



Visa Service for Trainees

THE OPPORTUNITY OF A LIFETIME	2
TRAINEE REQUIREMENTS	3
<i>Requirements for the Trainee Category</i>	3
<i>Fees and Costs</i>	3
<i>Compensation</i>	4
<i>Areas of Training</i>	4
<i>Timeline</i>	5
CONTACT	6

THE OPPORTUNITY OF A LIFETIME

Take the chance to go on a great adventure. A trainee placement in the U.S is a great opportunity to widen your perspective, personally as well as professionally. In your new environment you will experience things and situations different from home.

Take the chance to put theory into practice. As an abroad trainee you will learn American methodologies and practices and will be able to compare differences between the U.S. and Sweden. There is no better way to take on the American business experience. You will learn first-hand how work life is organized and how business is practiced in the largest economy in the world.

Language and cross-cultural skills. You will improve your English speaking and writing skills, both general business-English and terminology specific to your field. You will develop an understanding of U.S. customs and culture and become adept at cross-cultural communication – a skill that will be invaluable in your future career.

Competitive advantage. With international experience on your resume, you will immediately gain an advantage over your peers in the Swedish job market. You will furthermore build a professional international network that will be a great asset for your future career.

TRAINEE REQUIREMENTS

There are two categories of the J-1 visa; the first is Intern and the second Trainee.

Requirements for Intern Category

- Be a Swedish citizen/permanent resident with the intention of returning to Sweden
- Be at least 21 years old
- Be currently enrolled in and pursuing studies at a degree- or certificate-granting post-secondary (eftergymnasial) academic institution outside the U.S. or have graduated from such an institution within the past 12 months
- Be fluent in spoken and written English
- Obtain health and accident insurance for the duration of the training period
- Follow the training plan developed by the host company
- An internship may last up to 12 months.

Requirements for the Trainee Category

- Be a Swedish citizen/permanent resident with the intention of returning to Sweden
- Be at least 25 years old
- Have a degree or professional certificate from a post-secondary (eftergymnasial) academic institution outside the U.S.
- Have at least one year work experience in his or her field
- Be fluent in spoken and written English.
- Obtain health and accident insurance for the duration of the training period
- Follow the training plan developed by the host company
- A traineeship may last up to 18 months

Fees and Costs

The intern/trainee is required to pay a fee to the U.S. Embassy in Stockholm before the interview. The fee is around SEK 1,000 but changes frequently so make sure to check [the Embassy's web page](#) for current cost.

The trainee is not required to pay the so called SEVIS fee of \$180. The SEVIS fee is paid directly by SACC-USA to the Department of Homeland Security and is included in the administrative fee paid by the Host Company.

The trainee candidate is required to have health and accident insurance that meets the following minimum requirements:

Medical and Accident: \$50,000 per illness/accident

Medical Evacuation: \$10,000 per illness/accident

Repatriation: \$7,500 per illness/accident

The required insurance is normally paid by the trainee (but can be paid by the host company). Airfare, housing and living expenses are normally paid by the trainee.

When the trainee arrives to the U.S. she has 10 days to submit a Check-in Form to SACC USA. Should the trainee fail to submit this in a timely manner upon arrival in the U.S., a \$198 Reinstatement Fee will be payable to the U.S. Department of State.

Compensation

Most host companies' pay a stipend to the trainee to cover living expenses, however some positions are unpaid such as summer internships. Positions with SACC Regional Chambers are usually unpaid. Unpaid positions may be best suitable for students who are required to do an international internship as part of their course work and thus can get a student loan.

Interns/trainees pay federal, state and local tax on the stipend. There is no Social Security or medicare tax (unless the trainee has lived in the U.S. previously, see the Tax Manual for details).

Areas of Training

SACC San Diego is via SACC USA designated J-1 visa sponsor in the following areas of training: Management, Business, Commerce & Finance, the Sciences, Engineering, Architecture, Mathematics, Industrial Occupations, Public Administration and Law. However more specific areas may be available.

