



International Career Development in USA

Internship / Training Program Guide

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1. Introduction

Do you want to be immersed in American culture while also building professional skills in your chosen field? Do you want to learn about your field from a completely new perspective while also having the experience of a lifetime? Then our Internship and Trainee Programs are for you! Add international experience to your resume, build your global network, improve your language skills, and take time to travel the country and make friends.

Why Us?

At ICD USA we take a very personal approach to finding the perfect position for each student. Rather than just submitting resumes to every company, we review both the student's resume and educational experience as well as the host company's requirements and preferences to find the match that will be most beneficial for both participants.

Our placement success is an amazing 95% of our applicants. Not only do we have a high success rate of placing students, in most cases we are able to find the placement within a few weeks.

To Summarize, the Benefits of Organizing Internship/Training with ICD USA:

- ▶ ICD USA provides complete arrangements for your Internship/Training, including internship placement, obtaining the DS-2019 Form (required for J1 Visa), health insurance, providing links to housing options, finding of language school (if desired) and much more.
- ▶ ICD USA offers personalized service. We take care of each Program Participant individually.
- ▶ ICD USA has a strong understanding of the US internship market and application process. We will be honest with you about your chances in your field of study and will help instruct and guide you according to what we know the companies are looking for.
- ▶ Our mission is to make this process easy, professional, and affordable to all.
- ▶ No risk! According to ICD USA policy, a refund of the deposit (first payment, 20%, less \$50 bank transaction fee) will be granted if ICD USA was unsuccessful in providing a placement.

We look forward to helping you take the next step in your career!

2. Internship/Training

Each year, thousands of students and young professionals from all over the world arrive to the USA in order to obtain valuable professional experience, global job skills, improved English skills, or simply to have an unforgettable life experience!

The main hurdle is to find a fitting placement company. ICD USA offers professional services that include, but are not limited to:

- ▶ Step-by-step guidance during the application process.
- ▶ Help with resume and cover letter writing, according to the US format.
- ▶ Internship/Training Placement.
- ▶ Internship/Training Placement Plan and Agreements (DS-7002 form.)
- ▶ Assistance in obtaining DS-2019 form¹.
- ▶ Guidance and suggestions on housing and language school (if desired), etc.
- ▶ Information on visas, visa interview, airline tickets, and much more!

2.1. Program Requirements

Cultural Importance:

It is important you remember that this is a Cultural Exchange Training Program, and more government emphasis is being placed on the cultural aspect of it. This means that on your resume, in the objectives section, you should list learning about US culture and diplomacy first, followed by your professional objectives. This also means that when interviewing at the embassy, you should make sure that they know you are interested in the cultural aspect of the program as well as your professional training.

Internship Program / Traineeship Program

Since 2007, the US Government makes a distinction between an Intern Program and Trainee Program.

You can apply for an Intern Program if you are a foreign national

- (1) who is currently enrolled in and pursuing academic studies outside the US,
or
- (2) who has graduated from an overseas institution no more than 12 months prior to the start date of his or her exchange visitor program.

MAXIMUM INTERN PROGRAM DURATION: 12 months + 30 days Grace Period².

¹ What is Form DS-2019 (Certificate of Eligibility)?

A SEVIS-generated Form DS-2019 is required when applying for the J-1 Visa. The DS-2019 is a controlled form provided to you by your program sponsor. It documents your acceptance to an exchange program sponsored by a State Department designated Exchange Visitor Program sponsor.

<http://j1visa.state.gov/basics/common-questions/>

You can apply for a Trainee Program if you are a foreign national

- (1) who has a degree or professional certificate from a postsecondary academic institution abroad and at least one year of related work experience acquired outside the United States,
- or**
- (2) has five years of related work experience acquired outside the United States.

MAXIMUM TRAINEE PROGRAM DURATION: 18 months + 30 days Grace Period.

Requirements for all participants

- ▶ Academic field of study, major, qualifications, and work experience must correspond to the desired sphere of the Internship/Training.
- ▶ English level must meet requirements to perform successfully in the proposed intern/training position.
- ▶ Proof of sufficient financial funds for the period of the program is required. Internship/Training is meant to give foreign nationals professional experience and knowledge of US business practices. To be sure that applicants are able to enjoy their experience and not end up with financial difficulties, the visa sponsor is requesting that all participants have approximately \$1,000 per month in available funds, whether their own or through sponsorship by a parent or friend. However, each case is different and if you have any questions or concerns, please discuss this with us in your interview so we can advise you what is possible in your situation.

