

How to Find a Legislative Internship



UNIVERSITY CAREER CENTER
& THE PRESIDENT'S PROMISE

Internships on Capitol Hill

Internships in Congressional offices are handled individually by office. There are 3 types of offices to intern for: Members' offices, Committee offices, and Leadership offices.

Members' Offices

Most internships are available in individual Members' offices in both the House and Senate. You can find internship opportunities by searching a Representative or Senator's website for more information. Most offices give preference to students with ties to their state, so start your search there.

[US House of Representatives Directory](#)

[US Senate Directory](#)

You can also sign up for [biweekly email alerts of available internships](#) in the House of Representatives.

Committee Offices

Many Congressional Committees offer their own internship program. The following pages list standing committees for both the House and Senate and links to their websites. Remember the Majority party controls the main website, but there will be a link to the Minority party's page. Be sure to apply to either the Majority or Minority committee internship program depending on your personal preference.

Leadership Offices

Leadership offices are where political strategies are developed based on the party.

[US House of Representatives Leadership](#)

[US Senate Leadership](#)

U.S. House of Representatives

Standing Committees



Agriculture

Appropriations

Armed Services

Budget

Education and Labor

Energy and Commerce

Ethics

Financial Services

Foreign Affairs

Homeland Security

House Administration

Judiciary

Natural Resources

Oversight and Reform

Rules

Science, Space, &

Technology

Small Business

Transportation &

Infrastructure

Veterans' Affairs

Ways and Means

U.S. Senate

Standing Committees

Agriculture, Nutrition, and Forestry

Appropriations

Armed Services

Banking, Housing, and Urban Affairs

Budget

Commerce, Science, and Transportation

Energy and Natural Resources

Environment and Public Works

Finance

Foreign Relations

Health, Education, Labor, and Pensions

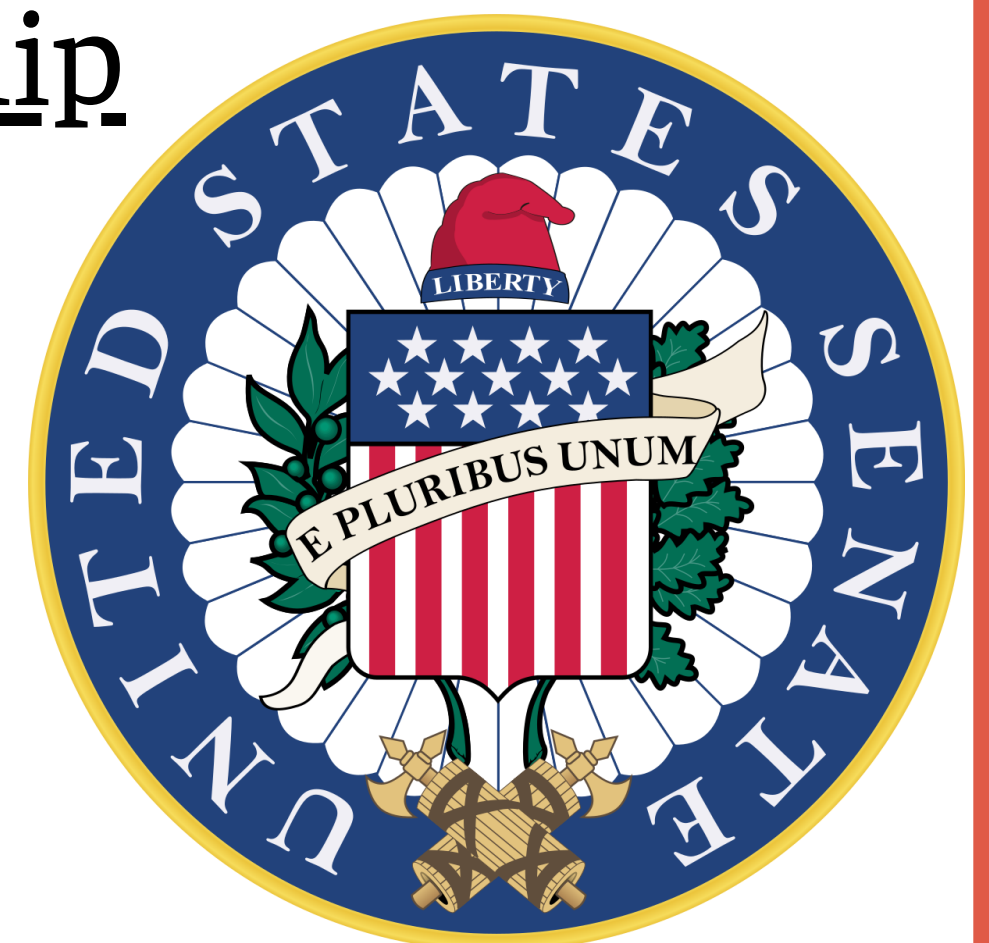
Homeland Security and Governmental Affairs

Judiciary

Small Business and Entrepreneurship

Rules and Administration

Veterans' Affairs



Diversity & Inclusion

Congressional Programs

The programs listed below are a small sample of internships focused on connecting undergraduate multi-ethnic students with opportunities on Capitol Hill.

