

PROFESSIONAL TRAINING & CAREER DEVELOPMENT

Internship USA

2026

From Student to Professional.

□ PHOTO

Hero photo — confident intern in a modern hotel lobby / corporate office

6–12 months	DS-7002	50+ career
of experience	structured training plan	tracks in the USA

Your career starts before graduation.

The most successful professionals do not wait until graduation to gain experience. They start building their careers while they are still students.

Internship USA is **not** Summer Work & Travel. It is not seasonal work. It is a professional development program built for students and recent graduates who want real, field-related experience inside American companies.

The goal is not simply to work. The goal is to **learn**, to **grow**, and to build an international professional career — one that begins with a single, well-chosen first step.

"Internship USA is often the first major step toward an international career."

"OK — but what do I actually get?"

Everything else in this handbook explains how the program works. This page answers the question that matters most to you. Here is what an Internship USA placement gives you.

01 Paid Professional Internship

A real, field-related role inside a US company — with a monthly stipend, not just an experience.

02 International Work Experience

Genuine American workplace experience that instantly sets your CV apart from your peers back home.

03 American References

One strong US recommendation can open doors for years after the program ends.

04 LinkedIn & Personal Brand

Your internship becomes a headline entry on your professional profile and future CV.

05 Master's & Global Career Edge

A powerful advantage for graduate-school applications and a doorway to a worldwide network.

06 Pathway to Trainee USA

Internship is the first rung of a ladder that leads to Trainee USA and management roles.

More than a summer. A first step into a career that follows you home — and around the world.

An investment that compounds for years.

Summer Work & Travel gives you a season abroad. Internship USA gives you a professional foundation. The difference shows up not in the summer — but in every job interview, graduate application and promotion that follows.

A stronger CV, instantly

"US professional experience" is a line recruiters stop on. It signals initiative, adaptability and real-world skill.

References that travel

American supervisors become long-term references you can call on for graduate school and future roles.

A head start on graduate school

Admissions committees value candidates who already understand professional environments.

A network that opens doors

Managers, mentors and colleagues become the people who recommend you for what comes next.

What is Internship USA?

Internship USA is part of the official **J-1 Exchange Visitor Program** of the United States. It allows students and recent graduates to gain hands-on experience in a professional environment directly connected to their field of study.

Unlike a job, an internship is built around a structured learning plan. Every placement pairs real responsibility with mentorship, evaluation and defined training goals — so you leave with skills, not just hours.

Program Objectives

- Professional Development
- Industry Experience
- International Exposure
- Career Growth
- Leadership Development
- Cross-Cultural Exchange

The Golden Rule — Academic relevance. Your placement must be directly related to your studies. This single rule is what separates a professional internship from ordinary seasonal work.

KNOW THE DIFFERENCE

Internship USA vs. Summer Work & Travel

They are two different programs with two different purposes. One is a cultural summer. The other is a career foundation.

Internship USA	Summer Work & Travel
Professional practice	Seasonal work
Tied to your degree	Field link not required
Career development	Cultural exchange
6–12 months	3–4 months
Professional roles	Seasonal roles

Choose SWT for a summer of cultural exchange. Choose Internship USA when you are ready to build a career.

Are you eligible?

Internship USA is designed for ambitious students and recent graduates. Four requirements determine your eligibility.

01 Current University Students

You must be enrolled at an accredited higher-education institution outside the United States.

02 Recent Graduates

You must begin the program no later than 12 months after graduation.

03 English Proficiency

You must have sufficient English for professional communication in the workplace.

04 Academic Relevance

The most important rule. Your placement must be directly connected to your field of study.

Six professional worlds. One first step.

Placements span the industries that define modern professional careers. Your track is chosen to match your studies and ambitions.

