



## INTERNSHIPS

Working in a Congressional office can be a rewarding and exciting experience. An internship provides an excellent opportunity to gain valuable political insight and observe first-hand how our government operates. Interns cultivate a strong workplace skillset by undertaking a variety of administrative and legislative responsibilities in the office.

Our office is dedicated to providing a valuable, educational experience for interns focused on strengthening their professional skillset, increasing their knowledge of working in a Congressional office, and assisting their overall career development. **We are committed to removing financial barriers for potential interns. Our office offers need-based stipends, and we encourage all eligible applicants to apply.**

Interns in the district offices conduct research, assist with constituent casework and draft correspondence. In both D.C. and the district, interns learn from staff and play an important role in communicating with constituents, including assisting answering phones, inputting constituent opinion and supporting the office.

## APPLICATION PROCESS

Interns are accepted throughout the year on both a full- and part-time basis. Priority is given to applicants from Connecticut's 4th Congressional District, although all interested persons are encouraged to apply. In my Washington, D.C. office, further preference is given to college students with Junior or Senior standing, and recent graduates.

Please apply to either my district offices or D.C. office.

### Required Application Materials:

- Resume
- Brief cover letter
- 1-3 Page writing sample
- This [Internship Application Form](#)
- For Need-Based Stipend, first page of FAFSA SAR or written statement

## Bridgeport and Stamford Offices

Given the competitiveness of the summer program, high school students living in the district are encouraged to apply during the school year. The offices are open 9-5, and internship schedules are arranged around school commitments.

Internships are available expressly for the purpose of furthering educational objectives.

The Summer Internship Program is open to all high school and college-level students. We are now accepting applications for the summer term. The deadline to apply is **April 17th, 2023 at 5:00 pm EST**. Interns will start on May 15th and end on September 1st.

Please note: When you submit a district office internship application, you are applying for both the Bridgeport and Stamford offices. The specific location of your internship will be decided by the intern selection staff based on a few factors, including commute time and the offices' needs.

Please email your application to [HimesDOInternships@mail.house.gov](mailto:HimesDOInternships@mail.house.gov).