

J-1 Program Cultural Component Requirement

The J-1 Program is designed to provide you the opportunity to come to the United States to learn and experience U.S. culture and business practices in your chosen field of study or profession.

During your J-1 program, you are expected to actively engage in cultural activities to learn more about the American way of life and to gain personal and professional experience that you can share with your peers when you return home.

You will be asked to document your cultural activities and experiences through the formal evaluations that must be submitted to SHRM.



Here are some of the things you can do during your program:

Visit different U.S. cities, historical landmarks, museums and exhibitions.



Watch your favorite sports games, concerts and shows. Visit co-worker's home and participate in company organized events such as holiday parties, picnics, team building activities and brown-bag lunches. You can also get involved in community service activities. Resources such as volunteermatch.org can help you find activities in your area.



The U.S. has a rich and diverse culture that varies from city to city. You can check out local events by going to www.eventful.com.