Asian Pacific American Institute for Congressional Studies places students in US Congressional offices and federal agencies over the summer.

Congressional Black Caucus Foundation's internship programs prepare college students and young professionals to become principled leaders, skilled policy analysts, and informed advocates by exposing them to the processes that develop national policies and implement them - from Capitol Hill to federal field offices.

Congressional Hispanic Caucus Institute's Congressional Internship Program provides paid summer and semester internships, promising Latino undergraduate students experience in what its like to work in a Congressional office, while participating in weekly professional and leadership development and civic engagement through community service.

Congressional Hispanic Leadership Institute Global Leaders Internship & Fellowship Program is a 15-week fall or spring internship program working in a Congressional office and a corporate office in Washington, D.C.

Native American Congressional Internship allows American Indian and Alaskan Native students to gain practical experience with the federal legislative process.

University of Maryland Congressional Programs



The Federal Fellows Program offered through the University of Maryland combines a fall seminar course, taught by experts in the industry, with a spring internship experience in the Washington, D.C. metropolitan area.

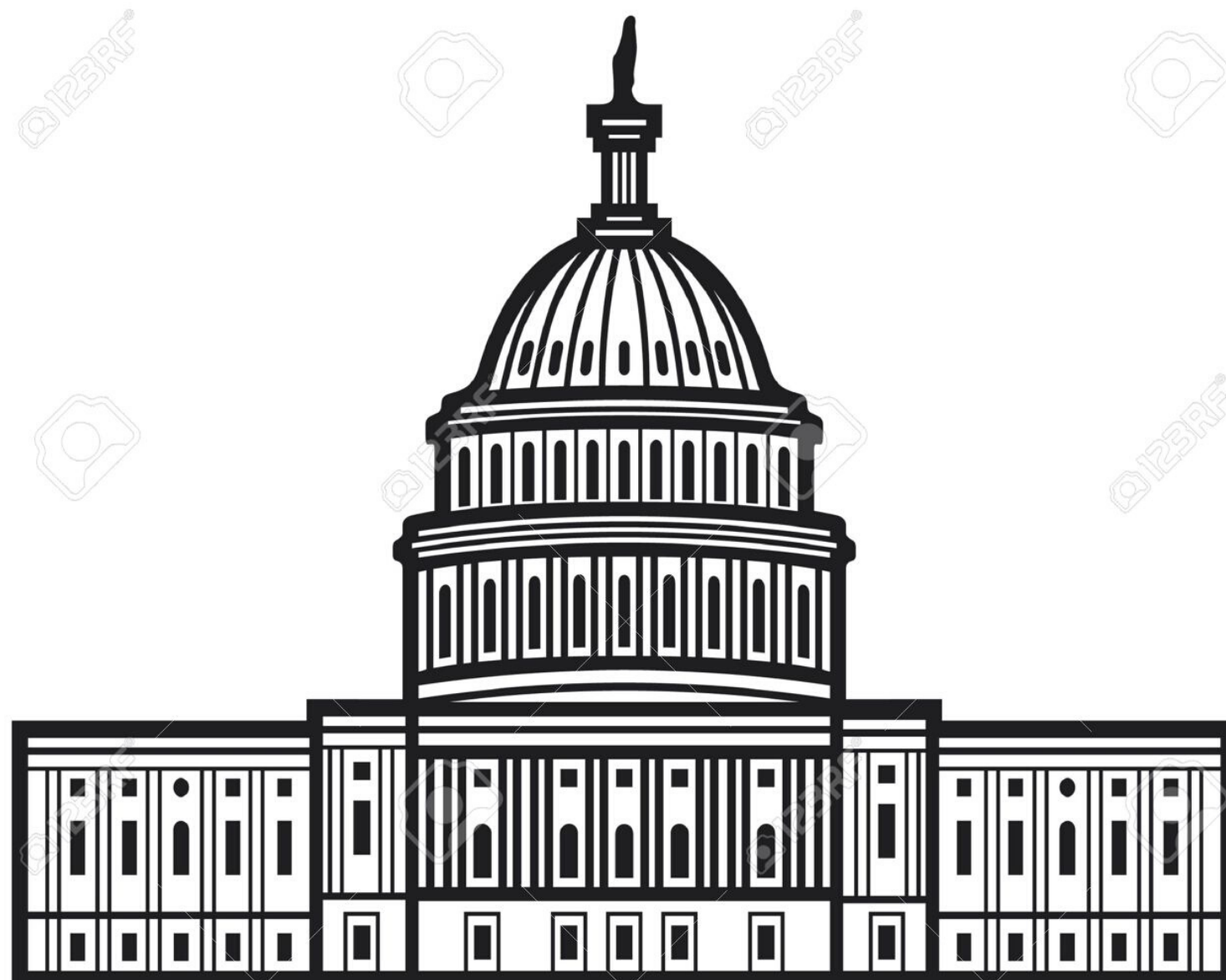
For more information visit federalfellows.umd.edu

Global Fellows is a year-long program in Global Policy and Leadership for University of Maryland undergraduate students. Internships take place in Washington, D.C.

