



J1 Eligibility Requirements for the “Training” and/or “Internship” J-1 Visas:

For the Training visa-

Must have a degree or a certificate from a post-secondary academic institution plus one year of experience gained outside of the US. Secondary or vocational “high schools” will not be accepted. The degree must be in hospitality, sports management or culinary. The one year of verifiable work experience must be in the hospitality field sports management or culinary (restaurant, hotel, resort, tourist trade, leisure, or golf, tennis, fitness, or culinary).

Or...If they do not have a degree or a certificate from a post-secondary academic institution they have to have 5 years of verifiable related work experience outside of the US. This must be in the hospitality, sports management or culinary field (restaurant, hotel, resort, tourist trade, leisure, or golf, tennis, fitness, or culinary).

For the Internship visa-

Must be enrolled in a post-secondary degree or certificate granting institution or have graduated less than 12 months ago from the proposed program start date. Their field of study must be related to the hospitality & tourism, sports management or culinary field restaurant, hotel, resort, tourist trade, leisure, or golf, tennis, or culinary).

Additional training and internship program participation. Foreign nationals who enter the United States under the Exchange Visitor Program to participate in training and internship programs are eligible to participate in additional training and internship programs under certain conditions. For both trainees and interns, additional training and internship programs must address the development of more advanced skills or a different field of expertise. Interns may participate in additional internship program as long as they maintain student status or begin a new internship within 12 months of graduation. Trainees are eligible for additional training programs after a period of at least two years residency outside the United States following their initial training program. Participants who have successfully completed internship programs and no longer meet the selection criteria for internship programs may participate in a training program after a two-year period of residency outside the United States following their internship program. As long as participants meet the selection criteria and fulfill these conditions, there is no limit to the number of times they may participate in a training and internship program.