



rian J-1

# Welcome & Introduction

- Welcome to this Rian J1 visa presentation
- Jude Clarke - Rian Immigrant Center Boston
- Rian was formed as Irish Immigration Center 36 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 J-1 Irish Work & Travel visa program.
- Thanks to Ruairi at QUB for setting up this event today.

# Rian Immigrant Center – One State Street Boston



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# Rian J1

A promotional poster for the Rian J-1 Graduate Visa USA. The top half features a sunset view from an airplane window with the wing visible on the left and a stylized American flag on the right. The text 'rian J-1' is written in a small font below the flag. The bottom half has a solid blue background with white text.

**Rian J-1 Graduate  
Visa USA**

The J-1 Work and Travel visa  
enables Irish students or recent  
graduates to live in the U.S. and  
intern in their field of study  
for 12 months

Register your interest at  
[www.rianj1.org](http://www.rianj1.org)

For further information please contact:  
[j1iwt@riancenter.org](mailto:j1iwt@riancenter.org)

The Rian J-1 logo, consisting of the word 'rian' in a blue sans-serif font followed by a blue hexagon containing the text 'J-1' in white.



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



# What is the J1 Irish Work & Travel visa Program?

- J1 IWT is commonly known as the Graduate visa
- Work in the U.S. for up to 12 months
- Live in the U.S. up to 14 months (30 day grace period at both ends of the work period)
- Apply, and travel to the U.S., with or without work lined up.
- Up to 120 days from date of arrival / 90 from visa start date, to find work.
- All work must be directly related to area of study
- Live in Boston, New York, Chicago, Hawaii ... wherever you like.
- Opportunity of a lifetime. Have a great time in the U.S.

# Eligibility

- Up to Nov 2024 we were able to accept Irish passports on our J-1 Irish Work and Travel (J-1 IWT / Graduate visa) Program and non-Irish (non study visa) on the J-1 Intern program.
- In Nov 2024 U.S. Dept of State issued a ruling restricting programs, and as such we are no longer able to process the J-1 Intern Program (note: in 2024 we had 399 on our programs and only 3 were non Irish passports (all UK and all processed on the J-1 Intern program) so that program has gone.
- If you have an Irish passport .....
- ..... QUB current students with a U.S. based placement are eligible
- ..... QUB final year students graduating in 2025 are eligible - apply now if thinking of traveling in summer 2025
- ..... QUB 2024 graduates are eligible (must start program before anniversary of graduation date)
- For non –Irish passports - Check other sponsors based in Ireland / UK for eligibility (based on my research these may include the following):
- [BUNAC https://jenza.com/experiences/international-internships/intern-usa/](https://jenza.com/experiences/international-internships/intern-usa/)
- J1 Ireland <https://j1ireland.com/j-1-intern-visa-program-application-form/>
- USIT - <https://www.usit.ie/experiences/professional-internships/internship-usa/>

You can go to any U.S. State.





# Olivia McAleese – QUB 3<sup>rd</sup> year student placement as Public Health and Human Services Intern in Nantucket



Heather Greig, QUB graduate in  
Biological Sciences. Work - Biobot  
Analytics, Boston.



# Visa rules (some)

- You must work in your area of study
- The 90 day rule is a hard deadline, no extensions
- Work must be f/t and paid (min \$15 / hr on a 40 hr week, average pay for our J1s is around \$25/hr)
- Hybrid rule = min 2 days a week in office / site
- You cannot work in or for a bar, restaurant or bar/restaurant chain under any circumstances even if a role is related to your study.
- You can only work in a hotel if you have a Hospitality management degree
- You must keep your sponsor informed (jobs, address, travel, accidents, lost passports, etc)
- The visa is for a max of 1 year



