



SUMMER 2026 GOVERNMENT INTERNSHIP INFORMATION SESSION

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APPLICATION PROCESS: CONGRESS



- Our Website: gca.columbia.edu
 - Our Programs and Initiatives --> Congressional Internships
- Every Member of Congress and Committee offers internships for college students and information about the internships can be found on their websites
- There is no one standard application
- Application requirements vary between members, as do deadlines (usually in March)
 - Resume
 - Cover Letter
 - Writing Sample
 - References
- Many Congressional Internships are now paid, with stipends up to \$2k/month

DISTRICT OFFICE INTERNSHIPS



- If you choose to work locally, either in NYC or at home, you can also look into district offices
- DC offices focus more on legislative process, responding on policy, and press and digital communications
- District offices focus on constituent relations and local district challenges

DECIDING WHERE TO APPLY



- 535 members plus 37 standing committees with additional sub-, joint, and select committees
- Invest the time upfront to identify your policy interest and political priorities
- Challenging to align your interests with MoC that work on those topics
 - Start by looking at committee assignments or the committees themselves
- Good options to also look at are your hometown representation and NYC members
 - Espaillat (Appropriations and Budget)
 - Meng (Appropriations - CJS)
 - Gillibrand (Armed Services, Ag, Aging, Intelligence)
 - Schumer (Rules, Intelligence; Minority Leader)

WHAT DO YOU DO DURING A CONGRESSIONAL INTERNSHIP?



- DC Office: Answer phones, give tours, write constituent correspondence, research for legislative staff, attend briefings, attend receptions, assist on press releases and social media
- District Office: Research for constituent casework, answer phones, plan community events

APPLICATION PROCESS: WHITE HOUSE/OFFICE OF THE PRESIDENT



- Application dates not yet posted
- Unpaid internship and housing is not provided
- Resume, Cover Letter, Recommendation Letters
- Will be able to rank which departments where you want to work on the application (eg. Public Engagement, Scheduling, etc.)
 - Options like National Space Council, Office of Science and Technology Policy, Council on Economic Affairs
- Assignments given to an intern on any given day could include: conducting research, managing incoming inquiries, attending meetings, writing memos, and staffing events
- Opportunity or weekly events, speaker series, and professional development opportunities

APPLICATION PROCESS: STATE & LOCAL



- Summer 2026 information for city will be posted starting in February
- Summer College interns can earn between \$577.50 and \$665.00 per week. Summer Graduate Interns can earn between \$610.03 and \$917.97 per week.
- 51 city council seats with many offices offering internships
- Mayoral transition resume bank now open!
- State internships are offered through the Department of Civil Service with options across the state including Albany, New York City, Buffalo, Syracuse, Watertown, and Utica - Applications are open from mid Feb- mid April
- State Assembly and Senate members also offer internships

HOW CAN I AFFORD THIS?



- Ensure the internship is paid
- Local University Internship Housing Programs (GWU, Georgetown, American, Catholic U)
- WISH (Washington Intern Student Housing)
- Craigslist
- GCA Internship Stipend Program
 - Modest, and amount depends on applicant pool
 - PELL eligible priority
 - DC based internships over summer only
 - Deadline 3/14/2026