2.2 Duration of the program

The minimum period of the program is 2 months, but many employers are looking for an intern/trainee for at least 6 months. Although extending the contract to the maximum period (12/18 months) is possible, this involves an extra cost for the new DS-2019 form issuance. We recommend you determine the optimum period of the Internship/Training in advance.

After the end of the Internship/Training period, the participants have the right to an additional 30 days, which can be spent on leisure time and travelling within the USA. Please note that this grace period is not reflected in the dates of the visa or DS forms, but you will have 30 days after the last day listed on the training form to do some travelling and sightseeing within the US. Please also remember that if you leave the US during the grace period, your grace period is officially over, even if you have not used the full 30 days. Once you leave the country, you will not be allowed re-entry under your J1 visa. The 30 days is for use only within the US.

² What is the 30-day Grace Period?

The Department of Homeland Security (DHS) provides all J-1 program participants a 30-day travel status period following the completion of their program. This period is NOT included in the program dates entered on the Form DS-2019. The grace period allows participants to travel domestically and/or to prepare for and depart from the United States. Employment is prohibited during this grace period.

<http://j1visa.state.gov/participants/current/adjustments-and-extensions/>

2.3 Compensation

Compensation varies by company and basically depends on business field, participants' work experience, and other factors. A modest stipend is not uncommon.

For many US college students, internships are a mandatory part of their degree programs. In such cases college credits are offered for completing an internship with certain requirements as if the student has completed a class. Colleges encourage US companies to offer internships for college credit. The idea behind it is to help students get their first experience while still in college.

Some US companies are interested in international internship program, but offer the same conditions as for local students: College credit – meaning unpaid for international candidates.

How can you benefit from an unpaid internship?

- ▶ Receiving free English skills in a professional environment, instead of paying \$500 per week for a boring classroom practice, is a great benefit. Not only to improve your English, but your communications skills as well.
- ▶ Competition in the internship market is very high, so an unpaid 2-5 months position could be a good career starter.
- ▶ Even an unpaid internship program will benefit your future career, as you will be getting not only work experience in your field of study but also experience for life (working in a new environment, organization skills, communication skills, and you name it!)
- ▶ We have a lot of positions to choose from, so you can find the most interesting and exciting fit for you.
- ▶ Gain invaluable cultural experience in a new environment.
- ▶ Expand your global network.



3. ICD USA Services

We take a very personal approach to finding the perfect position for each student. Rather than just submitting resumes to every company, we review both the student's resume and educational experience as well as the host company's requirements and preferences to find the match that will be most beneficial for both parties.

ICD USA offers professional services that include, but are not limited to:

- ▶ Step-by-step guidance during the application process.
- ▶ Help with resume and cover letter writing, according to the US format.
- ▶ Internship/Training Placement.
- ▶ Internship/Training Placement Plan and Agreements (DS-7002 form.)
- ▶ Assistance in obtaining DS-2019 form.
- ▶ Providing options and suggestions on housing, language school (if desired), etc.
- ▶ Information on visas, visa interview, airline tickets, and much more!



4. Program step-by-step

ICD USA arranges professional internship/training programs for international participants to provide them with opportunities for professional development, knowledge of US business practices, and a better understanding of American society and culture.

1. Submit online application at least 3-4 months before intended internship/training. We will contact you soon to discuss all details.
2. ICD USA Contract, with 20% down payment³.
3. Create your Resume and Cover Letter. ICD USA will provide you with Application materials.
4. Once we find an interested company, we will contact you to arrange an interview. Don't panic, ICD USA supports you and gives valuable advise for your interview⁴.
5. If your interview is successful, ICD USA will prepare your Placement Agreement.
6. ICD USA helps to solve questions related to accommodations, insurances, English language courses, etc.
7. ICD USA compiles the detailed Internship/Training plan (DS-7002 form) and provides assistance in obtaining the DS-2019 form.
8. Interview with the sponsor⁵ of DS-2019 form.
9. Payment of SEVIS fee⁶.
10. After obtaining all necessary documents we prepare the participant for the visa interview in the US Embassy/Consulate⁷.