Hospitality & Tourism

Hotels · Resorts · Event Management · Guest Relations · Revenue Management · Food & Beverage

Business & Management

Administration · Operations · Business Development · Human Resources · Project Coordination

Marketing & Communications

Digital Marketing · Brand Management · Content Creation · Social Media · Market Research

Finance & Accounting

Accounting · Financial Analysis · Budget Planning · Business Reporting

Information Technology

IT Support · Software Environments · Systems Administration · Data Analysis

Engineering

Mechanical · Industrial · Civil · Electrical · Manufacturing

The roles you can actually hold.

These are representative professional internship titles across the most requested fields. Your exact role depends on your background and the host company.

Hospitality

- Front Office Intern
- Guest Relations Intern
- Food & Beverage Intern
- Revenue Management Intern

Business

- Human Resources Intern
- Operations Intern
- Business Development Intern

Marketing

- Digital Marketing Intern
- Social Media Intern
- Content Marketing Intern

Finance

- Finance Intern
- Accounting Intern
- Financial Analyst Intern

Titles are illustrative. Actual positions are confirmed on your DS-7002 Training Plan with the host company.

Salary expectations.

Internships are paid. Below are typical monthly stipend ranges by sector. Actual compensation varies by employer, location, role and your qualifications.

Sector	Typical Monthly Stipend
Hospitality	\$1,800 – \$3,200
Business	\$2,000 – \$3,500
Marketing	\$2,000 – \$3,500
Finance	\$2,200 – \$4,000

Ranges shown are indicative and provided for guidance only. They are not a guarantee of compensation; final terms are set by the host employer.

WHERE THIS LEADS

One program. A lifetime trajectory.

This is the real difference between Summer Work & Travel and Internship USA. SWT is a summer. Internship USA is the first step on a ladder that keeps climbing.

01 Student Enrolled at university abroad

02 Internship USA 6–12 months of professional experience

03 Trainee USA Advanced 18-month professional track

04 Management Position Leadership roles at home or abroad

05 Global Career An international professional life

The DS-7002 Training Plan.

The DS-7002 is the heart of the Internship program. **Without a DS-7002, there is no Internship USA.**

It is the official Training Plan that turns a job into a structured professional education. Most agencies never explain it — but understanding it is what separates a serious candidate from an unprepared one.

Approved & signed by

- The American host employer
- The American sponsor
- You, the participant

What it includes

- Training Objectives
- Learning Goals
- Supervisor Information
- Evaluation Schedule
- Training Phases

Think of the DS-7002 as your personal curriculum for the internship — proof that you came to learn, not just to work.

Three phases. Real progression.

Your DS-7002 organizes the experience into three phases that build on one another — from orientation to genuine professional responsibility.

Phase 1 — Orientation

- Introduction to the company
- Systems training
- Company procedures

Phase 2 — Operational Experience

- Daily responsibilities
- Professional exposure

Phase 3 — Advanced Learning

- Projects
- Leadership exposure
- Professional growth

The American professional standard.

In the United States, professionalism is taken seriously. Understanding the standard before you arrive is one of the biggest advantages you can have.

Punctuality

Being late is not acceptable. On time means five minutes early.

Communication

Clear, direct and professional — in person, by email and in meetings.

Dress Code

Follow the corporate standard of your host company.

Professional Conduct

Respect for colleagues, clients and company culture at all times.

What surprises international interns: Direct communication · Fast pace · Real responsibility · Feedback culture. American companies value initiative, accountability, communication, teamwork and results above all else.

You are measured — and that is a gift.

Throughout the program you receive official evaluations. They are not a test to fear — they are a record of your growth and the foundation of your future references.

Evaluation areas

- Professional Skills
- Communication
- Teamwork
- Initiative
- Problem Solving
- Professional Growth

Every evaluation becomes a reference. Strong reviews are what your supervisors draw on when they recommend you later.

Your internship is also your future CV.

Build relationships with

- Managers — the people who assign real work
- Supervisors — your day-to-day mentors
- Mentors — guides for your career
- Colleagues — your first professional peers
- Industry professionals — your extended network

A large share of future opportunities comes through the people you meet. Networking is not optional — it is the work.

