



rian J-1

Introductions

- Jude Clarke - Rian Immigrant Center Boston
- Rian was formed as Irish Immigration Center 35 years ago by Irish Immigrants to help Irish Immigrants
- I live in Co Antrim (staffing our Irish office).
- Today I will help you with all you need to know about the year long J1 Graduate visa program to the United States.
- Thanks to Ruairi at QUB for helping set up this event today.

Rian J1 work with Irish Universities – Uni visits, meet with careers staff, help students, etc.



Understanding the visa

- U.S. Gov - part of foreign policy - allow foreign nationals to live, work and experience life in the U.S.
- The importance of the Learning Exchange and cultural awareness in the world
- EV level - enhance learning cultural differences, gaining work experience which is then brought home to help build your career, etc.

Olivia McAleese – QUB 3rd year Placement as Public Health and Human Services Intern in Nantucket



What is the J1 Graduate / Intern visa?

- Live and work in the U.S. for up to 1 year. 30 day grace period at both ends (so max 14 months)
- Graduates – can travel to the U.S. without work lined up (graduates with Irish passport only).
- 90 day opportunity to find work.
- Graduates with any non-Irish passport must have work set before applying.
- Opportunity of a lifetime.
- All work must be directly related to area of study
- Can start visa from ending study right up to the anniversary of your degree scroll date. However early travel is encouraged.
- Have a great time in the U.S.

QUB students with a course placement are also eligible – it is your responsibility to find your placement.

J1 Adventures - Aoife O'Donohue, NY



QUB Graduate Claire Gorman - Law

- Reg Sep 2022. Visa start 6th March 2023
- Travelled 02nd Mar, offered job 5th Mar 2023
- Why did you choose to travel? The opportunity to immerse myself in a new culture, in both work and socially is something I have always hoped to do. Being able to work in America is a unique experience and I hope that during my time I will be able to make new friendships and travel to different states and city's during my time off work to fully take in the different cultures which make up America. This immersion in new cultures will only help me develop my social skills and also help me gain invaluable experience in my area of study.

Claire Gorman – QUB graduate. Boston. Law.



Claire Gorman continued

- Advice / tips for other J1s
- Working in Law is highly competitive and when I applied I lacked some experience in the field. I took the advice of Rian J1 and volunteered one day a week for a few months in order to get some insight into a Law firm. This paid off. By participating in this visa programme I hope that, not only will I gain valuable experience of a different legal system, it will also benefit me when I return to Ireland as it will help my CV to stand out. I hope that in participating in this visa scheme will allow me to become more open to the different areas of law in which I could work and also help me to build on my knowledge of different legal systems and different ways of working.

You can go to any U.S. State.



2024 Visa - J1IWT Preparation

- Where do you want to go?
- Resume preparation – convert your CV
- LinkedIn – are you on it? If not you need to be.
- Research - at least 15 employers in your area of study in the city you are going to. Who is the right person in the organization to connect with? What are that person's contact details?
- Note – best time to reach out to employers is 2-3 months before travel. Then arrange Zoom meetings ahead of travel, or in-person meetings for when in the U.S.
- Networking plan (Irish networks, Sports networks, professional networks, etc). This is very important.
- Passport must run for at least 6 months after your visa end date.

J1 Adventures - Conor Kilbane, Texas



Networking Tips

- **Effort** here = better placements, better pay, better overall visa experience.
- **General** – Research terms like ‘effective networking’ on the internet.
- **Register** with Irish Network: (<http://irishnetwork-usa.org>), Boston Irish Business Assoc, Irish Consulate NY, SF, etc in city visiting.
- **Networking Groups** - Google ‘Marketing, Networking Group, Boston’, etc. Register, attend, volunteer, meet people who can help. If event online use ‘chat’ to post your ‘ask’ – J1 Graduate seeking year long placement in Engineering, etc
- **Alumni events** – does QUB Alumni have a branch where you are going?
- **Outreach** – request meetings (in person or Zoom prior to travel).
- **Boston** - if in Boston attend any **Rian Center** networking events
- **Social Media** - <https://hbr.org/2019/03/the-best-ways-to-use-social-media-to-expand-your-network>
- **Facebook / Twitter**, etc – Be professional. Be careful with how you present yourself, e.g. a pic of you drinking beer on your LinkedIn Profile, or a non professional email address, e.g. ilovepartyingallnight@gmail.com can trip you up.
- **Business Cards**

New York – New Belfast.

