

House Vacancy Announcement and Placement Service

Questions? Connect with us at ResumeService@mail.house.gov or at 202-226-0221.

Internship Openings

Week of August 11, 2025

MEM-266-25

Digital/Press Intern

The Office of Congressman Salud Carbajal (CA-24) is seeking a highly motivated and creative Digital/Press Intern to assist with a fast-paced communications operation based in his Washington, D.C. office for the Fall 2025 term (September - December). The Digital/Press Intern will help build out the Congressman's digital and social media footprint, with heavy emphasis on creating engaging social media content and graphics. Qualified candidates should have strong writing, editing, and social media skills to assist with time-sensitive assignments, as well as basic familiarity with graphic design/video editing software. Candidates with experience in a press or digital media role (including internships) are preferred but not required. California or Central Coast ties and Spanish literacy are a plus. The intern will work closely with the Communications Director, Digital Director/Press Secretary, Legislative Correspondent, and Scheduler.

RESPONSIBILITIES:

- Compiling daily press clips
- Creating engaging graphics and editing photos
- Assisting the Digital/Creative Assistant with social media content, website content and digital newsletters
- Clipping, editing, and captioning videos
- Assisting with press releases, op-eds, advisories, and other written materials
- Creating and maintaining press lists
- Compiling regular comms reports on press and social media results
- Additional responsibilities include assisting the Legislative Correspondent and Scheduler with administrative tasks (e.g. answering phone calls, greeting visitors, etc.) and legislative tasks (e.g. batching incoming messages on Fireside, drafting constituent letters, writing cosponsor recommendations, etc.)

PREFERRED EXPERIENCE:

A qualified candidate will possess strong social media and graphic design skills. Past experiences with Canva, Photoshop, and other digital/graphic/video design platforms are a major plus.



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TO APPLY:

The internship will run from mid-September to mid-December. The hours are roughly 32 hours a week and are flexible to accommodate schedules and time zones, but generally run 9 AM to 6 PM ET when Congress is in session and 9 AM to 5 PM ET when Congress is out of session.

This position is in-person with some flexibility for telework. Interested applicants should email a resume, cover letter, writing sample, two digital samples, and dates/hours of availability to Tommy.Vo@mail.house.gov with the subject line **“First Name Last Name – Digital Intern.”**

This is a full-time, limited term position and offers a \$1,500 monthly stipend from the office of Congressman Carbajal’s unless the intern is already receiving credit/stipend through a third party. No phone calls, or walk-ins, please. This office is an equal opportunity employer and encourages candidates from diverse backgrounds to apply. ***Deadline to apply is Wednesday, August 13, 2025.***

MEM-264-25

The office of Congressman Mike Kelly (R-PA-16) is currently accepting applications for his Washington, D.C. office for **full and part-time interns** for the fall internship session. The start date would be as early as August 18th (flexible depending on availability) with a flexible end date. Interns are paid a stipend based on availability and have access to transit benefits. This internship will allow students and young professionals invaluable experience working to advance the nation's legislative process. Duties include (but are not limited to): greeting visitors, answering phones, leading tours of the Capitol, attending briefings and hearings, performing legislative research, and various other tasks to assist staff.

If you are interested, please email your resume to JP.Moreland@mail.house.gov

MEM-261-25

The Office of Congressman Greg Murphy (NC-03) is currently seeking **interns** with our DC office for the Fall session. The internship would begin mid-August and may last until around December.

This is a great opportunity to gain hands-on experience and knowledge over the day-to-day happenings within Congress. Additionally, interns co-currently enrolled in an accredited university will receive a monthly stipend. The internship is an ideal fit for any student that is interested in politics, law, or government – however, any interested student is encouraged to apply! Interns will assist the legislative staff by conducting policy research, answering phones, leading tours, and helping with administrative tasks.

Qualified candidates should:



- Be a current undergraduate or graduate student or have recently graduated.
- Demonstrate an interest in politics, policy, and/or public service.
- Have strong communications and writing skills.
- Be hard-working, dependable, detail-oriented, and professional.

North Carolina ties are preferred but not required. Interested candidates should address their application materials to Katonya Pettaway at Interns.NC03@gmail.com. Applications should include a cover letter, resume, and what the individual's internship schedule may look like.

MEM-260-25

Congressman Andrew Clyde's Washington, D.C. office, is looking for **fall semester internship** candidates. The hours are flexible to accommodate students' hectic course schedules, but generally run 8:30 a.m. to 5:30 p.m. when Congress is in session, and 9:00 a.m. to 5:00 p.m. when not in session.