# 2025 Visa - J1IWT Preparation

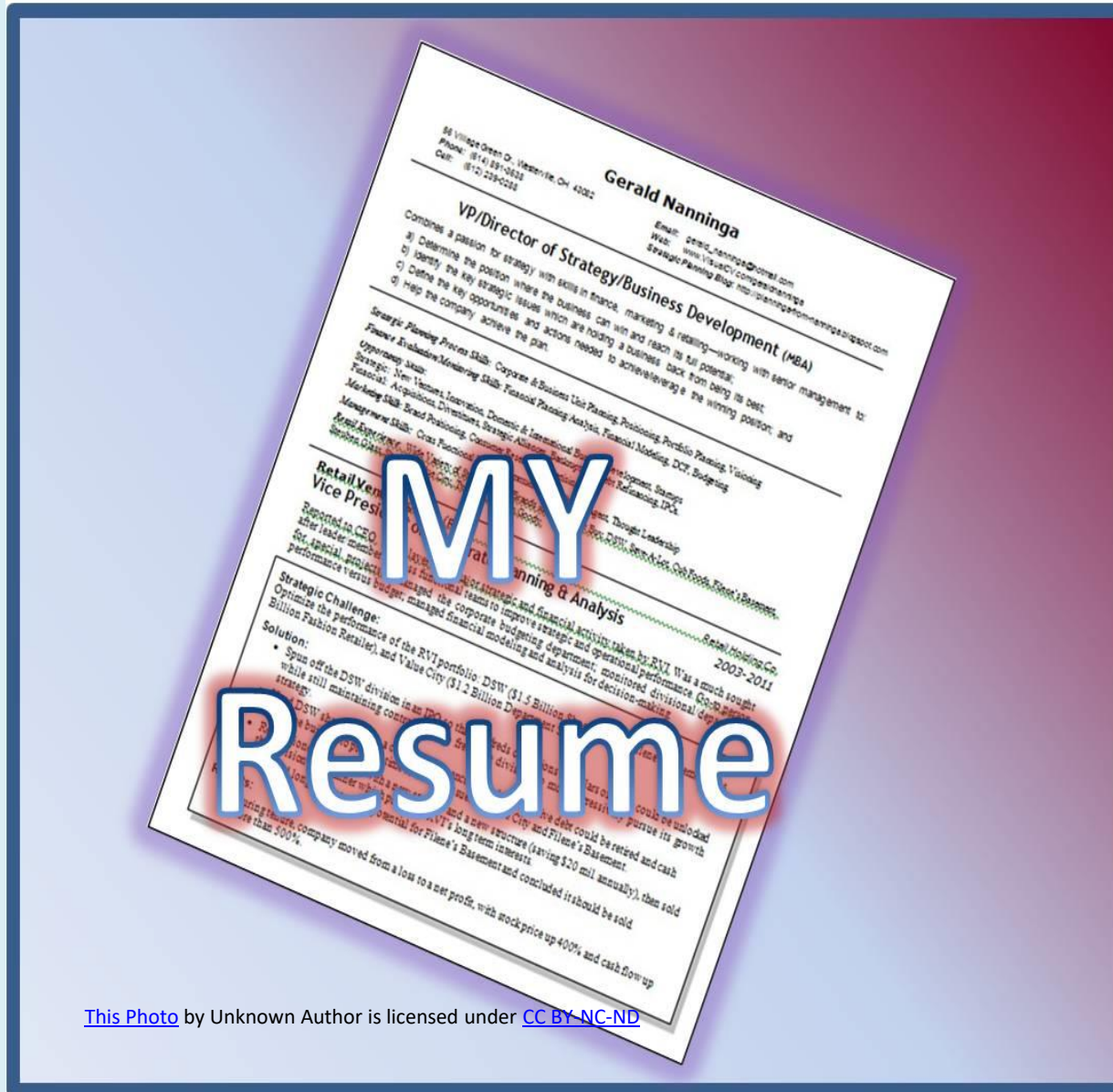
- Start planning 4 – 12 months before planned travel.
- Where do you want to go?
- Register at [www.rianj1.org](http://www.rianj1.org)
- Resume preparation – convert your CV (see [www.rianj1.org](http://www.rianj1.org) / resources)
- Research - at least 15 employers in your area of study in the city you are going to. Who is the right person in the organization to connect with and why? What are that person's contact details? More research the better.
- LinkedIn – are you on it? If not, you need to be.
- Networking plan (Irish networks, Sports networks, professional networks, Uni Alumni, etc).
- Passport must run at least 6 months after visa end.
- Best time to reach out to employers is about 2 months before travel. Arrange Zoom meetings ahead of travel, and in-person meetings for in the U.S.



