

Finding a J-1 Internship in the US

Start early.

Start your search as much as a year before you hope to begin the internship.

Build relationships.

Talk to your professors.

Who do they know in your field of study?
Who are these contacts willing to refer you to?



Ask your contacts about internships in the US.

Which companies in your country do business with the US?

Companies who do business in your country will be interested in learning more about your culture. How can you help US employees better understand your nation?

Focus your interests.

Why?

What are you hoping to learn?
What impact will the internship have on your future career?

Research companies.



Companies will check your Facebook and LinkedIn accounts.

Maintain a professional online profile.

Don't believe everything you read online.
Be wary of internship-matching services.

Join a professional association.



Harness social media.



Ask questions.

Get a student membership in a professional association in your field.

What do US companies hope to gain from hosting an intern?
How much can you expect to be compensated?
What expenses can you expect to have?
How long do you hope to intern?

Be wise.

Narrow down your options.

**You did it!
Welcome to the US!**



Remember--there are no short cuts to finding a J-1 internship!
Learn more at www.internationalexchangecenter.org.

Good luck!

