

Congressional internships are a wonderful way for students and recent graduates to gain work experience and insight into the legislative process.

In my Washington, DC office, internships are offered part-time for the fall and spring semesters and full-time during two separate summer sessions. Intern responsibilities, which vary on a day-to-day basis, include answering phones, researching legislation for the Member and legislative staff, attending hearings and briefings and answering constituent letters on various issues before the House of Representatives.

In my District offices, internships are available on a full or part-time basis depending upon availability. Interns may be assigned to help with a variety of tasks such as answering phones, writing letters and compiling media clips. In addition, interns are often asked to assist with various constituent casework or other types of projects.

These opportunities are unpaid; however, students may earn academic credit. Students are also responsible for securing their own housing and transportation for internships in Washington, DC. Although there are no application deadlines, applicants are encouraged to submit their materials as soon as possible. Because of limited space and the competitive process, unfortunately, not every applicant can be hired.

If you are interested in applying for an internship in my Washington, DC office, please send your resume, cover letter and any other supporting materials to our Intern Coordinator, Melinda Becker at 202-225-3665 or melinda.becker@mail.house.gov .

If you are interested in applying for an internship in the district, please fax a copy of your application to the office in which you're hoping to work.

Utica, NY Office:

(p) 315-793-8146

(f) 315-798-4099

Cortland, NY Office:

(p) 607-756-2470

(f) 607-756-2472

Auburn, NY Office:

(p) 315-252-2777

(f) 315-252-2779

Interested in hearing first-hand what an internship in my Washington, DC office is like?

Then, why don't you "Ask an Intern?"

"Ask an Intern" is a regular series highlighting students from New York's 24th Congressional District who are participating in my Washington, DC Internship Program. Every few months a new intern is interviewed and profiled regarding their experience in Washington.

Each class of interns represents the incredible diversity of our colleges and communities across Upstate New York. Throughout the year, these future leaders come to Washington to gain first-hand knowledge of the legislative process. The role they play in the day-to-day operation of my office cannot be overstated.

Since taking office, more than 35 students from New York's 24th Congressional District have participated in my Washington, DC Internship Program.

[See Julia Keyeser's Profile](#)

[See Marisa Ranieri's Profile](#)

[See Fuat Yurekli's Profile](#)

[See Gabe Lockwood's Profile](#)