



OFFICE OF INTERNATIONAL SERVICES

University Center for International Studies
University of Pittsburgh

Academic Training (AT) Information

Academic Training (AT) is work, training, or experience, on a part-time or full-time basis, related to a J-1 student's field of study. A student in J-1 status may participate in AT prior to completion of his/her program of study or following completion of the program of study. If your program sponsor is not the University of Pittsburgh, please consult that agency for instructions regarding Academic Training.

For Academic Training *prior to* completion of your degree, you must apply for, and be granted, permission to engage in Academic Training *before* you begin employment. **You may not engage in Academic Training until OIS has formally granted you permission.**

Undergraduate and Pre-doctoral students are limited to up to 18 months of Academic Training, or the period of time in which they were engaged in their program of study, whichever is less. For example, a student in an 11-month program would be limited to 11 months of Academic Training. A student in a two-year program would be limited to 18 months of Academic Training. Post-doctoral students are eligible for up to thirty-six (36) months of Academic Training, which can be granted in 18-month intervals.

Academic training must be authorized by OIS prior to the end date on your DS-2019.

Eligibility Criteria

To be eligible for AT, the student must:

- Must have a paid or unpaid job in your field of study before you apply
- You must be in good academic standing your post-secondary accredited academic institution; and
- For Academic Training *after* completion of your degree requirements, you must apply no later than 30 days after the completion of your degree requirements.

Additional Information and How to Apply

For information about how to apply for AT, including what documents are required, log into My OIS (my.ois.pitt.edu).

If you have reviewed the Academic Training e-forms in My OIS, and you still have questions, please contact your Immigration Specialist to discuss.