

YOUR WORKING CHECKLIST

Q-1 cultural exchange: public program, employment and participants

Is any international workplace a Q-1 program?

Q-1 concerns an employer-administered international cultural exchange program combining practical training or employment with sharing the participant's national culture. It differs from the Department of State J exchange framework. The cultural element must be integral to a real program, not merely incidental to an ordinary job.

Check the boxes on screen or by hand. Use the notes area for records to find and questions to ask.

Your preparation checklist

- ☐ Identify the employer-administered Q-1 program.
- ☐ Describe public access and cultural presentation.
- ☐ Connect employment and participant qualifications.
- ☐ Keep J-1 and older Q-program rules separate.

Notes and questions to follow up

Source links and current instructions

Sources checked October 25, 2026. Follow current instructions at the linked institution.

Office of the Federal Register / eCFR: 8 CFR 214.2: classification-specific temporary-worker requirements
<https://www.ecfr.gov/current/title-8/section-214.2>

Return to the complete guide

<https://immigrantinsider.com/immigration-paths/work/q1/>

General information

This free organizer is not a government form and does not submit an application, establish eligibility, preserve a deadline or replace individual legal advice. Government filing fees and professional services are separate.