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

**Focus your interests.**
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?

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

**Research companies.**
Which companies in your country do business with the US?

**Harness social media.**
Companies will check your Facebook and LinkedIn accounts. Don’t believe everything you read online. Be wary of internship-matching services.

**Maintain a professional online profile.**
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?

**Ask questions.**
Be wise. Narrow down your options.

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

**Talk to your professors.**
Who are these contacts willing to refer you to?

**Be wise.**
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!