliable and timely option, but of course more costly. For fees and locations nearest you, contact the main offices listed. **Be sure to have your package date stamped.**

DHL: 50 E Fifth St, Georgetown, Guyana; 592 227 4742

FedEx: 125 Barrack St, Georgetown, Guyana; 592 227 6976

UPS: Mercury Couriers, 210 Camp and New Market St, North Cummingsburg, Georgetown;
Tel.: 5922 271 853 / [UPS Additional Contact Info](#)

---> **Tip:** Family members whose ballots are in separate postage-paid envelopes and both addressed to the same local election office may use one courier delivery package.

---> **Tip:** Check your state's deadline for ballot return and count backwards to ensure timely delivery. The postmark date is important to ensure your ballot is counted!

---> **Tip:** Even with expedited courier services, ballots still take several days to get to the United States.

Diplomatic pouch delivery from the US Embassy in Georgetown:

You can drop off your FPCA and/or completed absentee ballots at U.S. Embassy Georgetown at the Duke Street entrance to the American Citizen Services unit. The U.S. Government offers this service to U.S. Citizens living overseas to make absentee voting as easy as possible. Any U.S. Citizen can drop off completed FPCAs or ballots and U.S. Embassy Georgetown will send them to the United States Postal Service (USPS) in your state. The mail will then enter the USPS system. It will take approximately three weeks for the mailed item to reach your local election official. You must include proper postage and complete "to" and "from" addresses on envelopes. Proper postage is needed for domestic mail, as if the envelope was deposited in a mailbox in the United States. If your state provides a postage-paid envelope, then no additional postage is necessary. Be sure to obtain a "consular stamp" on your ballot envelope.

The Voting Assistance Officer at U.S. Embassy Georgetown is available to answer any questions. Please email us at VoteGeorgetown@State.gov

Due to time constraints, DA does not recommend using the diplomatic pouch after Sept 25th.

FWAB ballot: Recommended for ALL Mail Return methods!

DA recommends submitting an early **FWAB ballot** for all mail-return states. You do not need to wait until final ballots come out. If your full ballot is later received in time to return it by your state's deadline, it will be counted instead of your FWAB - you will not be voting twice!

The FWAB is specifically for overseas voters who are concerned they won't receive their official ballot in time to return it by the deadline. All details about the Backup Ballot can be found in [FAQs Here](#)

You can easily fill out online and download a FWAB backup ballot at: [FWAB backup ballot ONLINE](#) or download and fill out by hand online here: [FWAB backup ballot](#)

Regardless of how you send your ballot: Know that it is unlawful in some states for a second party to handle your voted ballot, even if it is sealed. Contact voterhelp@democratsabroad.org to find out if your state is one that disallows second party handling of voted ballots.

4. Track your ballot

Once you've mailed your ballot, follow up with your local election official to make sure that it arrived and will be counted. Nearly all states have online tracking services. To find your state's website, go to [Your State Rules](#) and scroll down to "Track Your Ballot." On the same web page, you can also look up your local election office's contact details and contact them directly. If they are experiencing an influx of calls or emails, you may need to remain persistent, but this can be the most direct and reliable way to track your ballot.

---> **Tip:** Know that voter error is the main cause of ballot rejection!



Having trouble? Need help?

We understand that the voting process from abroad can be confusing — that's why we're here to help. Send an email to voterhelp@democratsabroad.org

Download your sticker! Share with your friends!

[I Voted From Guyana](#)



REVIEW OF KEY POINTS FOR VOTING

- Request your overseas ballot now! www.votefromabroad.org
- Check the option (on the request form) that your ballot be sent to you by **email**!
- Submit your request form online or by email, if your state allows; unfortunately, some states require you to mail your request.
- If your state allows you to return your voted ballot electronically – do it! (By email, upload, or fax).
- If your state requires you to mail back your ballot:
 - Request your ballot **now** so you'll receive it on **Sept 19** when counties start sending overseas ballots out (45 days before the election)
 - Download and vote your ballot immediately!
 - Use your embassy or consulate's diplomatic pouch (by Oct Sept 25) or use a courier service to send it back.
- Track your request form and your ballot.
- Questions? voterhelp@democratsabroad.org

Need help scanning your ballot?

[Watch this video](#) on how to scan using your smartphone.

If you don't have a scanning app on your phone, you can use [Adobe Scan mobile app for iPhone & Android](#)