



arian J-1

# Introduction

- 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 helping set up this event today.

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



# Rian / QUB collaboration – Clinton Career Insight Program. Aug 2025.



# Rian J1



## 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)



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

- J1 IWT, 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., 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 – i.e. without work preset) ..... And non-Irish passports for the J1 Intern visa (for those with work preset, e.g. Uni placement year).
- 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 you are eligible if .....
- ..... you are a QUB current student with a U.S. based placement,
- ..... you are a QUB final year student graduating in 2026 - apply now if thinking of traveling in summer 2026, or
- ..... you are a QUB 2025 graduate (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/>

# World Cup 2026

Hosted in Canada, United States & Mexico.  
England, Northern Ireland, Rep of Ireland, Scotland, Wales –  
could all be involved.



© Nick Potts/PA Wire

# You can go to any U.S. State.



# J1IWT Preparation

- Where do you want to go?
- Resume preparation – convert your CV to a one page U.S. style Resume (study, work experience, etc)
- 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(graduates) before travel (for students 6 months). Then arrange Zoom meetings ahead of travel, or in-person meetings for when in the U.S. On Zoom meetings - always have your video on or add a note to notes explaining if you cannot.
- 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.

# 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.

# QUB graduate Claire Gorman – Boston. Law.



# 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 QUB graduate Mia Dunlop with her HR role at Arbella in Boston



# Networking Tips

- **Effort here** = better placements, better pay, better overall visa experience.
- **Be proactive and open to connecting with people!!!**
- **General** – Research terms like ‘effective networking’ on the internet.
- **Register** with Irish Network: (<http://irishnetwork-usa.org>), Irish Business Assoc, Irish Consulate, British Consulate, in city 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. [ilovepartyingallnight@gmail.com](mailto:ilovepartyingallnight@gmail.com) can trip you up.
- **Business Cards**

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.



# 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.

# 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

# 2026 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 10 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 network, 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.

# 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!

# 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

# 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.
- Access to resources on our website (interviews, etc)
- We will share your Resume with some of our best employer contacts
- We allow the max permitted 90 day job search period (others sponsors offer just 60 days)
- Whatsapp community
- Free tickets to events (if in Boston)

# QUB students Cormac Blaney and Shane Kilmartin



# Visa Costs in U.S. \$

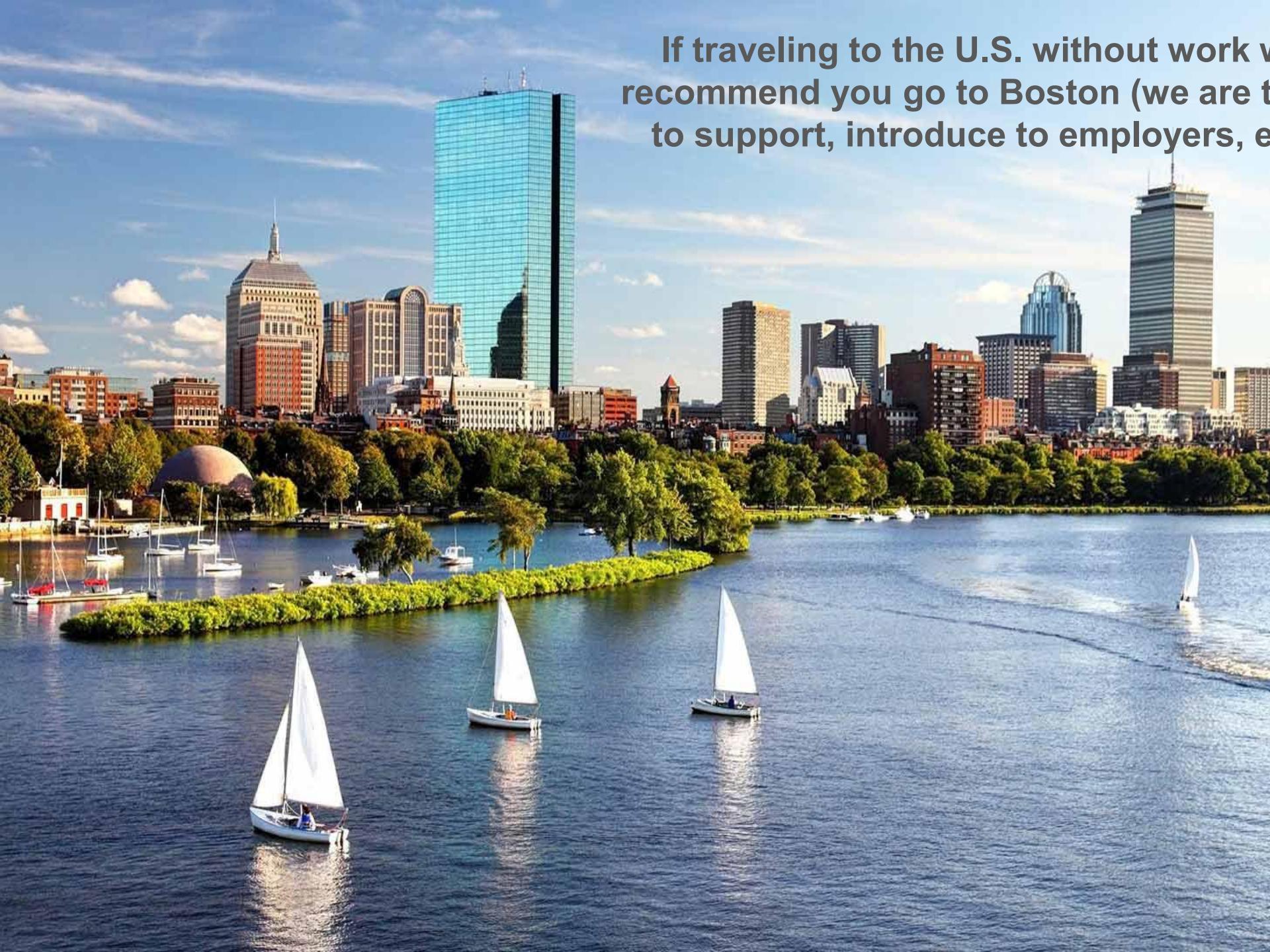
- IIIC fee – \$1250 USD (subject to change)
- SEVIS Fee - \$220
- U.S. Embassy / Consulate fee - \$180
- Insurance – Approx £300, pay more for more extensive coverage or if any pre-existing medical conditions. Must cover visa dates plus 30 days either side, so 14 months if doing a year visa.
- Flights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

# 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 6 – 9 weeks (if no unnecessary delays)

# Testimonials

- <https://www.rianj1.org/ev-stories/j-1-stories/>
- Here you can read accounts of individual visa experiences?
- Range of testimonials from students and graduates from various cities

A scenic view of the Boston skyline across the Charles River. The foreground shows several sailboats on the water. The background features a dense cluster of modern skyscrapers, including the Prudential Tower and the John Hancock Tower. The sky is blue with some scattered clouds.

If traveling to the U.S. without work visa,  
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  
interest:

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

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

Telephone / whatsapp:

- 07874003325 (Belfast)