For more information visit globalfellowsdc.umd.edu

Tips for Success

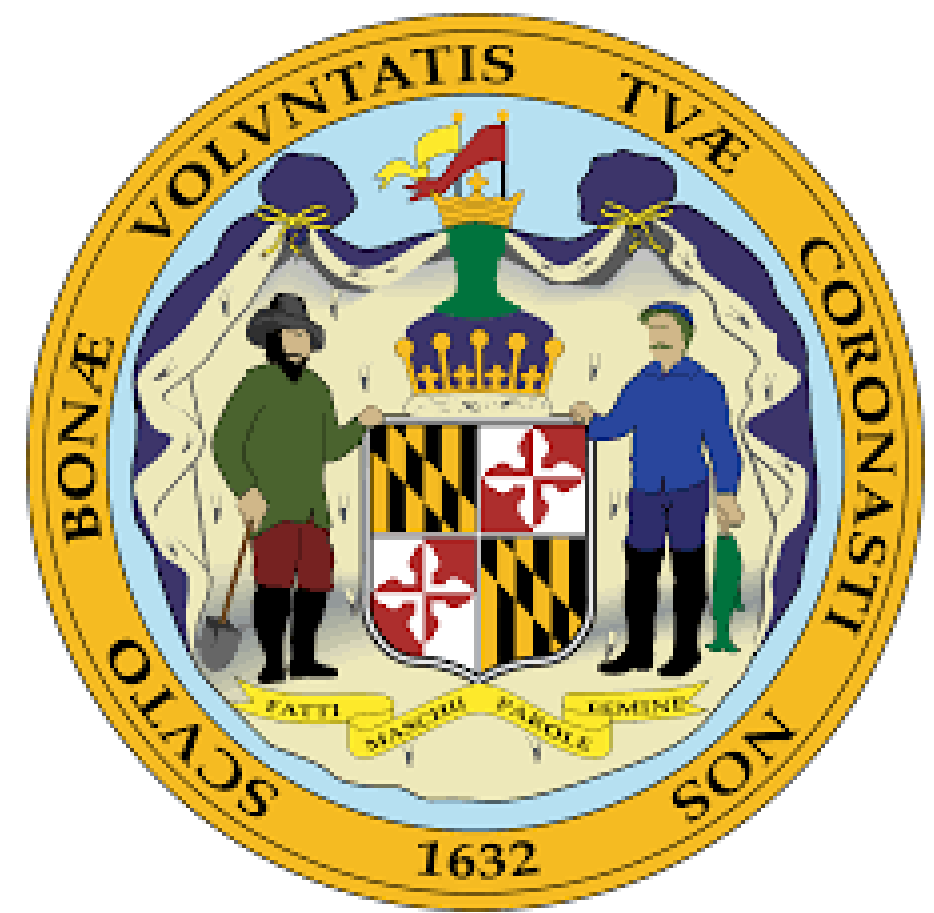
- Research political stances towards different issue areas before applying and refresh yourself before the interview.
- Use [congress.gov](https://www.congress.gov) to see bills or amendments the Congressman(woman) has recently introduced or sponsored.
- Keep an eye on the House and Senate bulletins for job openings right before the semester starts, or early in the semester.
- Reach out to friends or family that have worked or know of someone who has worked on the Hill. They will usually help recommend you to an office they know is searching for interns.
- Consider applying to Members whose districts are further from D.C. as it is harder for these offices to field interns from their home state during the semester.
- To narrow your search, target Congressmen/women who serve on committees relevant to your interests.



Maryland General Assembly

The Maryland General Assembly offers approximately 100 students from colleges across Maryland the opportunity to work as legislative interns. Students will typical duties include:

- Research
- Writing correspondence
- Contacting witnesses
- Attending committee hearings
- Tracking bills
- Working on mailings
- Writing newsletters
- Preparing, recording, and reporting testimony
- Responding to constituents' inquiries and handling problems



Interns must be able to work 2 days a week and will receive a stipend to help offset the cost. More details are available [here](#).

To apply for an internship with the MGA you must go through the University of Maryland System. Both the English and Government and Politics departments offer programs to help with the internship process and placement, you do not need to be majoring in either to apply. Applications close on October 22nd.

[Maryland General Assembly Internship program - GVPT](#)

[Maryland General Assembly Internship program - ENGL](#)