

# Wall Street



## Internship USA

### How it Works The Internship

Applicants must first secure an internship in a field relating to their studies.

Many leading companies in the US will look for interns for temporary roles from a few weeks over the summer to 12 months.

From business and banking to fashion and hospitality, these companies welcome the chance to host students from other countries - adding diversity and international experience to their workplace.

They offer full on the job training in activities designed to immerse interns in American culture.

While we don't offer placements we CAN offer advice on finding a placement based on your experience.

### Spend up to 12 months at a US Host Company

The J1 Visa Programme is specifically designed to allow university students and recent graduates the opportunity to get experience working in the USA.

#### Eligibility

Candidates must have completed at least 2 semesters at university level or equivalent level on a course of at least 2 years.

Graduates can still apply within 12 months of graduation.



There are 2 parts to any application - both of which you start on our website [istplus.com/internshipusa](http://istplus.com/internshipusa)

#### 1: The Participant Application

This part of the form gives details of the applicants' education and experience - it links the applicants' background to their internship

#### 2: The DS-7002 Training Plan

This is an online form required by the US Department of State and is the official outline of the training. It must be completed by the Host Organisation and gives them an opportunity to clearly describe what the intern will be doing at the internship



IST Plus work with our partners (the legal sponsor) in the USA to process the application and provide the legal documents needed for the J1 visa.

Once an application has been approved, applicants can apply at their local US Embassy for a visa interview.

See [istplus.com/usembassy](http://istplus.com/usembassy) for details.

# ist plus



[istplus.com](http://istplus.com)



## Why IST Plus

IST plus is the leading provider of J1 visas in the UK. Working with the best partners, we have years of experience enabling thousands of students and young people to gain J1 visas for the USA. We offer advice to both universities and students on how to secure J1 programs in the USA and help them throughout

### As part of the J1 Internship Programme you will get:

- ★ Legal Sponsorship: The legal documents (DS-2019 Certificate of Eligibility) which allows you to attend the US embassy interview to get the J1 Visa
- ★ Insurance for your entire time in the USA
- ★ 24/7 support
- ★ 30 days travel time
- ★ Online Orientation
- ★ Participant Handbook
- ★ Access to flight offers and travel deals
- ★ Comprehensive pre-departure resources

### The DS-7002 Training Plan

This is a critical part of any application and is used by the legal sponsor to ensure the internship meets the programme regulations and guidelines - it must:

- ★ Show appropriate goals and knowledge as well as methods of supervision and evaluation
- ★ Offer the opportunity to interact with American colleagues and engage in cultural exchange outside the workplace
- ★ Have an adequate number of phases for the programme length
- ★ Confirm constant supervision for the duration of the programme
- ★ Confirm the Host Organisation has an active Workers compensation policy (if in doubt contact our team at [info@istplus.com](mailto:info@istplus.com))

#### INTERNS CAN NOT

- Spend more than 20% of time in basic clerical and/ or administrative activities
- Conduct and/ or publish independent research OR voluntary work
- Engage in any coaching activities

**Remember - even if your internship is UNPAID you still need to apply for the J1 Visa!**

### Travel and Accommodation

Applicants need to pay and arrange their own flights and accommodation. Many US Companies will assist or advise you on finding housing - and some (such as hotels and resorts) may offer this as part of the job!

**We have a great travel team on hand in the UK** to help you get the best deals on flights and extras - see [istplus.com/travelteam](http://istplus.com/travelteam) for details!

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