



Requirements for the J1 Internship (INT) program to the USA:

To qualify for this program, you need to answer YES to all or 5 of the following:

- 1) Are you a South African passport holder or have applied for one?
- 2) Are you at least 18 years of age and generally not older than 34?
- 3) Have you graduated from secondary school (matric or grade 12)?
- 4) Fluency in spoken and written English?
- 5) Full-time post-secondary student in a nationally recognized institution of higher education or a recent graduate provided you start your internship within 12 months of your graduation date.
- 6) Is the internship directly related to your field and level of study?
- 7) Is the degree or diploma course that you are studying full time and at least 2 years in duration?
- 8) Do you possess professional skills developed by ONE of the following:
 - a) A university degree in a nationally recognized institution of higher education plus one year's related work experience.
 - b) A minimum of 5 years' relevant work experience in a specific field. This work experience must be gained outside of the USA. You can only apply for a program directly related to your studies and or work experience.
- 9) Are you able to demonstrate strong ties to South Africa?
- 10) Do you declare that you will return to South Africa immediately after completion of your internship in the USA?