# Eve Sheridan- Uni of Galway, Biomedical Engineering



# Resumes: 3 Fundamental Truths



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# 1. Your Resume is a not an autobiography ... it's a marketing document.

Your resume is not a list of all of the duties and responsibilities you've held – it's a concise marketing document containing only relevant details about your study, experience, skill, etc.

Your goal is to create a marketing document that's going to entice an employer into inviting you in for an interview .... with a view to potentially hiring you. So it must impress.

## 2. It's also about the employer

The hiring manager does not always care about what you want out of this deal. That might sound harsh, but it's the truth.

When businesses hire new employees, they're doing so because they need someone to come in and help them make more money, or fix something that's broken, or grow into new markets, etc .... basically they need a role filled.

They aren't hiring you because they want to fulfill your dreams or help you buy a nice house or car, etcy. They're hiring to satisfy a specific business need.

They will care later ..... but at the front end, you need to keep your resume (and your cover letter) focused squarely on what you can bring to the employer.



### 3. Words earn their place .... and should 'jump off the page'.

A good Resume says what it needs to, without being a) too brief or b) too wordy.

Can it pass the '20 second glance? If you have too much information you make it hard for the reviewer to see quickly how and why you're a good fit. If the reviewer can't easily figure that out - you are likely to go right to the NO pile. So your goal on your resume is - make the key words jump off the page. Yes ..... say what you need to say – but make every word earn its place.

# Resume content – what to include

- Name and contact information, including LinkedIn URL
- Objective/summary - Briefly introduce yourself, skills/experience, and area you are seeking work. This should be tailored to each job you apply for and be no more than 3 sentences long
- Education (University only)
- Work experience
  - Include only the most relevant experience (i.e. if you have enough experience relevant to your area of study, do not include your job as a barista)
  - Highlight what you achieved in your previous roles. Your resume should include data and numbers to show what you produced and how you were impactful to previous employers. Use power verbs to start bullet points.
- Achievements & Interests: Campus Involvement; Honors, Awards, Scholarships; Community Involvement; Professional Affiliations; Class or Design Projects; Key sporting / arts success. Keep brief.
- References available on request

# Resume format

- Use simple readable fonts (i.e. Calibri, Times New Roman)
- Size 11 Font
- Single line spaced
- Concise, only include relevant information
- 2-5 bullet points per experience in this format: *Power verb (skill) + identifiable task + purpose/method/result (data/numbers)*. For example: *'Managed online Marketing for XYZ resulting in 10% sales increase'*.
- Headshots? Employers can see your headshot on LinkedIn, so there is no reason to include it on your resume. In fact, it may negatively impact your chances of getting a job as: a) employers may be wary of discrimination and bias and avoid resumes with photos, and b) the photo may take up valuable space on the page that should preferably be filled with your skills/experience, etc.

# Wait, you have no relevant work experience ..... get some.

- Claire Gorman – Law Graduate provided this feedback.
- 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 as I was able to use this work experience on my resume and then when speaking to employers both on Zoom and in person.
- It was by being able to discuss this work that I secured my job in Law in Boston.
- Preparation meets opportunity.





# Claire Gorman – Boston. Law.



# Jayson Tatum

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Central Square, MA | 617-555-2004 | [jaysonT@celtics.com](mailto:jaysonT@celtics.com) | [LinkedIn](#) | References Upon Request

## Professional Summary

Hard-working marketing BA graduate with experience in customer relations and marketing analytics looking to advance career in the US professional environment. Looking to gain further experience in marketing and sales. Fully authorized to work in the US beginning in July 2025.

