



<https://timesintern.online/job/house-of-representatives-internship/>

## House of Representatives Internship Opportunities 2026

### Description

The United States House of Representatives is pleased to offer Internship Opportunities for motivated individuals in 2026. This program provides an invaluable experience for students interested in government, public service, and legislative affairs. As an intern, you will be an integral part of the legislative process and gain insights into the workings of the House of Representatives.

### Responsibilities

- Assist legislative staff with research on current issues and proposed legislation.
- Attend committee hearings, briefings, and meetings to provide summaries and updates.
- Respond to constituent inquiries and assist with casework.
- Conduct administrative tasks, including drafting correspondence and maintaining records.
- Support communication efforts, including social media management and content creation.
- Collaborate with staff on various projects related to legislative initiatives.

### Qualifications

- Currently enrolled in an undergraduate or graduate program.
- Strong academic record.
- Demonstrated interest in government, public policy, or related fields.
- Excellent written and verbal communication skills.
- Ability to handle sensitive information with confidentiality.
- A commitment to public service and the legislative process.

### Experience

- Previous experience in government, public service, or related fields is advantageous but not mandatory.
- Familiarity with legislative processes and procedures is a plus.

### Skills

- Proficiency in Microsoft Office Suite.
- Research and analytical skills.
- Strong organizational and time management abilities.
- Adaptability and a willingness to learn.
- Excellent interpersonal and communication skills.

### Job Benefits

- Gain firsthand experience in the legislative branch of the U.S. government.
- Networking opportunities with policymakers and professionals in public

### Hiring organization

House of Representatives

### Employment Type

Intern

### Duration of employment

6 Month

### Industry

Government Department

### Job Location

Washington, D.C., United States,  
Washington, D.C., United States

### Working Hours

8

### Base Salary

10

### Date posted

June 26, 2026

### Valid through

10.12.2025

service.

- Exposure to the legislative process and government operations.
- Mentorship from experienced legislative staff.
- Certificate of completion at the end of the internship.

### **How To Apply**

To apply for the House of Representatives Internship Opportunities 2026, please submit your resume, cover letter, and a writing sample to [\[email@email.com\]](mailto:email@email.com). In your cover letter, express your interest in the internship, highlight relevant skills, and outline how your academic background aligns with public service. Shortlisted candidates will be contacted for interviews.

Be a part of the democratic process and contribute to the legislative work of the United States House of Representatives. We look forward to reviewing your applications!