In Washington, D.C., interns' responsibilities will vary. They will be asked to answer phones, run errands, research legislation for the Member and legislative staff, attend hearings and briefings, and answer constituent letters on various issues before the House. As a result, interns learn about the legislative process and the many other functions of a congressional office.

Interested applicants should send resume to : cole.rogers@mail.house.gov

MEM-259-25

The Office of Rep. Angie Craig (MN-02) is hiring a **press intern** to work in our Eagan, Minnesota office. The press intern will work directly with the communications team and be part of day-to-day communications operations, while also performing administrative tasks in the district office.

Primary responsibilities will include:

- Compiling daily afternoon news clips
- Taking photos and filming video content at the Congresswoman's district events
- Assisting with drafting social media posts when the Congresswoman is in the district
- Answering phones
- Logging constituent voicemails and mail
- Fielding casework requests
- Other assignments as needed

Experience with digital photography, social media, video editing and graphic design are preferred, but not required.



Applicants must also indicate their weekly availability from September 1st through December 30th. Applicants with 20-25 hours/week of availability, spread across the work week are preferred.

Please submit a combined PDF of your resume, one writing sample, and two digital work samples (i.e. graphic or video) to repcraigpress@mail.house.gov

The office of Representative Angie Craig is an equal opportunity employer; the office does not discriminate on the basis of race, sex, color, age, religion, national origin, sexual orientation, gender identity, or disability. Our office encourages candidates of diverse backgrounds to apply. Minnesota ties are a plus.

MEM-258-25

The House Committee on Oversight and Government Reform Democratic Staff seeks a motivated and reliable **digital media intern** this fall. Interns will be responsible for content creation, graphic design, video editing, and other press and administrative tasks as assigned. Successful candidates will possess familiarity with programs such as Adobe Premiere Pro, Adobe Photoshop, and Canva. Proficiencies in additional programs are a plus.

Ability to work in a fast-paced, rapid response environment is a must. Candidates will be expected to work in-person in Washington, DC, with opportunities for remote work during Congressional recesses. Full-time and part-time Candidates with diverse backgrounds and experiences are strongly encouraged to apply. To apply, please send a resume, digital portfolio, and your availability this fall to oversightpress@mail.house.gov.

MEM-255-25

The Office of **Congressman Jim Costa (CA-21)** seeks a highly motivated and creative **Digital/Press Intern** to join a fast-paced communications operation based in Rep. Costa's Washington, D.C. office for the Fall 2025 intern class. **This is a paid internship role at a \$17.50 hourly wage.**

This internship program prides itself on its educational aspects. Press interns will immerse themselves in fast-paced press operations and learn the ins and outs of a congressional communications shop. They will have an opportunity to learn and engage on various digital platforms while learning how to connect people to policy.

Qualified candidates should have strong writing, editing, and digital skills to assist with time-sensitive assignments, as well as basic familiarity with graphic design/video editing software, such as Adobe, Canva, and Photoshop. Candidates with experience in a press or digital media role (including internships) are preferred but not required. California or



Central Valley ties are a plus. The intern will be under the supervision of the Communications Director and Internship Coordinator.

Internship Responsibilities

- Assist the Communications Director and Press Assistant with drafting social media content, e-newsletters, targeted mailing, and website content.
- Edit photos and create engaging graphics in line with the Congressman's brand.
- Clipping, editing, and compiling videos.
- Assist with the creation and maintenance of press lists.
- Compile daily press clips and reports about social media analytics.
- Other office tasks such as answering phones, drafting correspondence, conducting tours, and other duties as required.

Internship Dates and Details:

Fall internships will start in **late September 2025 and go until the end of December 2025**, with some flexibility. Interns are expected to work in compliance with the office's regular hours of operation. Our office cannot accommodate remote or hybrid internships at this time.

Deadline: Applications must be submitted by 6 p.m. ET on Friday, August 15.

Apply: Interested applicants should fill out the internship application via our website:

[Internships | Congressman Jim Costa \(house.gov\)](https://costa.house.gov/services/internships)

(<https://costa.house.gov/services/internships>), specifying in their application their desire to be a press intern for the 2025 Summer Cohort.

No phone calls, or walk-ins, please. The Office of Rep. Jim Costa is an equal opportunity employer committed to building and maintaining an inclusive and diverse work environment.

