



TEACH EXCHANGE USA

ESTIMATED COSTS & FINANCIAL OVERVIEW



PROGRAM OVERVIEW AND GOALS

The BridgeUSA Teacher Program brings qualified international educators into accredited U.S. primary and secondary schools, where they teach full-time and engage deeply in cultural exchange. Teachers share their traditions, language, and global perspectives with U.S. students; participate in school and community engagement activities; and serve as cultural ambassadors of their home countries.

Program Duration: Up to 3 years, with the possibility of extension to 5 years in accordance with U.S. Department of State regulations.

IMPORTANT PROGRAM NOTES

J-1 teacher salaries are aligned with U.S. educators in similar roles and support a reasonable standard of living.

Costs vary based on location, family size, and lifestyle choices.

Cenet provides guidance and support to help teachers plan and transition successfully.

PROGRAM-RELATED FEES

FEE TYPE	ESTIMATED COST RANGE (USD)
Foreign Credential Evaluation	\$200-\$400
Document Translation	\$100-\$400
Background Check /Fingerprinting	\$50-\$150
State Teaching Certification / Exam	\$100-\$500+ (varies by state)
International Flights	\$800-\$2,000

QUESTIONS ABOUT THE BRIDGEUSA TEACHER PROGRAM?
EMAIL TEACHER@CENET.ORG



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ESTIMATED INITIAL ARRIVAL COSTS

Recommended Funds on Arrival: \$3,500–\$5,000 minimum

These funds may cover:

- Housing deposits and first month's rent
- Transportation setup (car or public transit)
- Household essentials
- Food & daily expenses
- Licensing or onboarding costs

ESTIMATED MONTHLY LIVING COSTS

CATEGORY	ESTIMATED COST RANGE (USD)
Housing (Rent)	\$700–\$1,200
Food & Groceries (Individual)	\$250–\$500
Food & Groceries (Family)	\$500–\$1,000+
Local Transportation	\$150–\$600
Utilities (Electric, Water, Internet)	\$200–\$400
Mobile Phone	\$40–\$100
Entertainment	\$200–\$400

EXPECTED WORK-RELATED PAYROLL DEDUCTIONS

DEDUCTION TYPE	ESTIMATED AMOUNT (USD)
Federal Income Tax	~10%–22%
State Income Tax	0%–10% (varies by state)
Medicare	1.45%
Social Security (FICA)	Typically, exempt for first 2 years; then ~7.65%
Teacher Retirement Systems	5%–11%

OPTIONAL DEDUCTIONS

- Health insurance upgrades
- Union dues (~\$200–\$500/year)
- Additional benefits

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