Internship in Oregon

Interested in learning about how a district congressional office operates?

Interns in the Beaverton office will assist the outreach staff and caseworkers, research local and national policy issues, help with constituent communication through mail and phone calls, and attend meetings with the Congresswoman.

Internship in Washington, D.C.

Interested in learning about the legislative process and functions of a congressional office?

Interns in the Washington, D.C. office will conduct legislative research, attend hearings and briefings, lead tours of the U.S. Capitol, and answer constituent correspondence about the many diverse issues before the House.

Applications for the Winter 2019 internship are due Friday, November 23rd

To apply, please visit https://bonamici.house.gov/services/internships

Frequently Asked Questions

Who is eligible to apply?
High school seniors, college students, and recent graduates are encouraged to apply. Preference is given to those with Oregon residency or ties to Oregon. Our office is committed to assigning our interns to policy areas that interest them.

When do internships begin and end?
The D.C. and Beaverton offices offer internships for summer, autumn and winter/spring terms. The hours are flexible and can accommodate academic course schedules for both quarter and semester terms.

Is the internship paid? Where will I live if I intern in D.C.?
Interns will be given a monthly stipend. Housing is not provided. The D.C. Intern Coordinator can provide you with a list of places where interns often find housing.

When should I expect to hear back about my application?
The Intern Coordinators make every effort to reply promptly once an application is submitted. If you are concerned about the status of your application, please call the D.C. or Beaverton office.

Who can I contact with other questions?
Oregon Intern Coordinator — 503-469-6010
D.C. Intern Coordinator — 202-225-0855

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