

J-1 Expert One-Page Reference

Global Current Occupational Categories

Business and Technology

Management
Business Administration
Communications
Marketing
Commerce
Finance
Engineering
Information Technology

Science, Arts and Education

Social Sciences
The Sciences
Architecture
Mathematics
Film
Fashion
Graphic Design
Education (Excluding Teaching)
Library Sciences

Other

Media
Social Services (Excluding Counseling)
Public Administration
Law

Trainee Eligibility Requirements

- The candidate must have a **degree** or professional certificate from a foreign post-secondary academic institution and at least **one year of prior related work experience** in his or her occupational field, acquired outside the United States, **OR**
- He or she must have **five years of work experience** outside the United States in his or her occupational field.

Intern Eligibility Requirements

- The candidate must be **currently enrolled** and pursuing studies at a degree-or certificate-granting post secondary institution outside the United States, **OR**
- He or she must be a **recent graduate** of a degree or certificate-granting post-secondary academic institution outside the US. The date of graduation must be **no more than twelve months** prior to the proposed start date.

Company Requirements

Companies that wish to host J-1 Trainees or Interns must meet certain standards to be considered:

- Have been in operation for a minimum of **24 months**
- Have a minimum of **25 employees or earn \$3 million annually** (companies that do not meet this requirement must pre-qualify through a site visit)
- Appropriately compensate trainees
- Offer **training** programs no longer than **18 months** and/or **internships** no longer than **12 months**.
- Not engage program participants in any employment activities or issue offers of employment on another visa type.
- Have **appropriate resources** (facilities and staff) to successfully facilitate the proposed program.
- Currently have less than 10% of its staff in a J-1 program. This 10% includes trainees, permanent staff, and interns.

Two Year Foreign Residency Requirement

Some J-1 Interns and Trainees may be subject to the Two Year Foreign Residency Requirement, or section 212(e) of the Immigration and Nationality Act, and **cannot change status to H, L, K, or Greencard** status until he or she has returned to his/her home country for at least two years or received a waiver. Participants are subject to INA 212(e) if the following conditions exist:

- The participant's program was financed by the United States government or the government of the participant's nationality or last residence;
- The participant is a national or resident of a country **designated as requiring the services of persons engaged in the field of specialized knowledge** or skills in which the participant was engaged for the duration of their program (Exchange Visitor Skills List 9 FAM 41.62 Exhibit II)
- The participant entered the United States to receive graduate **medical education or training**.