³ A refund of the deposit (first payment, 20%, less transaction fee) will be granted if ICD USA was unsuccessful to provide the placement.

⁴ **Advice from ICD USA:** To feel more comfortable about interviewing, we suggest you listen to some American radio stations online, for example <https://www.npr.org/>

⁵ The program sponsors are responsible for screening and selecting eligible foreign nationals for participation in their designated exchange visitor program, as well as supporting and monitoring exchange visitors during their stay in the United States. <http://j1visa.state.gov/basics/common-questions/>

⁶ Nonimmigrant students and exchange visitors are subject to this fee, which will be used to administer and maintain the Student and Exchange Visitor Information System (SEVIS) as well as develop and deploy the next generation of SEVIS, support compliance activities, and establish SEVIS Liaison Officers to provide information and assistance to students and schools. <https://www.ice.gov/sevis>

⁷ You are advised to not finalize any travel plans or reservations (e.g. purchasing plane tickets, booking hotel, etc.) until your passport has been returned to you with a valid non-immigrant visa.

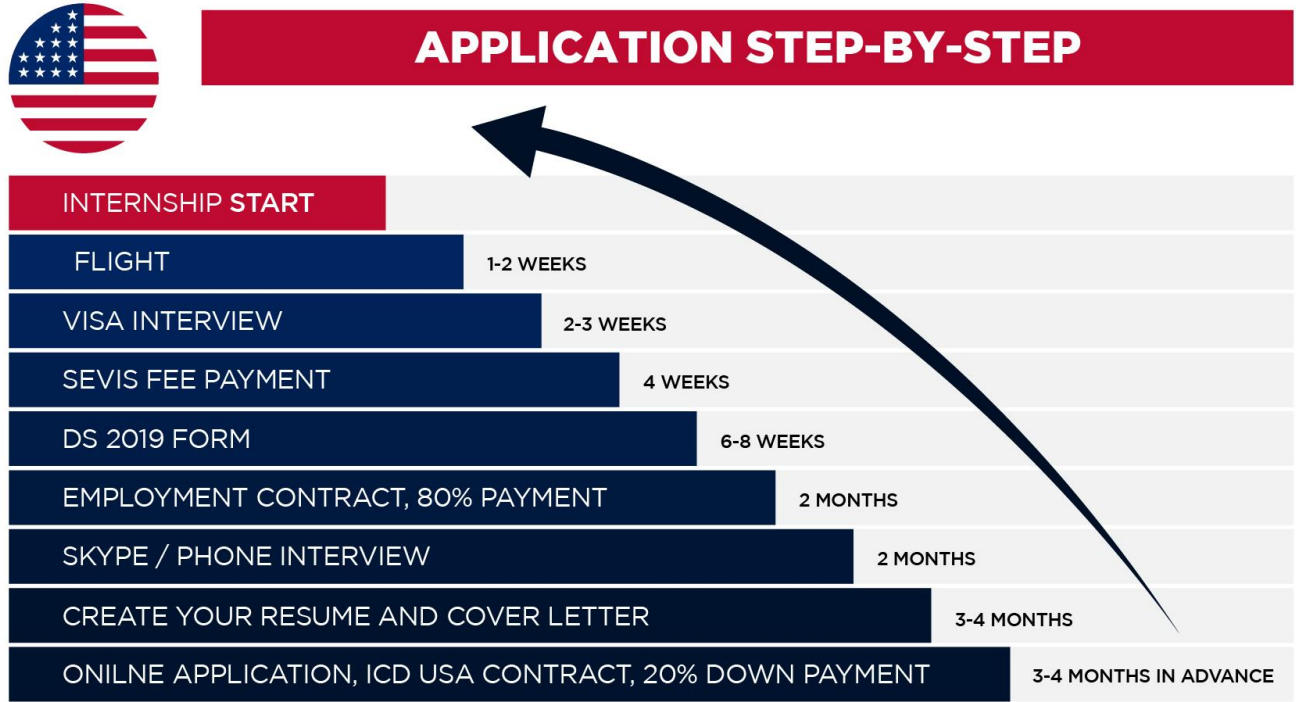
WHAT CONSTITUTES "STRONG TIES"?

