

internships and short-term study



Internships and study abroad aren't just for college students. There is a range of educational and cultural exchange opportunities, but you must be well informed...

ENGLISH LANGUAGE PROGRAMS: SHORT-TERM PROFESSIONAL DEVELOPMENT IN THE UNITED STATES

Would you like to improve your English language skills?

Search for high-quality programs with a professionally trained faculty, an excellent curriculum, and superior facilities for study – www.IntensiveEnglishUSA.com. EducationUSA advisers can help you find an accredited English Language Program (ELP).

ARE YOU:

- interested in participating in an exchange program with the United States?
- wanting practical training or an internship in a particular field?
- needing academic or professional certification for your career?
- looking to improve your professional qualifications and English skills?
- considering study at a U.S. university, but not for a full degree?

The United States offers a wide range of short-term programs lasting 12 months or less, including high school exchange programs, professional internship programs, vocational and technical programs, short-term university study, and professional study.

1 Plan ahead: Twelve to 18 months prior to the date you wish to begin a program, talk to an EducationUSA adviser to define your goals and begin researching academic programs or internships that will best meet them.

2 Choose a program:

- **Secondary school programs:** Exchange programs for secondary or "high school" students range in length from a few weeks to a semester or an academic year. Students who participate in these exchanges are generally self-funded, and scholarships are rare. However, there are a few well-established international organizations, such as Rotary International, the American Field Service (AFS), and the Lions Club, that offer exchange programs that are partially or fully funded. See the EducationUSA guide to [high school exchanges](#).
- **Find an internship in the U.S.:** Find an internship on your own (called self-placed) or choose an agency to assist you, but all foreign nationals need a designated visa sponsor for their training or internship. See the resource section below for websites, information about Optional Practical Training, new "student internship" opportunities and a sample list of institutions accepting international applicants.

TIP FOR SHORT-TERM STUDIES: Contact the office responsible for international programs and linkages at your home institution to ask if your school or university has exchange agreements with the U.S.



- **SummerWork & Travel Program:** Summer work & travel programs provide foreign post-secondary students the opportunity to work and travel in the United States for a four month period during their summer vacations. Students participating in this program usually arrange their stay in the United States through a recruiting agency that has been **accredited** by the U.S. Department of State. Contact a **U.S. embassy** or consulate for details.
 - **Camp counselors:** The Department of State designates exchange sponsors to facilitate the entry of foreign nationals to serve as counselors in U.S. summer camps for up to four months. Similar to other initiatives, camp counselor programs aim to promote mutual understanding by improving American knowledge of foreign cultures while enabling foreign participants to increase their knowledge of American culture. Participants must be *bona fide* youth workers, students, teachers, or individuals with specialized skills and at least 18 years of age. Camp counselors receive financial compensation for their service. **Find a designated sponsor** and learn more about life as a U.S. camp counselor.
 - **Au pairs:** Foreign nationals are afforded the opportunity to live with an American host family for up to one year and participate directly in the home life of the host family. All au pair participants provide child care services to the host family and attend a U.S. post-secondary educational institution. Au pair participants provide up to forty-five hours of child care services per week and pursue not less than six semester hours of academic credit or its equivalent during their year of program participation. Au pairs must be: (a) between the ages of 18 and 26; (b) a secondary school graduate, or equivalent; (c) proficient in spoken English; and (d) capable of fully participating in the program as evidenced by the satisfactory completion of a physical. Select a **program sponsor** and learn more about participation requirements.
- 3 **Check accreditation of academic programs:** **Accreditation** is a process of external quality review. Contact your EducationUSA adviser and be sure your program in the U.S. is accredited. Ask if your credits will be recognized in your home country upon your return.
 - 4 **Calculate costs and funding available:** Funding from universities, scholarship organizations, or grant-giving bodies is difficult to obtain for short-term study in the United States. Your home university may have an existing exchange relationship with a U.S. institution. These programs are often 'cost neutral'. Internships and Optional Practical Training offer paid and unpaid professional development opportunities (see OPT and 'student intern' below).
 - 5 **Apply for a visa:** Almost all types of **short-term study** in the United States require you to apply for a student visa from the U.S. embassy or consulate in your home country, regardless of the length of the course or the type of program. Ensure your passport is valid six months beyond the date you expect to depart the U.S.

Applicants for **internships**, with the exception of "medical interns," have to apply for a J-1 visa even if the intended stay in the United States is less than 90 days. Contact one of the **designated visa sponsors** and they can assist with your visa application.

THE B-1 VISA FOR MEDICAL CLERKSHIPS

- Medical clerkships only;
- No "hands-on" work;
- Cannot receive any payment;
- Observation and information gathering only;
- Must demonstrate their intent to depart the U.S.

