



SponsorTrack Guide

Top 10 U.S. Companies & Organizations Sponsoring International Students (2025)

Section 1: Tech & Engineering Leaders

Amazon

- **Why it matters:** Ranked #1 in H-1B sponsorships with thousands of filings annually.
- **Roles:** Software engineering, operations, supply chain, analytics.
- **Visa Support:** Active H-1B & OPT sponsorship.
- **Careers:** amazon.jobs

Ernst & Young (EY)

- **Why it matters:** #2 in H-1B filings with global reach.
- **Roles:** Consulting, auditing, technology.
- **Visa Support:** Strong H-1B & OPT pipeline.
- **Careers:** ey.com/careers

Google (Alphabet)

- **Why it matters:** Top sponsor in tech fields.
- **Roles:** Software engineering, data science, product management.
- **Visa Support:** Consistent H-1B sponsor.
- **Careers:** careers.google.com

Microsoft

- **Why it matters:** Leading cloud and software company.
- **Roles:** Cloud engineering, software development, BI & AI.
- **Visa Support:** Longstanding H-1B sponsor.
- **Careers:** careers.microsoft.com

Cognizant

- **Why it matters:** Major IT services & consulting firm.
- **Roles:** Consulting, IT services.
- **Visa Support:** Robust H-1B history.
- **Careers:** cognizant.com/careers

Apple

- **Why it matters:** Global leader in design & engineering.
- **Roles:** Hardware/software engineering, design.
- **Visa Support:** Strong sponsorship record.
- **Careers:** jobs.apple.com

Meta (Facebook)

- **Why it matters:** AI and social media giant.
- **Roles:** Software engineering, AI, data science.
- **Visa Support:** Strong OPT to H-1B support.
- **Careers:** meta.com/careers

TCS

- **Why it matters:** Global IT consulting firm.
- **Roles:** IT services, consulting.
- **Visa Support:** Thousands of H-1Bs annually.
- **Careers:** tcs.com/careers

AWS

- **Why it matters:** Amazon's cloud division.
- **Roles:** Cloud computing, AI, engineering.
- **Visa Support:** Active sponsor.
- **Careers:** aws.amazon.com/careers

Intel

- **Why it matters:** Semiconductor leader.
- **Roles:** AI, hardware, chip design.
- **Visa Support:** Active sponsor.
- **Careers:** jobs.intel.com

Section 2: Social Science & Research Organizations

National Institutes of Health (NIH)

- **Why it matters:** Largest sponsor for social sciences.
- **Roles:** Program evaluators, analysts, researchers.
- **Visa Support:** Consistent H-1B sponsor.
- **Careers:** jobs.nih.gov

RAND Corporation

- **Why it matters:** Leading think tank in public policy.
- **Roles:** Policy researchers, data analysts.
- **Visa Support:** Supports international researchers.
- **Careers:** rand.org/careers

Urban Institute

- **Why it matters:** Focus on social policy & housing.
- **Roles:** Social policy, housing, mobility research.
- **Visa Support:** Active sponsor.
- **Careers:** urban.org/about/careers

World Bank Group

- **Why it matters:** Global development leader.
- **Roles:** Development economics, sociology, education.
- **Visa Support:** Consistent sponsorship.
- **Careers:** worldbank.org/careers

United Nations Agencies

- **Why it matters:** UNDP, UNICEF, UNESCO.
- **Roles:** Education, gender, human rights.
- **Visa Support:** Global sponsorship programs.
- **Careers:** careers.un.org

AIR

- **Why it matters:** Major research institute.
- **Roles:** Behavioral and social science research.
- **Visa Support:** Active sponsor.
- **Careers:** air.org/careers

Brookings Institution

- **Why it matters:** Top think tank in D.C.
- **Roles:** Analysts, fellows.
- **Visa Support:** Visa sponsorship available.
- **Careers:** brookings.edu/careers

IRC

- **Why it matters:** Humanitarian org.
- **Roles:** Humanitarian & social policy roles.
- **Visa Support:** Consistent sponsor.
- **Careers:** rescue.org/careers

Pew Research Center

- **Why it matters:** Global fact tank.
- **Roles:** Research analysts, data specialists.
- **Visa Support:** Visa sponsorship supported.
- **Careers:** pewresearch.org/careers

Universities

- **Why it matters:** NYU, Columbia, Michigan, etc.
- **Roles:** Lecturers, research staff.
- **Visa Support:** Consistent H-1B sponsors.
- **Careers:** [various university sites](#)

Strategy Tips for International Students & Professionals

- Use OPT (Optional Practical Training) to gain initial U.S. work experience before H-1B sponsorship.
- Explore J-1 Intern/Trainee programs (e.g., AIFS, Intrax) for early-career placements.
- Target employers with proven sponsorship histories like those listed above.
- Leverage university career centers and networks for access to hidden opportunities.
- Highlight adaptability, cultural competence, and international perspectives in applications.