Strong ties differ from country to country, city to city, individual to individual. Some examples of ties can be a job, a house, a family, a bank account. "Ties" are the various aspects of your life that bind you to your country of residence: your possessions, employment, social life, and family relationships.

11. Suggestions to assist with searching for flight tickets.

The services of ICD USA do not end at this point. With any emergency problems you can contact our office in Chicago.

After the successful end of the Internship/Training program you will obtain the certificate of participation from The Visa Sponsor.



As a citizen or legal permanent resident, imagine your own ties to your home country. Would the US consular office consider that you have a residence in your home country that you do not intend to abandon? It is likely that the answer would be "yes" if you have a job, a family, if you own or rent a house or apartment, or if you have other commitments that would require you to return to your home country at the conclusion of a visit to the United States. Each person's situation is different.

Consular officers are aware of this diversity. During the visa interview they look at each application individually and consider professional, social, cultural, and other factors. In cases of younger applicants who may not have had an opportunity to form many ties, consular officers may look at the applicants specific intentions, family situations, and long-range plans and prospects within his or her country of residence. Each case is examined individually and is accorded every consideration under the law.

<https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/visa-denials.html>

5. Program Fees

Internship/Training placement	US \$
3-6 months	890
7-12 months	1290
Special Location Request	485
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DS-2019 Form	
3-6 months	1290
7-12 months	1490
Expedite Processing	580
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Basic Package: <i>Internship/Training Placement+</i> <i>Form DS-2019+</i> <i>Help with housing search+</i> <i>American Culture and Communication Course +</i> <i>US SIM Card</i>	
3-6 months	2090
7-12 months	2590
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Health Emergency and Liability Insurance	95/month
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American Culture and Communication Course⁸	390

⁸ While some things can only be learned as you experience them, we believe that a foundation in American culture can make a big difference in participants' early successes in their program and in their new relationships with colleagues.

Other Expenses (Not Included in Our Price)

1. \$ 220 SEVIS Fee⁹
2. \$ 160 US Embassy/Consulate Fee¹⁰
3. Flight ticket
4. Cost of living

Payment Procedure

- ▶ 20% of the total amount after signing the contract with ICD USA¹¹.
- ▶ 80% of the total amount after signing the internship/training placement contract.

⁹ Nonimmigrant students and exchange visitors are subject to this fee, which will be used to administer and maintain the Student and Exchange Visitor Information System (SEVIS) as well as develop and deploy the next generation of SEVIS, support compliance activities, and establish SEVIS Liaison Officers to provide information and assistance to students and schools. <https://www.ice.gov/sevis>

¹⁰ Embassy/Consulate fee may vary; for more info and latest updates go to the web site of US Embassy or Consulate in your country. <http://www.usembassy.gov/>

¹¹ A refund of the deposit (first payment, 20%, less \$50 transaction fee) will be granted if ICD USA was unsuccessful to provide the placement.

6. Insurance Info

What is travel insurance for?

If you become ill or get injured during your stay abroad, your health insurance coverage at home won't pay for all treatments that you will possibly need. In particular, medical treatments in the USA are often not covered by your insurance company at home. In case of hospitalization in the USA, the costs can be up to 3,000 USD per day.

What is the difference between travel insurance and my health insurance at home?

The travel insurance is a private insurance that is valid during your stay abroad. The insurance coverage is extensive and complementary to your existing coverage, but is not as comprehensive as your health insurance coverage at home. Certain treatments are excluded from coverage, e.g. treatment of pre-existing conditions, regular check-ups, orthodontics or psychological treatment. Before receiving any medical treatment, please read your insurance certificate and the conditions carefully to learn which benefits are covered under your travel insurance.