Contact: Please reach out to our intern coordinator, Grant Menolascino, with any questions regarding the application process at Grant.menolascino@mail.house.gov.

MEM-252-25

The Office of Congressman Nick Langworthy (NY-23) is seeking **intern** candidates in our Washington, D.C. Office for Fall 2025.

Successful applicants will be motivated, detail-oriented, display a strong work ethic, and interact well with constituents. In addition, applicants should have a strong interest in the legislative process and the function of Congress. New York ties are preferred but not required.

Internship duties may include:

- Answering constituent phone calls and directing them appropriately
- Researching legislation for the Member and legislative staff



- Attending Congressional hearings and policy briefings
- Answering constituent letters on various issues before the House
- Helping the communications team
- Conducting tours of the US Capitol for constituents
- Other projects as assigned by staff

To apply, please send your resume and cover letter to justin.pavonarius@mail.house.gov with the subject line “Fall 2025 Internship Application.”

MEM-241-25

Fall Internship

Ideal candidates will be organized, detail-oriented, and passionate about public service. Applicants should have excellent communication and writing skills.

Key Responsibilities Include:

- Assisting with front office operations
- Answer constituent letters and phone calls
- Attend hearings and briefings related to the Congressman's portfolio
- Research legislation for the Member and legislative staff

Internships are in-person, paid, and run from August through December with flexible start and end dates.

To apply, visit <https://messmer.house.gov/forms/internships>. Applications will be accepted on a rolling basis.

MEM-239-25

The Office of Congressman Raja Krishnamoorthi (IL-08) is seeking a highly motivated, proactive **press intern** to assist on an aggressive communications team. Applicants must be available to begin in mid-August. Qualified candidates will demonstrate a strong and positive work ethic, pay attention to detail, be responsive and punctual, and have solid writing and editing skills. Preferred applicants are diligent, communicative, creative, and are willing to perform and follow through on a wide variety of tasks. A monthly stipend is available.

Hours = 9am-5pm ET Monday through Friday
Position can be in person or hybrid

Intern responsibilities include:



- *Compiling press clips by 9:30am ET every morning
- *Social media strategizing for increased growth
- *Drafting daily social media posts and ideas for Instagram, Twitter, and Facebook
- *Creating graphics for social media, knowledge of Canva preferred
- *Drafting speeches
- *Other duties as needed to support the communications team

Interested applicants should please send a resume, cover letter, writing sample, and graphic sample to KrishnamoorthiPressInternship@gmail.com.

MEM-237-25

Representative Seth Magaziner (RI-02) seeks part-time, paid Fall 2025 **interns** for his Warwick, Rhode Island office, to start at the beginning of September. Duties include, but are not limited to:

- Provides a welcoming environment and positive first impression of the Member office to constituents, visitors, and other VIPs;
- Answers incoming calls with poise, professionalism, and promptness;
- Assists Member and key staff (e.g. Staff Assistant, Press Assistant, Constituent Services Team) with logistical and administrative duties;
- Receives and logs input from constituents on policy matters for the Member office's consideration and response;
- Conducts research, and drafts correspondence and memoranda;
- Assists with planning and execution of Member's public outreach at local events;
- Accompanies district staff to public forums, meetings, and events as a representative to the Member.

Applicants should apply on our website <https://magaziner.house.gov/services/internships>.

MEM-233-25

Congresswoman Doris Matsui, representing the 7th Congressional District of California, seeks interns for her Washington, D.C. office for the Fall 2025 term. Interns will have a unique opportunity to learn about the legislative process first-hand and the many functions of a Congressional office. The Press and Digital Intern will help build out the Congresswoman's digital and social media presence, with heavy emphasis on creating engaging social media content and graphics.

Qualified candidates should have strong writing, editing, and social media skills to assist with time sensitive assignments, as well as basic familiarity with graphic design/video editing software. Candidates with experience in a press or digital media role (including internships) are preferred but not required. Press Intern responsibilities will vary but may



include answering phones and data entry. Washington DC interns may be asked to assist in researching legislation for the Member and legislative staff, attending briefings, hearings, and markups; and answering constituent letters on various issues.

To apply, please visit the “Internships” page of Congresswomen Matsui’s official website and complete the application form: <https://matsui.house.gov/services/internships>. As part of the application, a cover letter, resume, and 2 writing samples are required. Ties to California’s 7th District are preferred, but not required. All applications are considered on a rolling basis. This office is an equal opportunity employer and does not discriminate based on race, religion, disability, age, ethnicity, national origin, sex, gender, LGBTQ identification, family status, or military status.