LinkedIn & Personal Branding

- Update your LinkedIn profile
- Add your internship experience
- Request recommendations
- Build a professional profile

One strong reference can open doors for years.

A recommendation from an American supervisor carries weight worldwide — in graduate admissions, in job interviews, and in every promotion that follows. Earning one is a core goal of your program.

How to request references

When: near the end of your program, while your work is fresh. **How:** politely, in writing, with a note on what you learned. **Who:** supervisors and mentors who saw your work directly.

Common challenges — be ready

- Workplace stress
- Cultural differences
- Homesickness
- Professional pressure
- Time management

Every intern faces some of these. EARN&GO and your sponsor are there to support you throughout.

How to become a top intern.

The best interns are not the ones with the most experience on day one. They are the ones who show up curious, take initiative and never stop learning.

01 Ask Questions

Curiosity signals engagement, not weakness.

02 Take Initiative

Look for what needs doing before being asked.

03 Learn Continuously

Treat every task as a lesson.

04 Build Relationships

Your network is your future.

05 Be Professional

Reliability is remembered long after you leave.

06 Stay Curious

The trait every top professional shares.

Example career journeys.

These illustrative paths show how a single internship can become the opening chapter of an international career. Replace with your own participants' stories as your program grows.

Lia — Finance • UACS

UACS → Internship USA → Master's Degree → Investment Banking

Marko — Hospitality

Tourism Student → Internship USA → Trainee USA → Hotel Operations Manager

Ana — Marketing

Marketing Student → Internship USA → Global Brand Team

Career journeys shown are illustrative examples of possible pathways, not testimonials from specific individuals.

YOUR PARTNER IN THE USA

Why EARN&GO USA.

We do more than place you. We prepare you, match you to the right track, and support you from application to your final evaluation.

Right-track matching

We assess your studies and goals and guide you to the correct program — Internship or Trainee — from the start.

Full application support

From documents to DS-7002 to interview readiness — we prepare you at every step.

English & readiness preparation

Professional-communication and workplace-culture preparation before you depart.

Support throughout

A partner you can reach for the entire duration of your program.

One agency. The whole journey. Internship today — Trainee tomorrow — a global career ahead.

Bridging campuses to careers.

EARN&GO partners with universities to give students a direct route from the lecture hall to a professional internship in the United States — a natural extension of their degree.

For students

- Field-relevant professional experience
- An international line on your CV
- References and a global network
- A head start on graduate applications

For universities

- A structured international opportunity for students
- Stronger graduate-employability outcomes
- A trusted, compliant J-1 partner
- Ongoing support for participants

Partner universities. Add your partner-institution logos here — e.g. UACS and other collaborating faculties — to build instant credibility with students and parents.

The program ends. The career begins.

What's next: Graduate School → Employment → Management Programs → Trainee USA → Global Career

Practical essentials while you're there

SSN & Banking: apply for your Social Security Number and open a US bank account for your paychecks.

Taxes & Refund: understand your paychecks and file a tax return — a refund is often due.

J-1 Status: keep your address updated and stay in regular contact with your sponsor.

Completing your program means final evaluations, reference letters, certificates — and a clear plan for what comes next.

How to begin.

Starting is simple. Five steps stand between you and your first professional experience in the United States.

01 Apply & profile review

Submit your details; we confirm eligibility and the right track for you.

02 Interview & readiness

English readiness assessment and workplace-culture preparation.

03 Placement & DS-7002

Match with a host company and finalize your official Training Plan.

04 Visa & departure

DS-2019, J-1 visa interview and pre-departure orientation.

05 Begin your internship

Start building your career in the United States.

Ready to start? Contact EARN&GO USA today.

INTERNSHIP USA 2026

Your career starts before graduation.

From Student to Professional.

Contact

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Designated sponsor organizations administer the J-1 program under the U.S. Department of State.