Insurance provided by ICD USA: Schedule of Benefits	USD
Insured amount per person (per accident or illness) max	100,000
Elective co-payment per doctor's visit	0
Emergency Room – Deductible ¹² (applies only in the US)	For injury: USD 0 For illness resulting in direct hospitalization: USD 0 For illness which does not result in hospitalization: USD 350
Hospitalization	100%
Outpatient treatment by a doctor/specialist	100%
Prescribed medicines	100%
Prescribed treatment by a physiotherapist/chiropractor	2,500
Provisional pain-stilling dental treatment	200 (per incident / tooth)
Ambulance transportation	100%
Medical Evacuation/Repatriation	100%
Return Trip	100%
Compassionate Emergency Repatriation	100%
Compassionate emergency visit	100%
Statutory arrangements in case of death	100%
Home transportation of the deceased	100%
Personal accident – death and disability	15,000

¹² In an insurance policy, the deductible is the amount of expenses that must be paid by insured (YOU) before an insurance company will pay any expenses.

7. FAQ

Do I apply as an "Intern" or a "Trainee"?

You can apply for an Intern Program, if you are a foreign national

- ▶ who is currently enrolled in and pursuing academic studies outside the US,
or
- ▶ who has graduated from an overseas institution no more than 12 months prior to the start date of his or her exchange visitor program.

MAXIMUM INTERN PROGRAM DURATION: 12 months + 30 days Grace Period.

You can apply for Trainee Program, if you are a foreign national

- ▶ who has a degree or professional certificate from a postsecondary academic institution abroad and at least one year of related work experience acquired outside the United States,
or
- ▶ has five years of related work experience acquired outside the United States.

MAXIMUM TRAINEE PROGRAM DURATION: 18 months + 30 days Grace Period.

What is the 30-day Grace Period?

The Department of Homeland Security (DHS) provides all J-1 program participants a 30-day travel status period **following** the completion of their program. **This period is NOT included in the program dates entered on the Form DS-2019.** The grace period allows participants to travel domestically and/or to prepare for and depart from the United States. It is not to be used for any other purpose. Program participants who travel beyond the boundaries of the United States during the grace period may not be permitted by DHS to re-enter the United States as they are no longer in valid J-1 status during this time. Employment is prohibited during this grace period.

Why do I need a visa sponsor and the DS2019 form?

You need DS-2019 form in order to apply for the J-1 visa, which allows you to be an intern/trainee in the USA.

How and when do I apply?

The application for an internship/training is year-round. Please note that the number of job seekers by far exceeds the number of available internship/training positions. You must apply with ICD USA 3-4 months before your intended internship/training start date in order to be successful. Basically, the sooner you apply, the better your chances for the desired internship.

How long is an internship/training?

The minimum period of the program is 2 months, but many employers are looking for an intern/trainee for at least 6 months and justify this with an extensive training period for foreign trainees. The extension of a contract to the maximum period (12/18 months) is possible, but requires an extra cost for the new DS-2019 form issuance. We recommend application for the optimum period of Internship/Training in advance.

Are any occupations excluded from J intern or training programs?

Trainee or interns may not be placed in unskilled or casual labour positions, positions involving more than 20 percent clerical work, positions requiring trainees to provide therapy, medication, or other clinical or medical care (e.g. sports or physical therapy, psychological counseling, nursing, dentistry, veterinary medicine, social work, speech therapy, or early childhood education).

What are the maximum lengths allowed for programs?

An intern program has a maximum length of twelve months.
A trainee program has a maximum length of eighteen months, except:

- ▶ Hospitality and Tourism, which is limited to twelve months
- ▶ If an agricultural program does not contain at least 6 months of classroom study, it is limited to twelve months.

Are travel and living costs already included in the price?

Costs of travel, accommodation, and any language course are **not included** in the agency fee. Employers may share your travel or housing expenses; however, ICD USA cannot make any guarantee for this. You must have enough financial funds to qualify for J1 visa.

Are the internships paid?

Compensation varies by company and basically depends on business field, participants' work experience and other factors. Some companies may assist with housing and/or transportation.

Is there any support in finding accommodation?

ICD USA advises you about different types of accommodation and provides information about the affordable housing options available. We also provide a list of inexpensive hotels to house you on your first few days upon arrival. The cost of stay directly depends on geographical region and location.

What are the advantages of a professional internship/training placement?

Benefits to Students of organizing Internship/Training with ICD USA:

- ▶ ICD USA provides complete arrangement for your Internship/Training, including job placement, obtaining of DS-2019 Form (required for J1 Visa), health insurance, housing suggestions, finding of language school (if desired), transfer assistance, and much more.

