

## **Exposing your J-1 Exchange Visitor to American Culture**

**The J-1 visa program is first and foremost a cultural exchange program. To this end, candidates are not only expected to receive professional training, they are also expected to be exposed to American culture.**

Below is a list of suggested cultural activities, which is by no means all-inclusive. Host companies may choose to include J-1s in their current company cultural activities but are also encouraged to create new activities at their discretion to further introduce their J-1 interns and trainees to American Culture.

- Holiday parties
- Exposure to the local community
- After-work team outings
- Team meetings and lunches
- Trade shows or Conferences
- Business trips accompanied by a supervisor
- Museum outings
- Networking events
- Company sports leagues
- Local sports events
- Company community service projects
- Visits to local sites of interest
- Seasonal fairs or local cultural events
- Local cinema or theatrical outings