

Work & Explore USA

2026 FAST FACTS

overview

The J1 Work & Explore USA programme enables current New Zealand or Australian tertiary level students to live, work and travel in the USA for up to 12 months.

eligibility

You must be

- A full-time tertiary level student currently in a nationally accredited institution of higher education (in at least your first year of study when applying for the programme and cannot start until you have completed one year of study)
- 18 - 30 years of age
- A recent graduate from full-time tertiary study. You are eligible if you arrive in the USA within 12 months of graduation. Same age restrictions as above
- A New Zealand or Australian citizen

duration

- The J1 visa is for 13 months (this includes the additional 30 days permitted from DS end date)

fee in NZ dollars

- \$2200 (INCLUDING INSURANCE and SEVIS fee)

additional expenses

- US Consulate visa charges (you must pay the US Consulate for your visa processing, currently approx NZ\$240.00)
- You need to show proof of access to a minimum of US\$1200 (bank statements or guarantor letter)
- Flights approximately NZ\$2000 one way
- Accommodation and living expenses. Please note that your wages may not cover all of your expenses and you should bring additional personal funds

visa application

- You apply for the US J-1 (Exchange Visitor) visa directly at the US Consulate in Auckland after receiving all the necessary documentation, forms and instructions from CIEE and Internship NZ
- You are required to undertake a face to face interview with the US Consulate in Auckland prior to visa approval

visa conditions

- You cannot enter the USA more than 5 days prior to the start of the programme
- You can stay in the USA as a tourist for a maximum extra 30 days after the end of your 12 months

changes in programme conditions

CIEE and Internship NZ Ltd reserve the right to amend Programme Terms and Conditions at anytime to meet US Government guideline changes.

insurance:

All participants on the programme are required to be covered by the approved travel and medical insurance for the entire duration of their CIEE-sponsored stay in the USA, as per US Government regulations. This is included in the programme fee.

refund policy:

- If you withdraw within seven days of your application being received by Internship NZ, you will receive a refund of your fee, less NZ\$50
- If you withdraw after seven days of your application being received by Internship NZ, you will receive a refund of your fee, less NZ\$100
- If you withdraw after the DS-2019 is issued, you will receive a refund of your fee, less NZ\$350 and the US\$35 SEVIS fee. If you withdraw after receiving the DS-2019, you must return the DS-2019 to Internship NZ with a written explanation
- No programme fee will be refunded if you withdraw after your arrival in the USA to begin the programme
- If you withdraw due to visa refusal you will receive a refund of 75% of your fee.
- The US government SEVIS fee of US\$35 is non-refundable and will be charged in addition to all cancellation fees regardless of the reason for cancellation.
- For more detailed information, please see our website

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