



Interstride

Interstride is an interactive portal designed by former international students to provide support to international students as they navigate the job market.

Who should use Interstride?:

International students seeking job opportunities in the United States and other countries, and domestic students interested in working outside the U.S.

How to access Interstride:

Log on to [Interstride](https://www.interstride.com/uobusiness/) (<https://www.interstride.com/uobusiness/>) using your UO email address and then your UO Single Sign On (SSO). It's easy!

How to use Interstride:

Use [Interstride](#) to research US companies' H1B Visa application history, to learn more about work-related Visa regulations, and to explore the career guides of 40 different countries' job search resources, hiring trends, industry overviews, resume/CV guidelines, and more.

[Interstride](#) is divided into three tabs:

1. **JOBS:** Search for current U.S.-based or international job opportunities, set up job alerts, learn more about U.S. Visa regulations*, and gain insights into searching for jobs in other countries.
2. **LEARN:** Check out Webinars and other international job search Resources.
3. **TOOLS:** Take a career assessment with the Interstride Career Game Plan, access the Checklist to be sure you are keeping key issues in mind, and use the Calendar feature to keep your search on track.

*For expert guidance on U.S. Visa-related issues and your specific situation, contact the University of Oregon's office of [International Student and Scholar Services \(ISSS\)](#).