

Professional Career Training USA 2026

FAST FACTS

This programme enables non-students, graduates and young professionals to undertake from 1 to 18 months practical training in the USA.

eligibility

- Have acquired a post-secondary qualification and have at least one year of related work experience (OUTSIDE of the USA) or
- Have at least 5 years (OUTSIDE of the USA) relevant professional experience in the field in which they intend to train.
- Have a traineeship that is directly related to the field and level of qualification and/or previous work experience.

Non-New Zealand residents training in New Zealand are advised to apply for the programme from their country of legal permanent residence.

dates

The programme runs all year.

duration

- Work visa lasts for 1-18 months and is issued for the exact dates of the training plan, as per employer's notification. A 12-month limit on agriculture, hospitality, tourism.
- Participants can remain in the USA as tourists for up to 30 days after their work visa expires.

fee including insurance US\$

1-5 Months	\$2244 - 2460
6-9 Months	\$2562 - 2872
10-12 Months	\$2978 - 3190
13-16 Months	\$3301 - 3618
17-20 Months	\$3719 - 4035

- 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.



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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.
- 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 traineeships need to show proof of US\$1500 for each month of the training programme.

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 advised to apply for this visa in the country of their legal permanent residence.
- Participants are required to undertake a face to face interview with the US Consulate in Auckland prior to visa approval.
- Participants with previous J1 Training 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 traineeship.
- Participants cannot be employed outside of their traineeship.
- Participants may be able to extend their traineeship with the same employer if the original sponsorship by CIEE was less than 18 months, to a total of 18 months. An extension fee applies.
- Participants can stay in the USA as tourists for an extra 30 days after the end of their traineeship.

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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