## Work Experience

### **MARKETING ANALYTICS ASSOCIATE | SUPERVALU | AUGUST 2024 - PRESENT**

- Analyzed performance metrics and created weekly reports to senior marketing team for implementation in both traditional and digital medias.
- Utilized CRM to effectively record trends, new marketing implementations and created targeted reports. Was asked to train new hires on internal CRM layout within two months of being hired.
- Assisted in developing targeted digital media content utilizing Canva while tracking engagement and trends resulting in 20% year over year increase in engagement.

### **RESTAURANT SERVER | CORN ON THE COBH | JUNE 2022 – MAY 2024**

- Trained in EU food health and safety regulations to maximum industry standard (HACCP).
- Worked up to 50 hours a week while maintaining high level of customer satisfaction in a fast-paced and demanding environment. Maintained 20 hours per week while studying full time.
- Oversaw balancing cash flow of approx. €5000 nightly.

## Education

### **BACHELOR OF ARTS IN MARKETING | JUNE 2024 | DUBLIN CITY UNIVERSITY, DUBLIN**

- Received Honors Approx. 3.7 GPA
- Relevant modules: Intercultural Communications, E-Commerce Marketing, Social Media Marketing
- Thesis on “Comparing modern Irish and American Marketing Strategies” which included significant research into social media practices, differences in typically utilized KPIs and creative differences.

## Achievements and Interests

- Fluent in English and Irish, conversational in Spanish
- Highly proficient in Canva, Squarespace/Wix, Google Analytics, Photoshop and social media platforms
- Proficient in Microsoft and Google Suites, Excel, Salesforce

# John Smith

## IT Project Manager

IT Professional with over **10 years** of experience specializing in **IT department management** for international logistics companies. I can implement effective **IT strategies** at local and global levels. My greatest strength is business awareness, which enables me to permanently streamline infrastructure and applications. Seeking to leverage my IT management abilities in SanCorp.

### Personal Info

**Address**  
134 Rightward Way  
Portland, ME, 04019

**Phone**  
774-987-4009

**E-mail**  
j.smith@uptowork.com

**LinkedIn**  
linkedin.com/johnutw

### Skills

Business Process Improvement  
Vendor Management  
Project Scheduling  
Sales Analysis  
Strategic Planning  
Communication Skills  
Team Management  
Conflict Resolution  
Code review

### Software

Microsoft Project	●●●●●	Excellent
Windows Server	●●●●○	Very Good
Linux/Unix	●●●●○	Very Good
Microsoft Excel	●●●○○	Good

### Languages

French	●●●○○	Intermediate
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### Experience

<b>2006-12 - present</b>	<b>Senior Project Manager</b> <i>Seton Hospital, ME</i> <ul style="list-style-type: none"><li>Oversaw all major hospital IT projects for 10+ years.</li><li>Responsible for creating, improving, and developing IT project strategies.</li><li>Implemented the highly successful Lean Training and Six Sigma projects.</li><li>Reduced the costs of IT infrastructure maintenance by 5% in 2015.</li></ul>
<b>2004-09 - 2006-12</b>	<b>Junior Project Manager</b> <i>Seton Hospital, ME</i> <ul style="list-style-type: none"><li>Streamlined IT logistics and administration operation cutting costs by 25%.</li><li>Diagnosed problems with hardware and operating systems.</li><li>Implemented solutions to increase productivity by 12% in 3 months.</li><li>Maintained the user database of over 30000 patients.</li></ul>
<b>2002-08 - 2004-09</b>	<b>IT Support Officer</b> <i>Seton Hospital, ME</i> <ul style="list-style-type: none"><li>Provided support for project managers and hospital staff for 2 years.</li><li>Prepared over 200 infrastructure performance analyses and reports.</li><li>Developed a new tracking dashboard, cutting manual data input by 80%.</li><li>Successfully resolved over 100 issues in regards to IT infrastructure.</li></ul>