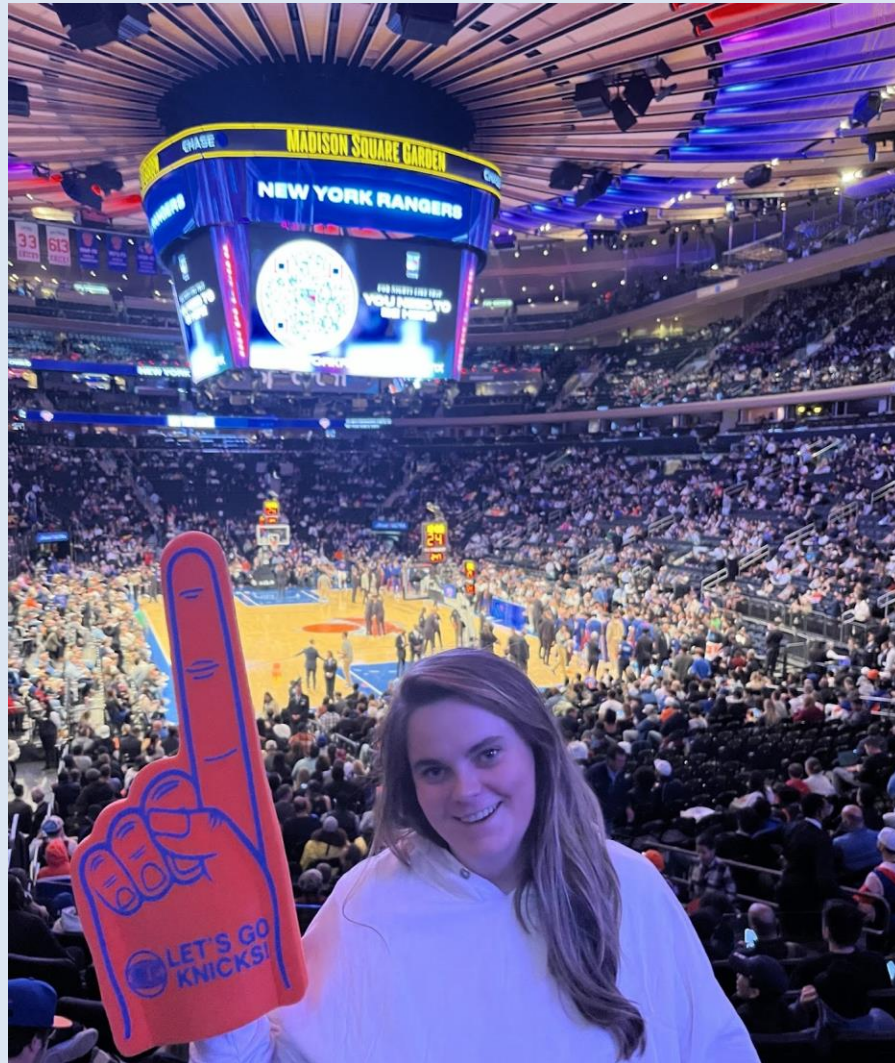
We took 14 J1s in NY to this event and six got paid jobs directly through connections made here



J1 Alumni - UCC Graduate, Shauna, BSc Genetics

- Work: Jnana Therapeutics, Boston, 2019-2020
- Shauna travelled alone and needed to meet people in her industry
- She joined a networking organization in Boston called Women Accelerators, which empowers women in business and science.
- She then volunteered with the group, and in doing so she was able to network and meet influential people ... leading to her excellent well paid Lab job at a top Boston Scientific research center.
- Shauna made her own luck with confident networking.

J1 Adventures – Ali Browne NY



Rian J1 - help

Rian J1 will support your job search:

- Providing research / outreach advice
- Providing networking advice
- Helping convert your CV to a U.S. style Resume.
- Helping set up a LinkedIn profile
- Help you find work.
- We will share your Resume with some of our best employer contacts
- Whatsapp community

J1s at Boston University v American University basketball – if going to Boston we will invite you to events such as Sports, etc, often with free tickets.



Manager of Intern Placements

Phil Kirschner is our Manager of Intern Placements.

Phil will look at 3 key data points and try to match with employers:

1. where you are going in the U.S?
2. when is your visa due to start?
3. what is your area of study?

Example of Rian J1 support – we connected QUB student Meghan with her HR role at Arbella



Visa Costs in U.S. \$

- IIC fee – \$1150 USD (lowest price of all the sponsors, no increase in 8 years)
- SEVIS Fee - \$220
- U.S. Embassy / Consulate fee - \$160
- Insurance – Approximately £300, pay more for more extensive coverage or if any pre-existing medical conditions
- Flights – varies (you book your own to get best price)

QUB Graduate Heather Greig. Biobot Analytics, Boston. Biological Sciences.



Feedback from current J1's in the U.S.

- Cillian in NY - I have found Rian extremely attentive and helpful. You guys are always accessible to contact via email which I feel is something you should be proud of.
- Rachel in Boston - The whole team has been so supportive the whole way through my US experience so far! From templates for preparing for job hunting and networking to promoting networking events and job opportunities during my job search. Also providing opportunities to meet other J1 students on the program and giving cultural experiences with the basketball and Thanksgiving potluck! The team have gone above and beyond to help me out and I'm very grateful for all their help and support.

If traveling to the U.S. without work we recommend you go to Boston (we are there to support, introduce to employers, etc.)



Register interest / Contact details

For further information
..... and to register your
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