

Internships

An internship in the office of a Member of Congress offers an excellent opportunity to learn about Congress, the legislative process, politics, and the government in general.

Interns assist the staff in administrative duties and research projects. Interns in the Washington, D.C. office will have the opportunity to attend legislative hearings, issue briefings, and other events. Interns in a Maine office will assist in casework, assist in the scheduling and press operations, grant assistance, as well as many other projects.

Internship programs are provided throughout the year. Interns are accepted any time of the year, although it is best if a student can work for a full semester or summer. A three month period of time allows the student to truly experience life in a congressional office.

Internships are available on a full-time or part-time basis. While the office maintains a rolling deadline, please be advised that summer months fill quickly and applicants should apply at their earliest convenience.

All interns must submit the following:

- Resume
- Cover Letter
- 1-2 Page Writing Sample

Acceptance to the program will be based on:

- Demonstrated interest in the legislative process and politics
- Writing ability
- Availability

Preference will be given to applicants who:

- Are a current or former resident of Maine or have a parent who is a Maine resident
- Have completed one full year of college (post high school graduation)
- Are at least 18 years of age

For an internship in Washington, please contact Jill Brimmer at (202) 225-6306.

For an internship in Maine, please contact Sara Stevens at (207) 942-6935.