Timeline

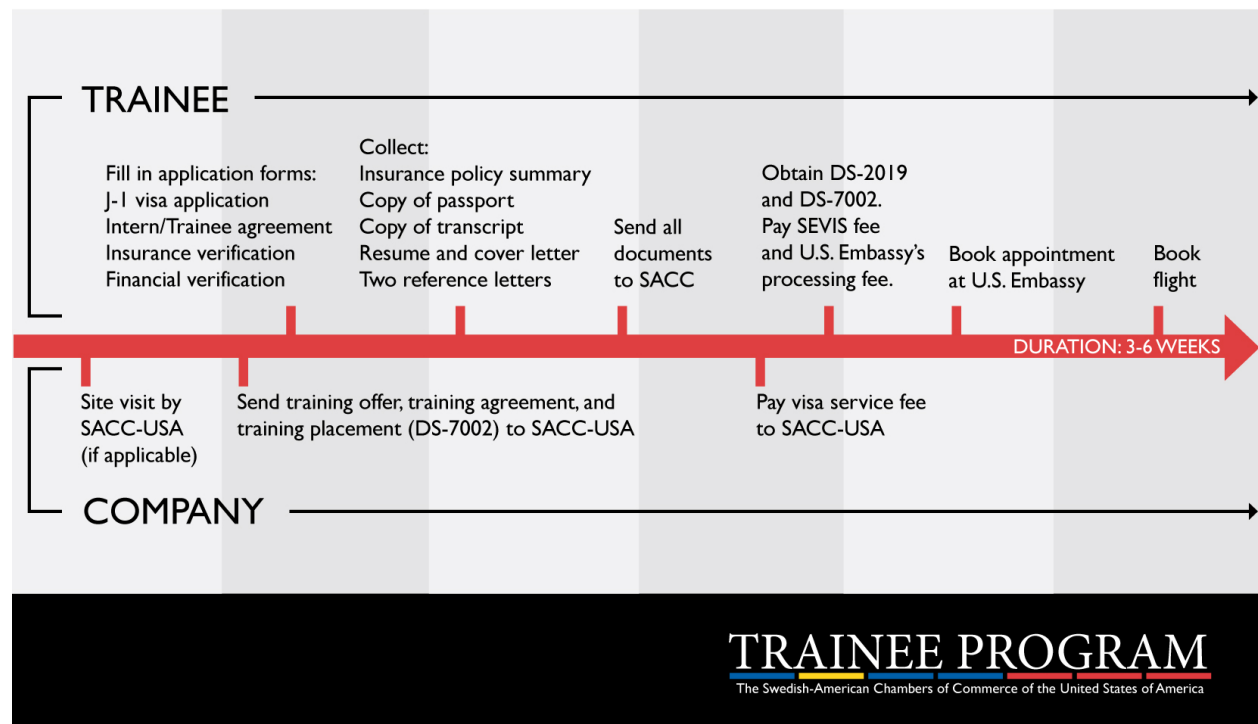
Lead-times for the visa process may vary. Once you have been paired together with your host, the visa application process does usually take a few weeks.

VISA APPLICATION

Once a host company and a trainee candidate have decided to do a practical training program, the J-1 visa is not far from reach! Under guidance from SACC-USA the two parties agree on a training plan, fill out the correct forms and collect the necessary documentation.

After fees have been paid, the trainee visits a U.S. Embassy to obtain the visa.

For more information visit sacc-usa.org/trainee



CONTACT

Please contact SACC San Diego if you have any questions regarding the visa program. We will answer your questions and guide you through the process.

Swedish American Chamber of Commerce - San Diego

4475 Mission Boulevard, Suite 201

San Diego CA, 92109

E-mail: info@sacc-sandiego.org

Phone: +1 (858) 598 4809

SACC San Diego is a non-profit organization founded in 1989 with a mission to promote exchange and networking between Sweden and the United States with a primary focus on the Southern California region. We work for our members and strive to connect companies, entrepreneurs and young professionals.