Application Process

Intern + Trainee Applicants

1. **Determine which program is right for you**
   - **Intern**: You are a current university student (outside of the U.S.) or will start an internship in the U.S. within 12 months of graduation. The internship must be related to your field of study.
   - **Trainee:** You are a graduate with a degree related to your training program, and have at least one year of relevant work experience outside of the U.S.; OR you have at least five years of relevant work experience outside of the U.S.

2. **Find an Internship/Training Position**
   After you secure your position in the U.S., you can apply for sponsorship through Cenet. (Most applicants arrange their own position as Cenet has limited placement opportunities available.)

3. **Complete the Cenet Application**
   If you meet the above eligibility requirements and you have already secured a position, please complete Cenet's online application at least 4-6 weeks before your planned start date.

   You will need the following documents:
   - Resume/CV
   - Valid Passport
   - Employment verification/reference letters (required for Trainees)
     - Must verify one year of relevant work experience if you have a degree, or verify five years of relevant work experience if you do not have a degree
   - Diploma or proof of school enrollment (if applicable)
   - A financial document showing access to at least 2,000 USD
   - A completed, signed DS-7002 Training/Internship Placement Plan created by your host organization
   - A Host Organization Information/Agreement Form completed by your host organization
   - A certificate of workers' compensation insurance from your host organization (or a copy of their policy declarations page)

If your host organization has fewer than 25 employees or earns less than 3 million USD in annual revenue, Cenet will organize and conduct a site visit.

4. **Complete a Cenet Orientation**
   Once your application is processed, Cenet will schedule an online orientation interview.

5. **Receive Your DS-2019 Form**
   After successful completion of the orientation and payment of program fees, Cenet will issue the **DS-2019 "Certificate of Eligibility" Form**, which is required to begin the visa application process with your local U.S. Consulate or Embassy.

6. **Apply for a Visa**
   You can now schedule your visa interview at a U.S. Embassy or Consulate. You will need to pay a separate fee to complete the **DS-160 Online Nonimmigrant Application Form** in order to schedule.