### Education

<b>1996-09 - 2001-05</b>	<b>Master of Computer Science, University of Maryland</b> <ul style="list-style-type: none"><li>Graduated Summa Cum Laude.</li><li>Member of Student Association of Project Management</li><li>Managed a student project to develop a weekly IT News podcast.</li></ul>
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### Certifications

<b>2010-05</b>	PMP - Project Management Institute
<b>2007-11</b>	CAPM - Project Management Institute
<b>2003-04</b>	PRINCE2® Foundation

### Interests

Avid cross country skier and cyclist.  
Member of the Parent Teacher Association.  
Father of two passionate boys.  
Interested in personal development

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# Employer Research – 3 step process

- 1. Google search for ‘law firms Chicago’, ‘engineering companies New York’, ‘Biomedical Science Boston’, etc. 100s/1000s will appear.
- 2. Go into the employer website and find ‘Our Leadership’, ‘Who we are’, ‘Meet the Team’, etc.
- 3. Carefully find the ‘best’ person to connect with, and find that person’s email / LinkedIn
- Notes: this requires patience and effort. We often hear ‘but I can’t find people or contacts information’. It is all out there – find it. We ask for a min of 15 but if you do it right you will have 40, 50, etc.
- Be positive!



# Rian J1 - support

Rian J1 will support your job search:

- Process your application
- Manage your full visa program
- 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
- Free tickets to events (if in Boston)



# Rian J1 - help

Rian J1 will support your job search:

- Access to resources on our website (interviews, etc)
- 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
- Add you to our Whatsapp community
- We allow the max permitted 90 day job search period (others sponsors offer just 60 days)

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?



Rian J1 support – we connected Mia Dunlop with her HR role at Arbella in Boston. Visa runs to Aug 2025.





# Networking Tips

- Effort = better placements, better pay, better overall visa experience.
- Be proactive and open to connecting with people!!!
- Research terms like 'effective networking' on the internet.
- Register with Irish Network: (<http://irishnetwork-usa.org>), Boston Irish Business Assoc, Irish Consulate NY, British Consulate SF, etc in city you are visiting.
- Networking Groups - Google 'Marketing networking groups 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, upload your resume, 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. [ilovepartyinallnight@gmail.com](mailto:ilovepartyinallnight@gmail.com) can trip you up.
- Business Cards

# 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 researched then 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.

# The Power of Networking.

Rian took 14 J1s in NY to a 'New York – New Belfast' event ... 6 got jobs directly through connections made at the event



# Visa Costs in U.S. \$

- IIC fee – \$1250 USD (subject to change)
- SEVIS Fee - \$220
- U.S. Embassy / Consulate fee - \$180
- Insurance – Approx £300, pay more for more extensive coverage or if any pre-existing medical conditions. Must cover visa dates plus 30 days either side, so 14 months if doing a year visa.
- Flights – varies (you book your own to get best price)

# Boston University Ice Hockey Nov 2024





# When should I apply?

- Students: when you have agreed a work placement with an employer.
- Graduates: any time in final year, and through until 9 months after graduation scroll date.
- Application process takes approx. 6 – 9 weeks (if no unnecessary delays)

# Rian J1 Website

- <https://www.rianj1.org>
- Learn more about the program
- Register
- View our resources (interviews, resumes, cover letters, networking, etc)
- Read accounts of individual Rian J1 visa experiences from various cities
- View our city guides

If traveling to the U.S. without work v  
recommend you go to Boston (we are t  
to support, introduce to employers, e





# Register interest / Contact details

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

<https://www.rianj1.org/>

Email enquiries to  
[j1iwt@riancenter.org](mailto:j1iwt@riancenter.org)

Telephone / whatsapp:

- 07874003325 (Belfast)