MEM-232-25

Congresswoman Doris Matsui, representing the 7th Congressional District of California, seeks interns for her Washington, D.C. and District (Sacramento) offices for the Fall 2025 term. Interns will have a unique opportunity to learn about the legislative process first-hand and the many functions of a Congressional office.

Intern responsibilities will vary but may include answering phones and data entry. Washington DC interns may be asked to assist in researching legislation for the Member and legislative staff, attending briefings, hearings, and markups; and answering constituent letters on various issues. Interns based in California may also be asked to assist on a variety of constituent casework or in-district projects, as needed.

To apply, please visit the “Internships” page of Congresswomen Matsui’s official website and complete the application form: <https://matsui.house.gov/services/internships>. As part of the application, a cover letter, resume, and 2 writing samples are required. Ties to California’s 7th District are preferred, but not required. All applications are considered on a rolling basis. All applications are considered on a rolling basis. This office is an equal opportunity employer and does not discriminate based on race, religion, disability, age, ethnicity, national origin, sex, gender, LGBTQ identification, family status, or military status.

MEM-231-25

Congressman Jason Smith (MO-08) is currently seeking full or part-time **interns** to work in his Washington, DC office for the Fall 2025 term. Intern responsibilities include corresponding and communicating with constituents, researching policy, legislative analysis, guiding Capitol building tours and assisting staff with administrative tasks. Interns also will have the opportunity to conduct legislative research as well as attend Capitol Hill briefings, congressional hearings, and press events. Ideal candidates have a positive attitude, strong work ethic, and excellent written and oral communication skills.



Those interested should send their resume and cover letter to grayson.donnellan@mail.house.gov & brianna.garcia@mail.house.gov. Applications are reviewed on a rolling basis, so there is currently no deadline to apply. Hours are flexible and can be adjusted to accommodate other work/class schedules. This is a paid position and is competitive with that of other offices. Rate of pay will depend on hours worked and duration of internship. State ties preferred but not required.

MEM-225-25

Congresswoman Angie Craig (MN-02) is seeking **interns** for the Fall 2025 term in her Washington D.C. and Eagan offices.

The D.C. internship will run approximately from August 25th, 2025, through December 17th, 2025, with some room for flexibility. The Eagan internship will run approximately from September 29, 2025, through January 27, 2025, with some room for flexibility. All interns are paid a stipend and provided with the necessary technology for their work. Schedules are flexible to accommodate course schedules and academic programs; however, a minimum availability of 20-25 hours per week is highly preferred.

Interns in the Washington, D.C. office will focus on researching legislation, attending hearings and constituent meetings, answering constituents' phone calls, logging and drafting constituent correspondence, and assisting legislative and communications staff members on various projects. Interns in the Eagan office will focus on constituent casework, answering constituents' phone calls, community outreach and research, in-district event planning, and assisting the outreach, casework, and communications staff members on various projects.

All interns will have the opportunity to work with staff in both offices over the course of the internship and the program is tailored to fit interns' policy interests and career goals. Interns will learn about the legislative process, learn about all the different functions of a congressional office and gain hands-on professional experience while serving the constituents of Minnesota's Second Congressional District.

Successful internship candidates are passionate about public service, confident and effective communicators, proactive problem-solvers and possess strong writing skills. They also are comfortable speaking on the phone and working with the general public.

Application Instructions:

- To apply for an internship in either the MN or DC office, please email a combined PDF of your resume and one-page cover letter to craig.internships@mail.house.gov. Please format your email subject line as "FirstName.LastName – District Office Internship" OR "FirstName.LastName – DC Office Internship" to specify which office you are applying for.



- Please include your weekly availability between the hours of 9:00am and 6:00pm in your cover letter and confirm that you will be available for in-person work.

We strongly encourage individuals with ties to Minnesota (especially the Second Congressional District) and those from traditionally underrepresented backgrounds to apply. Rep. Craig's office is an equal opportunity employer and does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age, or protected veteran status.

For Fall 2025 internships in the D.C. office, applications must be submitted no later than 6pm ET on Wednesday, July 23rd.

For Fall internships in the Eagan office, applications must be submitted no later than 10am ET on Monday, August 25th.

Late submissions will not be considered nor accepted. If you have any questions regarding the application process, please email craig.internships@mail.house.gov.

