AUREUS

US CAREER EXPERIENCES

A considered plan. An American chapter.

A guaranteed paid US placement.
Sponsorship and visa coordination.
Your guide to making the move.



01 Find your route 02 Plan the costs 03 Assess the offer

04 Prepare your profile 05 Make the next step personal

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01 / FIND YOUR ROUTE

Start with your situation.

Your education, experience and intended programme start determine which route may fit. This comparison is a starting point for individual review.

J-1 Intern

Students at qualifying post-secondary institutions outside the US, or graduates starting within 12 months of graduation.

Up to 12 months. Field-related, supervised training; programme-start timing matters.

J-1 Trainee

A qualifying foreign degree or professional certificate plus at least one year of related experience outside the US, or five years of relevant experience outside the US.

Up to 18 months where permitted. The training must develop skills rather than duplicate previous work.

Own-host J-1 support

You have independently found a potential US host and need programme and sponsor coordination.

This is a service route, alongside the relevant Intern or Trainee category. The host and training plan still need acceptance.

OPT placement support

Eligible F-1 students and graduates connected to US study who are pursuing the appropriate authorisation.

Degree-related placement support. It does not provide a new entry visa or replace USCIS authorisation and your DSO’s role.

Remote or shorter experience

Remote projects with a US-based organisation while physically outside the US; or a short in-person programme where appropriate authorisation is established.

Scope, host and duration are agreed individually. Remote participation grants no US entry rights; visitor status does not authorise an internship.

Final suitability remains subject to the relevant host, sponsor and authorisation review.

02 / PLAN THE COSTS

Compare the whole experience.

Host compensation and the programme fee are separate. Paid opportunities exist, but pay, hours and conditions are confirmed in the individual offer.

This is a fee-based, personalised programme. Your private proposal sets out the programme fee, what is included and the costs you should plan for separately.

01

Programme and official charges

Review your private programme fee, inclusions and payment schedule. Unless expressly included in the agreement, visa and SEVIS charges, insurance and other third-party costs are separate.

02

Moving and settling in

Plan for flights, accommodation, deposits, meals, local transport and initial essentials. Compare a real location and commute, rather than an attractive headline salary.

03

Cash flow while you are there

Ask when host pay starts, how often it arrives and what deductions apply. Allow for costs before the first payment and for an unexpected change of plan. Host pay may not cover all living and programme costs.

04

Terms before commitment

Read the signed agreement’s placement, cancellation and refund provisions. OPT, matching-supported J-1 and own-host arrangements differ. Our paid-placement guarantee applies to accepted applicants under their programme agreement. Visa approval is a separate government decision.

A useful comparison

What will I pay before departure? What will I spend each month? What compensation is confirmed in writing? What happens if the host, authorisation or my plans change?

03 / ASSESS THE OFFER

Look beyond the job title.

A worthwhile opportunity is specific about the work, the supervision and the conditions. Use these questions in host conversations and when reviewing your programme.

01 **What would I actually do?**

Ask for the projects, tasks and responsibilities you would undertake. How do they connect with your studies or experience? What would you learn that you could not simply repeat in your current work?

02 **Who will guide and review the work?**

Clarify supervision, feedback and the structure of the training. For J-1 Intern and Trainee programmes, the accepted training plan is central; standard training is full-time, at least 32 hours per week.

03 **What is confirmed about the practicalities?**

Check location, working pattern, hours, dates, compensation and payment timing. Ask which costs remain yours. A preferred city or company is a preference, not an assured outcome.

04 **What must happen before I start?**

Understand host acceptance, programme documentation and the relevant visa or work-authorisation steps. For OPT, confirm degree relevance and timing with your DSO. Do not treat a potential offer as permission to work.

05 **What can I take forward afterwards?**

Identify the professional methods, judgement and evidence you want to develop. Ask what work can be discussed or shown publicly; confidential host material is not automatically yours to include in a portfolio.

Examples are inspiration, not vacancies.

Hosts, duties, location and compensation depend on your individual opportunity.

04 / PREPARE YOUR PROFILE

Bring the facts that matter.

A clear starting profile makes the first conversation more useful. You can explore a provisional pathway without joining a mailing list.

01 **Your education and experience**

Prepare your subject, qualification, institution country, graduation date and related work experience outside the US. Keep citizenship, residence and country of education separate. For a recent-graduate route, consider your intended programme start.

02 **Evidence of your work**

Choose relevant CV examples and be ready to explain your contribution. Technical applicants can discuss projects and methods; design applicants can prepare an appropriate portfolio; research applicants can describe laboratory experience.

03 **Your timing and priorities**

Think about your intended start, duration, location flexibility and professional goal. Tell us if you already have a potential host. If Canadian plans are relevant, flag them for discussion without assuming that every placement counts towards an immigration route.

04 **Questions for a personal review**

Note anything uncertain: route fit, full-time availability, the meaning of a paid opportunity, funding readiness or the practical move. An enquiry does not require a passport, bank statement, SEVIS identifier or national ID.

Your next step, with Aureus.

We review your background and goals, discuss possible programme options and explain the process and commercial terms. Any enrolment follows your individual agreement.

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A provisional result is not a host offer, an approval or a guarantee. Participation does not guarantee later employment or immigration outcomes.

05 / USEFUL OFFICIAL REFERENCES

Check the official guidance.

Use official guidance alongside your individual review and signed agreement. Requirements may change; an immigration authority, sponsor or school has a different role from a placement service.

J-1 Intern

Education, graduation timing and programme scope.

Read official guidance →

J-1 Trainee

Qualification and related-experience routes.

Read official guidance →

Exchange visitor visas

Sponsor documentation, visa process and applicable conditions.

Read official guidance →

OPT and practical training

Start with your school’s designated official and the official DHS student guidance.

Read official guidance →

Canadian immigration planning

US experience is foreign work, not Canadian work. Its relevance depends on duties, pay, duration and your wider profile.

Read official guidance →

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