



How To Apply

[View Step-by-Step Guide \(/wp-content/uploads/2023/07/bridgeusa-step-by-step.pdf\)](/wp-content/uploads/2023/07/bridgeusa-step-by-step.pdf) on how to apply.

To take part in one of the J-1 Visa programs, locate and contact a [designated sponsor \(/participants/how-to-apply/sponsor-program=&state=&x=14&y=8\)](/participants/how-to-apply/sponsor-program=&state=&x=14&y=8).

The designated sponsors supervise the application process and are the main point of contact throughout the exchange process. **Contact the sponsors directly to take part in one of the exchange programs.**