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House of Representatives Internship College Apply Now 2026

Description

Gain unique insight into the legislative process and make a real impact on your community with a House of Representatives internship! Work alongside dedicated staff, contribute to meaningful projects, and witness firsthand how laws are shaped at the national level. This internship offers an invaluable opportunity for college students passionate about public service, policy, and making a difference.

Responsibilities

Depending on your placement, your responsibilities might include:

- Assisting with constituent services: responding to inquiries, researching issues, and drafting letters.
- Conducting research and analysis on legislative proposals and policy initiatives.
- Helping with administrative tasks, event planning, and outreach activities.
- Drafting speeches, press releases, and other communication materials.
- Attending briefings, hearings, and committee meetings.

Qualifications

- Currently enrolled in an accredited undergraduate or graduate program.
- U.S. citizen or lawful permanent resident.
- Minimum GPA of 3.0 (may vary depending on the specific internship).
- Strong communication, interpersonal, and writing skills.
- Ability to work independently and as part of a team.
- Proficient in Microsoft Office Suite and basic research skills.
- Familiarity with current political and legislative issues preferred.

Experience

- Prior experience in government affairs, public service, or relevant coursework a plus, but not required.
- Volunteer experience, research projects, or demonstrated interest in policy will be considered.

Skills

- Excellent analytical and problem-solving skills.
- Strong research and data analysis skills.
- Ability to work independently and take initiative.
- Cultural competency and strong interpersonal skills.
- Adaptability and ability to learn quickly in a fast-paced environment.

Job Benefits

- Gain unparalleled experience in the legislative process and public service.

Hiring organization
House of Representatives

Employment Type
Intern

Duration of employment
6 Months

Industry
Legislative Offices

Job Location
Washington, D.C., United States, 20001, Washington, D.C., United States

Working Hours
8

Base Salary
10

Date posted
March 1, 2026

Valid through
25.02.2027

- Network with professionals from diverse backgrounds and build valuable connections.
- Develop transferable skills highly sought-after by employers.
- Enhance your resume and increase your job prospects after graduation.
- Earn academic credit (approval required by your academic institution).

How To Apply

- **Contact your U.S. Representative's office directly:** Each office handles internships independently, so research their website or contact their staff for specific application instructions and deadlines.
- **Explore internship opportunities online:** Utilize resources like InternMatch: https://www.house.gov/educators-and-students/college-internships, and USAJOBS ([https www usajobs gov]) to search for House internship opportunities.
- **Utilize your college career center:** Many colleges offer guidance and support for securing internships, so connect with your career advisor for further assistance.