

## CofC in DC: Finding an Internship

Studies estimate that 20,000 college students and recent grads intern in Washington, D.C., each summer. Most Congressional offices offer internships. Some offer them year-round, others focus on the summer. The bad news is that they can't seem to collaborate any better on the application requirements and process for internships than they can on legislation. Here's how to apply:

- **Check individual Congressional office web sites**, starting with your home state delegation, but don't limit yourself. If there are issues in which you're particularly interested, contact the offices of the most vocal advocates and make your case in the application or cover letter. You can find Representative's websites [here](#) and Senators' websites [here](#).
- **U.S. House of Representatives Resources:** Some House offices publish internships with the [Clerk's Office](#) and you can subscribe to receive the [Weekly House Employment Bulletin](#).
- **United States Senate Resources:** Some Senate offices publish internships on the [Senate Employment Bulletin](#).
- **The White House:** Information on this program as it has been administered by the Obama Administration is [online](#). Each administration decides how it will administer this program.
- **Federal Agencies:** Most federal agencies now have year-round and summer internships and use the Office of Personnel Management's online application system, [USAJobs](#). This allows you to upload your resume and cover letter and apply for multiple positions with the same materials. Check for new opportunities regularly, as some departments will close a posting once they've received a certain number of applicants.
- **Internships Sponsored by Cultural Organizations:** There are a number of non-governmental organizations that sponsor interns to work on the Hill, the White House, and federal agencies, *and* also pay a stipend. Check the program requirements for three of the best-known organizations: the [Congressional Hispanic Caucus Institute](#), the [Congressional Black Caucus Foundation](#), and the [Asian Pacific American Institute for Congressional Studies](#).