

Internship USA 2026

FAST FACTS

eligibility

Must be either

- A full-time postsecondary student currently in a nationally accredited institution of higher education (in at least their first year of study when applying for the programme). The applicant must have completed at least one year of study before starting an internship. A minimum age of 18.
- A recent graduate from a full-time course is eligible if they begin their internship within 12 months of graduation. Same age restrictions as above.
- Proposed internship must be directly related to the field and level of study.
- Non-New Zealand residents training in New Zealand are advised to apply for the programme from their country of legal permanent residence.

duration

- Work visa lasts for 1-12 months and is issued for the exact dates of internship, as per employer's notification.
- Participants can remain in the USA as tourists for up to 30 days after their work visa expires.

fee including insurance, in US dollars

1-5 Months..... \$1923 - 2124

6-9 Months \$2232 - 2534

10-14 Months \$2637 - 3046

Fee will be charged in NZ \$ at the exchange rate on the day of submission. The US\$ fee rate is consistent but the NZ\$ rate may fluctuate.

additional expenses

- The USA Consulate charges a Visa Application Fee at the time of application of approx NZ\$240.00. Plus a Reimbursible Visa Integrity Fee of approx NZ\$420.



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- If participant earns less than US\$1500 per month, a financial statement is required to show proof of funds to cover the difference. Participants on unpaid internships need to show proof of US\$1500 for each month of the internship.

visa application

- Participants apply for the US J-1 (Exchange Visitor) visa directly at their designated US Consulate after receiving all the necessary documentation, forms and instructions from CIEE and Internship NZ.
- Participants are required to undertake a face to face interview with the US Consulate in Auckland prior to visa approval.
- Participants are advised to apply for this visa in the country of their legal permanent residence.
- Participants with previous J1 internship visas will have to undergo extensive screening to be considered eligible for a further internship on this programme (prior Work and Travel programme participation excluded).

visa conditions

- Participants cannot enter the USA more than 30 days prior to the start of their internship.
- Participants cannot be employed outside of their internship.
- Participants may be able to extend their internship with the same employer if the original sponsorship by CIEE was less than 12 months, to a total of 12 months. An extension fee applies.
- Participants can stay in the USA as tourists for a maximum extra 30 days after the end of their internship.

pre-departure materials and services

- Visa sponsorship
- Participant Handbook
- Lonely Planet USA
- Insurance policy

services in usa

- Support services of CIEE Head Office on a toll-free number
- 24-hour emergency assistance

contact

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www.internshipnz.com