"INTENT TO RETURN"

Documents that prove this could be:

- Proof of continued enrollment in a study program outside the U.S.;
- Continuing lease for an apartment;
- Spouse / children staying outside the U.S.;
- Property you own;
- Career plans for after your return from the U.S.;

Consular officers are familiar with situations where visa applicants might have none of the above. It is up to the consular officer and the immigration officials to determine what is acceptable.

NEW: UP TO 29 MONTHS OF PRACTICAL TRAINING IN THE UNITED STATES

Optional Practical Training (OPT) is an outstanding professional benefit of completing a full degree program in the U.S. As a degree seeking international student on an F-1 visa, the most common student visa category, you are entitled to work in your field while earning a salary for up to **12 months** after graduation.

Further, students of **science, technology, engineering, or mathematics (STEM)** have an additional 17 months of OPT and may work for a total of 29 months. That is more than two years! STEM fields:

- Computer Science
- Chemical Engineering
- Engineering
- Engineering Technologies
- Biological and Medical Sciences
- Mathematics and Statistics
- Military Technologies
- Physical Sciences
- Science Technologies
- Health Professions and Related Clinical Sciences
- Actuarial Science

Consider the lifelong benefits of completing a Master's or other full degree program abroad. The international student office at your U.S. university or college can assist you with practical training opportunities for **every field of study**.



TIP:

Many universities open summer session classes (between May and August) to the outside public, and they sometimes make available on-campus dormitory accommodations.

STUDENT INTERNS: WORK-BASED LEARNING

- A "student intern" on a J-1 exchange visa must be a foreign national who is (a) enrolled in and pursuing a degree at an accredited postsecondary academic institution outside the United States, or (b) has graduated from such an institution no more than 12 months prior to his or her exchange visitor program start date. Other internship programs for non-students are also available. A "trainee" means a foreign national who has either: (a) a degree or professional certificate from a foreign post-secondary academic institution and at least one year of prior related work experience in his/her occupational field acquired outside the United States, or (b) five years of work experience outside the United States in his/her occupational field, and who enters the United States to participate in a structured and guided work-based training program in his/her specific occupational field.
- A primary objective of the new student internship program is to enhance the skills and expertise of exchange visitors in their academic or occupational fields and to improve participants' knowledge of American techniques, methodologies, and expertise. The internship programs are also intended to increase participants' understanding of American culture and society and to enhance Americans' knowledge of foreign cultures and skills through an open interchange of ideas between participants and their American associates.

- The internship does not have to be in the student's field of study, but it must fulfill the educational objectives for his or her current degree program at his or her home institution.
- Interns must have verifiable English language skills sufficient to function on a day-to-day basis in their training environment.
- The maximum duration of a student internship in any occupational field is 12 months. Internships must be full-time; i.e., consist of a minimum of 32 hours per week. With few exceptions, non-student J-1 programs for trainees may last up to 18 months. For training programs in the field of agriculture and in the "Hospitality and Tourism" occupational category, the maximum duration is 12 months.
- Payment and hands-on work IS permitted as defined in the DS-2019. The DS-2019 is the "certificate of eligibility" for J-1 status issued by a designated visa sponsor.
- Select your visa sponsor: The internship program must be accredited through the Bureau for Educational & Cultural Affairs and the exchange organization must be authorized to issue the DS-2019. Select a [designated visa sponsor](#) for assistance with your visa application.
- Applicants must prove their intent to depart the U.S. A key goal of the Fulbright-Hays Act, which authorizes the program, is that participants will return to their home countries and share their experiences with their countrymen.
- Visit your EducationUSA advising center for reference materials and educational advising. The resources below are a sample to help 'find the best fit' and are a sample to help 'find the best fit' for you.



RESOURCES

Short-Term Study, English Language Programs, Distance Education and Accreditation from the [If You Want to Study in the United States](#) Series.

[Designated Sponsors List](#)

- AFS Intercultural Programs – The American Field Service ([AFS](#))
- Association for International Practical Training ([AIPT](#))
- Council on International Educational Exchange ([CIEE](#)) – Work, travel, study and exchange programs for students
- [FastWeb](#) – Guide to Jobs, Internships and Careers
- [InternWeb.com](#) – Internship Search Tools for Students
- *Peterson's Internships* – Find the right Internship for you (Peterson's, published annually).
- *Princeton Review: America's Top Internships*. Mark Oldman and Samer Hamadeh. Random House, New York (published annually). www.princetonreview.com
- [Vault Guide to Top Internships](#)

TIP: Talk to an EducationUSA adviser about **reference materials and resources** available to you in your local advising center. EducationUSA is not responsible for content on external websites, but can help guide your research.

