

An Investment in America

How Department of State BridgeUSA Exchange Programs Advance U.S. Interests at Home and Abroad

Intern and Trainee Programs, 2019-2023

The U.S. Department of State BridgeUSA Intern and Trainee international exchange programs provide international visitors the opportunity to temporarily reside in the U.S. while engaging in professional training with American host organizations. International participants develop their professional skills and engage in cultural exchange that fosters understanding and collaboration between cultures, while also enabling U.S. hosts and their staff to benefit from the global exposure. In 2023, a total of 29,684 interns and trainees participated in the program across the U.S.¹ Participants come to the U.S. on non-immigrant J-1 visas.

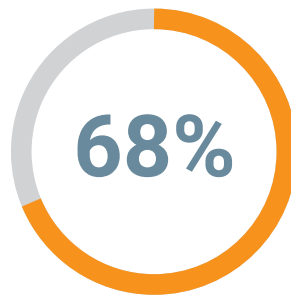
Intern and Trainee Programs Drive the U.S. Economy and Support American Businesses



\$264.2 MILLION

Total amount Intern and Trainee program participants spend in the U.S. per year

If employers could not host international interns and trainees...

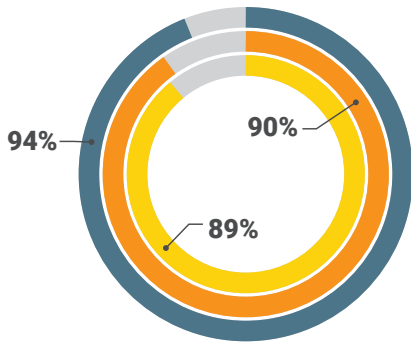


68% would see their work and business negatively impacted by **not being able to develop international business connections** and by **losing the ability for their staff to develop intercultural skills and global perspectives**



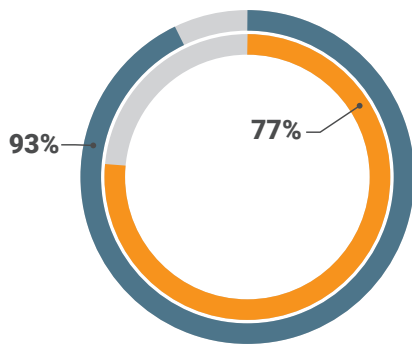
¹J-1 program national-level participation numbers are drawn from U.S. Department of State sources, upon which the economic impact calculations are also based. All other survey findings are based on a 2024 survey of 590 program alumni and 599 host organizations.

Intern and Trainee Programs **Advance American Interests**



Program alumni actively...

- Recommend the programs to friends and family
- Continue their engagement with the U.S. by returning or planning to return to the country
- Spread the word about the programs and their experience in the U.S. to their networks via conversations, presentations, and social media

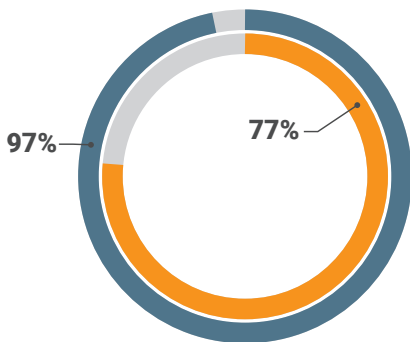


U.S. businesses and organizations report that the programs...

- Enable overseas participants to develop a deeper, long-term understanding of the U.S.
- Develop long-term strategic alliances for the U.S.

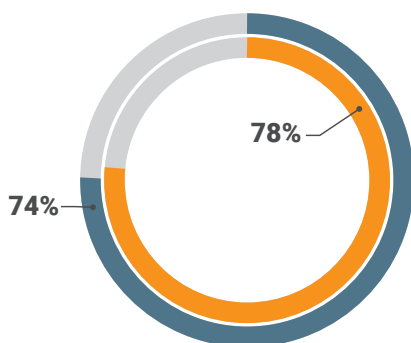


Intern and Trainee Programs **Increase Mutual Understanding**



Interns and trainees...

- Participate in a range of cultural activities with host employers that enable them to develop an understanding of American culture and society
- Develop more positive views of the U.S. as a result of the programs, leading to stronger long-term ties with other countries



Hosting interns and trainees enables U.S. host businesses and organizations to...

- Broaden the perspective of their staff through exposure to different cultures
- Help staff develop intercultural communication skills