- ▶ ICD USA takes care of each Program Participant individually.
- ▶ ICD USA works hard to find new open positions for international students and to persuade US businesses to hire international interns/trainees. Our list of open positions is updated weekly.
- ▶ No risk! According to ICD USA policy, a refund of the deposit (first payment, 20%, less \$50 bank transaction fee) will be granted if ICD USA was unsuccessful to provide the placement.

What are the chances for a successful internship/training placement?

Our placement success is an amazing 95% of our applicants. Not only do we have a high success rate of placing students, but, in most cases, we are able to find the placement within a few weeks.

However, each case is individual and depends on business field, participants' work experience, English fluency, program duration, and other factors.

Therefore, the most important condition: Student must apply at least 2 months prior to their intended internship/training starting date.

Can I change the internship on the spot or take a job elsewhere?

No. With the J-1 visa, you have no work permit. You are allowed to train only at your host company. A placement change is only possible if there are serious reasons, such as company insolvency or the discontinuance of the internship/training plan.

How long before my J-1 program starts can I arrive in the United States? How long can I remain after my program ends?

You may not arrive more than 30 days before the program start date shown on your DS-2019. Upon completion of your exchange program, you have a grace period of 30 days to depart the United States.

Why do I need a sponsor for my internship/training program?

The program sponsors are responsible for screening and selecting eligible foreign nationals for participation in their designated exchange visitor program, as well as supporting and monitoring exchange visitors during their stay in the United States.

How do I know if I am subject to the two-year home-country foreign residency requirement?

Some J-1 exchange visitors are subject to the U.S. Department of State Two-Year Foreign Residence Requirement INA 212(e) that requires them to return to their home country for two years at the end of their J-1 program. If you belong to one of the following categories, you are most likely subject to this requirement at the end of your J-1 program:

- ▶ Medical doctor sponsored by Educational Commission for Foreign Medical Graduates (ECFMG).
- ▶ You come from a country on the U.S. Department of State's "skills list."
- ▶ You received funding from your home government or from the U.S. government through agencies such as Fulbright.

The Two-Year Foreign Residency Requirement will not prevent you from reentering the U.S. with an F-1 student, B-1/B-2 (tourist) or J-1 student visa (or some other categories) in the future, but it will prevent you from getting H-1B non-immigrant employment or Permanent Residency status unless the 2 year requirement is either fulfilled or waived.

How long does it take to obtain a J-1 Visa?

The wait time for an interview and processing for a J-1 Visa varies from country to country and is based on your individual circumstances. Learn more about interview wait and processing times by visiting www.travel.state.gov and select Visa Wait Times <https://travel.state.gov/content/travel/en/us-visas/visa-information-resources/wait-times.html>

We encourage you to apply as soon as possible. Please note that exchange visitors beginning new programs may not enter the United States more than 30 days before their program start date.

Can I repeat J1 program?

The rules for repeating the J-1 intern and trainee programs are specific to program, so it is important to know which program you participated in originally. As an **intern** you are permitted to participate in another intern program after you have returned to your home country and completed at least a semester at your university. If you are an intern that has graduated from a university and has completed a short internship ending within 12 months of your graduation date, then you may qualify to participate in consecutive intern programs. As a **trainee**, you are allowed to repeat the J-1 trainee program after 2 years of residing outside the U.S.

Also, if you plan on repeating either the J-1 trainee or intern program, your second J-1 program must be different and more advanced than your first and you must always meet the eligibility requirements of the program you are applying to.

It is common to confuse the J-1 regulations regarding repetition of the J-1 trainee or intern program with the two-year home-country foreign residence requirement, INA 212(e) requirement. The difference is that only some individuals are subject to 212 (e), while all are subject to the regulations regarding J-1 program repetition. The individuals subject to 212(e) will have this information marked in their passport and on their DS-2019. If the rule applies, it means that he/she is required to reside in his/her home country or last legal permanent residence for two years before being able to receive an H, L, or K visa or apply for permanent residency in the U.S. The two-year home residency rule does not reference the J-1 visa and, thus, allows those subject to it to repeat the J-1 program as long as they are eligible.

Do you have a question? Give us a call, or write us a quick Email! We look forward to hearing from you!