Contact
EducationUSA for
additional links and
resources.

SAMPLE – INTERNSHIPS THAT HAVE ACCEPTED INTERNATIONAL APPLICATIONS

[Amelia Island Plantation](#) (Hospitality; Tourism/Recreation)
[American Geographical Society](#) (Environmental; Science/Research)
[Arab American Institute](#) (Government; Law)
[BalletMet Columbus](#) (Theater/Performing Arts)
[Brick Wall Management](#) (Broadcast & Entertainment; Health Care; Nonprofit)
[Capitol Music Group](#) (Broadcast & Entertainment; Music/Records)
[Department of Cultural Affairs, City of Los Angeles](#) (Art/Museum)
[Discovery Communications](#) (Broadcast & Entertainment; Education; New/Interactive Media; Publishing)
[Dow Chemical Company](#) (Chemicals; Science/Research)
[Emerson](#) (Energy)
[Fairness and Accuracy in Reporting](#) (Journalism; Nonprofit)
[FAO Schwarz](#) (Toys/Retail)
[Farm Sanctuary](#) (Nonprofit; Animal Welfare/Animal Rights)
[Ford Models](#) (Broadcast & Entertainment; Fashion; Public Relations)
[Getty Foundation](#) (Art/Museum; Education)
[Global Volunteers](#) (Education; Environmental; Health Care; Nonprofit)
[Google Inc.](#) (Technology)
[Hallmark](#) (Consumer Products; Retail)
[Hawk Mountain Sanctuary](#) (Education; Environmental; Science/Research)
[Marvel Comics](#) (Broadcast & Entertainment; New/Interactive Media; Publishing)
[National Association of College Broadcasters](#) (Broadcast & Entertainment; Nonprofit)
[Pro-Found Software, Inc.](#) (Software; Technology)
[Rodale Institute Experimental Farm](#) (Environmental; Science/Research)
[Roll Call](#) (Government; Journalism)
[San Francisco Bay Guardian](#) (Journalism)
[San Francisco Opera](#) (Music/Records; Theater/Performing Arts)
[Schlumberger Limited](#) (Energy; Technology)
[Sesame Workshop](#) (Broadcast & Entertainment; Education; Nonprofit)
[Sotheby's](#) (Art/Museum)
[Source Theatre Company](#) (Theater/Performing Arts)
[Source, The](#) (Broadcast & Entertainment; Journalism; Publishing)
[Southern Center for International Studies](#) (Education; International Relations; Public Relations)
[Southwestern Company](#) (Publishing/Retail)
[Special Olympics International](#) (Nonprofit; Sports)
[Steppenwolf Theatre Company](#) (Nonprofit; Theater/Performing Arts)
[Student Works Painting](#) (Management & Strategy Consulting)
[Turner Broadcasting System](#) (Broadcast & Entertainment; Journalism; New/Interactive Media; Sports)
[Tyco Toys](#) (Consumer Products; Manufacturing)
[United Nations Association of the United States of America](#) (Government; Law)
[United Talent Agency](#) (Broadcast & Entertainment; Music; Digital Media; Philanthropy)
[Voice of America](#) (Broadcast & Entertainment; Journalism)
[Westwood One Radio Network](#) (Broadcast & Entertainment)
[Wired](#) (Journalism; Publishing; Technology)
[Women Express/Teen Voices](#) (Journalism; Nonprofit; Publishing)
[Women Make Movies](#) (Broadcast & Entertainment; Film; Nonprofit)
[Women's Sports Foundation](#) (Education; Sports)
[Woodrow Wilson International Center for Scholars](#) (Education; Government; International Relations; History)

TIPS FOR INTERNSHIPS

- Plan ahead! Be sure your goals, financial situation and timeline are clear before formally applying.
- Contact [EducationUSA](#). Your adviser has free and unbiased resources to assist you.
- Update and proofread your resume or CV.
- Include a succinct, upbeat cover letter with your application, stating why you are interested in the institution and why you hope they will decide to hire you.
- Contact a [designated visa sponsor](#) to apply for a visa. Ensure your passport is valid six months beyond the date you expect to depart the U.S.
- Finding an internship is a competitive process requiring thorough research and hard work. Good luck!

(Source:
[Vault Guide to
Top Internships,
2008](#).)

EducationUSA advisers in 170 countries provide accurate, unbiased information about all accredited U.S. higher education institutions. Find your EducationUSA center at: www.educationUSA.state.gov/centers.



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