

House Vacancy Announcement and Placement Service

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

Internship Openings

Week of January 20, 2026

MEM-017-26

Summer 2026 Committee on House Administration Internship

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.

MEM-012-26

DIGITAL INTERNSHIP

The House Committee on Oversight and Government Reform Democratic Staff seeks a motivated and reliable digital media intern this spring. Interns will be responsible for content creation, graphic design, video editing, and other administrative tasks as assigned.



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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 spring to oversightpress@mail.house.gov.

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 & 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,



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-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 with the subject line “Spring 2026 Internship Application.”

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



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- 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 with the subject line “Spring Press Intern Application.”

Contact: sydney.maingot@mail.house.gov

Materials Required: Resume and short cover letter

