

# House Vacancy Announcement and Placement Service

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## Internship Openings

### Week of January 12, 2026

#### MEM-010-26

The House Committee on Oversight and Government Reform Democratic Staff seeks a motivated and reliable **Video Production Intern** for Spring 2026.

Interns will be responsible for helping with clipping streams of sessions, editing and captioning videos, helping with shoots, scripting content and other administrative tasks as assigned. Successful candidates will possess extreme familiarity with Adobe Premiere Pro. Additional experience with Adobe After Effects and Photoshop 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, portfolio, and your availability this spring

to [oversightpress@mail.house.gov](mailto:oversightpress@mail.house.gov) & [neeharika.simha@mail.house.gov](mailto:neeharika.simha@mail.house.gov).

#### MEM-007-26

Congresswoman Dina Titus (NV-01) seeks highly motivated **Legislative Interns** in her D.C. office for Summer 2026.

Interns in our D.C. office will have the opportunity to witness the legislative process and the inner workings of Capitol Hill first-hand. Responsibilities include but are not limited to answering constituent phone calls, attending policy briefings and meetings, providing tours of the United States Capitol, and conducting legislative research to support the needs of the Congresswoman's staff. The internship will run from May through August, from 9:00am—6:00pm when Congress is in session and from 9:00am—5:00pm when Congress is not in session. This is a full-time internship.

The ideal candidate possesses excellent oral and written communication skills, prioritizes professionalism, is a dedicated team player, and has a friendly persona. Ties to Nevada's First District are a plus but not required. The office of Congresswoman Dina Titus is an equal opportunity employer and does not discriminate on the basis of race, color, religion,



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sex, sexual orientation, gender identity and expression, national origin, disability, military status, age, marital status, or parental status.

**How to Apply:**

Interested applicants should use the link below to fill out the form and include a cover letter, resume, and short (1-2 page) writing sample. Applications will be accepted until **Monday, March 2, 2026**, on a rolling basis.

[Application Form](#)

## MEM-390-25

The Committee on House Administration Republican Office seeks energetic and self-motivated individuals with an interest in government and public policy, to apply for its paid, **full-time internship program**. The Committee on House Administration maintains jurisdiction of federal election policy and manages the day-to-day operations of the House of Representatives with oversight of several offices within the Capitol Complex, including the Chief Administrative Officer, Architect of the Capitol, Clerk of the House, House Inspector General, Sergeant at Arms, U.S. Capitol Police, and other legislative branch entities like the Library of Congress, Government Publishing Office, and the Smithsonian Institution. Working closely with Committee staff, interns will have the opportunity to gain first-hand knowledge of the inner-workings of a congressional committee and learn about the day-to-day administrative operations of the House of Representatives. Interns are responsible for assisting Committee staff with official proceedings (hearings/markups), oversight, research, assisting with phones, and providing support to all Committee staff.

**Responsibilities:**

Interns are responsible for both administrative and legislative duties. Administrative tasks include answering phones, greeting visitors, sorting mail, entering data, and drafting correspondence. Legislative support includes performing research, drafting public statements, prepping materials for hearings, attending hearings and briefings, reaching out to agencies and other congressional offices, and a host of various special projects.

Please send a resume, cover letter, and availability to [CHAIInternGOP@mail.house.gov](mailto:CHAIInternGOP@mail.house.gov).

## MEM-388-25

**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



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in his Washington, D.C. office for the Spring 2026 term (January - May). 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/Aide, 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.

#### **TO APPLY:**

The internship will run from mid-to-late January to May. The hours are roughly 32 hours a week and are flexible to accommodate schedules, 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. Interested applicants should email a resume, cover letter, writing sample, two digital samples, and hours & dates of availability to [Tommy.Vo@mail.house.gov](mailto: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 Monday, January 5, 2026. However, candidates are encouraged to submit their materials early to ensure timely consideration.**



## MEM-386-25

The Office of Congressman Nick Langworthy (NY-23) is seeking **interns** in our Washington, D.C. Office for Spring 2026. 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
- Assisting 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](mailto:justin.pavonarius@mail.house.gov) with the subject line “Spring 2026 Internship Application.”

## MEM-383-25

Congressman Mike Levin (CA-49) seeks a **legislative intern** for his Washington, D.C., office for the Spring 2026 quarter. Exact dates are flexible, but earliest available start date is March 23, 2026.

This internship provides an opportunity for undergraduate students, graduate students, and recent graduates to learn more about the workings of a Congressional office and the legislative process. Applicants should have a general understanding of the U.S. political system, value open communication, be eager to grow, and bring a can-do attitude. Internships last approximately three to four months and are intended to be an educational experience. Internships are offered for academic credit. Applicants must be high school graduates. Current students and recent graduates will be given first priority for the internship program.

### **Legislative intern responsibilities include:**

- Attending committee hearings and congressional briefings,
- Conducting policy research and drafting legislative materials,
- Authoring constituent correspondence on a range of policy issues,
- Answering phones and processing mail,
- Leading constituents on tours of the Capitol,



- Working on other administrative and legislative tasks, as directed.

To apply for an internship with Representative Levin, please email a cover letter, resume, three references, and a brief writing sample all in one PDF file, with the file name including internship class, year, last name, and first name (i.e. Spring2026.Doe.Jane.pdf) to [CA49.DCIInternships@mail.house.gov](mailto:CA49.DCIInternships@mail.house.gov) by January 15. Applicants with strong ties to the 49th District will be given preference.

This office is an equal opportunity employer; we do not discriminate on the basis of race, color, religion, sex, national origin, age, disability, gender identity or expression, or sexual orientation. We deeply value the diversity of our employees and encourage candidates from diverse backgrounds to apply.

**MEM-382-25**

**Position: Spring Press Intern**

Description: Spring Press Internship Opportunity – Congressman Glenn Grothman (WI-06)

Congressman Glenn Grothman is seeking a motivated and creative Press Intern to join our Washington, D.C. office this spring. This position is ideal for students interested in political communications, graphic design, and digital media.

**Responsibilities include:**

- Designing graphics for social media, newsletters, and official communication materials
- Assisting with digital content creation across platforms
- Supporting the communications team with drafting and editing posts, monitoring engagement, and maintaining brand consistency
- Helping organize media clips and press materials
- Assisting with general office duties as needed

**Qualifications:**

- Strong graphic design skills (Canva, Adobe Creative Suite, or similar tools)
- Ability to transform policy issues into clean, engaging visuals
- Excellent writing and editing abilities
- Professionalism, reliability, and a willingness to learn
- Interest in public service and communicating legislative work to constituents

This is a great opportunity to gain hands-on experience in congressional communications while contributing meaningful work to support the Sixth District of Wisconsin.

Interested applicants should send a résumé and a short cover letter to [sydney.maingot@mail.house.gov](mailto:sydney.maingot@mail.house.gov) with the subject line “Spring Press Intern Application.”

Contact: [sydney.maingot@mail.house.gov](mailto:sydney.maingot@mail.house.gov)



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Materials Required: Resume and short cover letter



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