



HOUSE DEMOCRATS

Pete Aguilar, Chair | Ted Lieu, Vice Chair

INTERNSHIPS

The following internship programs place interns directly in Congressional Member and committee offices. Congressional offices and committees may reach out to the points of contact to inquire about the placement process.

Internship Program	Season	Length of Program	Number of Interns	Contact
American Association for People with Disabilities (AAPD)	Summer, Fall	10 Weeks in Summer, 14 Weeks in Fall	Summer: 20 Interns Fall: 10 Interns	Katie Johnson internships@aapd.com 202-975-0241
Asian Pacific American Institute for Congressional Studies (APAICS) Internship Program	Summer, Fall	8 Weeks in Summer, 10 Weeks in Fall	15-20 Interns	Sirat Attapit programs@apaics.org 202-296-9200
BroadFutures	June - Aug., Jan. - April	8 Weeks in Summer, 11 Weeks in Fall	30 Interns	Shannon Blockmiller info@broadfutures.org 202-521-4304
Cal State D.C. Scholars Program	Summer, Spring	4 Months in Spring, 10 Weeks in Summer	Spring: 25 Interns Summer: 35 Interns	Kathryn Beuchel kbuechel@fullerton.edu 714-261-0757
Congressional Black Caucus Foundation (CBCF) Internship	Spring, Summer, Fall	16 Weeks in Spring, 9 Weeks in Summer, 16 Weeks in Fall	Spring and Fall: 30-36 Interns Summer: 60-65 Interns	Devery Manier internships@cbcfinc.org ; dmanier@cbcfinc.org 202-993-4797
Congressional Coalition on Adoption Institute (Foster Youth Internship Program)	Summer	7 Weeks	8-12 Interns	Kate McLean Info@ccainstitute.org 202-544-8500 x 12

Congressional Hispanic Caucus Institute (CHCI) Congressional Internship Program (CIP)	Summer June - July, Sept. - Nov.	2.5 Months in Summer, 3 Months in Fall	30-35 Interns	Carlos Vivaldi cvivaldi@chci.org 202-548-5862
Congressional Hispanic Leadership Institute	Fall and Spring	4 Months	8 Interns	Nicole Marín nmarin@chli.org 202-347-8280
Congressional Policy Internship	Spring, Summer, Fall	3 Months in Spring, 2 Months in Summer, 3 Months in Fall	Spring and Fall: 3-4 Interns Summer: 5-10 Interns	Omar Elsayed Omar@islamicscholarshipfund.org 650-995-6782 x 403
Council of Korean Americans: Emerging Leaders Scholarship Program	Summer	8 Weeks	12-15 Interns	Angela Cho angela.cho@councilka.org 410-978-1008
Harper Congressional Internship Program	Spring, Fall	8 weeks	10 Interns	Marissa Mullen Marissa.Mullen@mail.house.gov 202-225-8281
Hindu American Foundation	Summer	-	Varies	Samir Kalra samir@hinduamerican.org 202-223-8222
LGBTQ+ Victory Institute's Victory Congressional Internship Program	Jan. - April, May - July	8-10 Weeks	4-16 Interns	Sarah Pope sarah.pope@victoryinstitute.org 646-628-6643
Minority Access Inc. National Diversity & Inclusion Internship Program	Spring, Summer, Fall	13 Weeks in Spring, 10 Weeks in Summer, 13 Weeks in Fall	5-10 Interns	Andrea Mickle AMickle@minorityaccess.org 301-779-7100
Muslim Public Affairs Council	Summer	10 Weeks	20-25 Interns	Lubna Hassan Heikal lubna@mpac.org 818-593-7889

National High School Equivalency Program (HEP)/ College Assistance Migrant Program (CAMP) Association	Summer	10 Weeks	6 Interns	Patrick Doone doone@usf.edu 813-974-0915
National Leadership Program at Disability Belongs	Jan. - June, July - Dec.	5 Months	10-12 Interns	Rebecca Langbein RebeccaL@respectability.org 323-315-5718
National Summer Learning Association (NSLA) Public Policy Internship	Summer	2.5 Months	8-10 Interns	Leslie Gabay-Swanston Leslie@summerlearning.org 410-856-1372
Native American Congressional Internship Program	Summer	10 Weeks	12 Interns	Alicia Harris Harris-harris@udall.gov 520-901-8524 Jason Curley Curley@udall.gov 520-240-6325
Panetta Institute Congressional Internship Program	Fall	13 Weeks	23-27 Interns	Dr. Sonia Banks & Sylvia Panetta info@panettainstitute.org 831-582-4200
Sikh American Legal Defense and Education Fund (SALDEF)	June - Aug.	2 Months	11 Interns	Puneet Kaur puneet.kaur@saldef.org 202-393-2700
University of California Washington Program (UCDC)	Fall, Winter, Spring Summer	10 weeks (Quarter) or 14 weeks (Semester)	200 Interns	Jacob Wilson internship@ucdc.edu 202-974-6351
The Washington Center	Spring, Summer, Fall	2 Months in Summer, 3 Months in Fall and Spring	160-250 Interns	Bradley Ransom Bradley.Ransom@twc.edu 202-239-7978

FELLOWSHIPS

The following fellowship placement programs place fellows directly in Congressional Member and committee offices. Congressional offices and committees may reach out to the points of contact to inquire about the placement process.

Fellowship	Season/ Months	Length of Program	Number of Fellows	Contact
Albert Einstein Distinguished Educator Fellowship	Aug. - July	11 Months	5 Fellows	Jill Latchana jill.latchana@orau.org 865-320-2467
American Political Science Association (APSA) Congressional Fellowship Program	Dec. - Aug.	9 Months	-	Ann Burke aburke@apsanet.org Ellen Kamalyan ekamalyan@apsanet.org 202-349-9372
The Archer Center	Fall, Spring (Undergraduate), Summer (Graduate)	2-4 Months	Spring and Fall: 45 Fellows Summer: 48 Fellows	Sally Lawrence slawrence@utsystem.edu 512-499-4776
Asian Pacific American Institute for Congressional Studies (APAICS) Congressional Fellowships	Sept. - Aug.	12 Months	10-15 Fellows	Sirat Attapit programs@apaics.org 202-296-9200
Brookings: LEGIS Congressional Fellowship	Jan. - Aug., Jan. - Dec.	7-12 Months	40 Fellows	Ian Dubin idubin@brookings.edu 202-797-6319
Charles B. Rangel International Affairs Fellowship Program	May - Aug.	10 Weeks	45 Fellows	Kem Anderson Kem.Anderson@howard.edu 301-272-0879
Congressional Black Caucus Foundation Fellowship	Rolling	12 Months	15 Fellows	Dr. Ryan E. Tucker rtucker@cbcfinc.org 202-787-0123

Congressional Hispanic Caucus Institute (CHCI) Postgraduate Fellowship Program (PGF)	Sept. - May	9 Months	8-10 Fellows	Carlos Vivaldi cvivaldi@chci.org 202-548-5862
Congressional Hispanic Caucus Institute (CHCI) Public Policy Fellowship Program (PPF)	Sept. - May	9 Months	18-22 Fellows	Carlos Vivaldi cvivaldi@chci.org 202-548-5862
David A. Winston Health Policy Fellowship	June - June	12 Months	2 Fellows	Kerry McAteer kmcateer@winstonfellowship.org 703-627-7039
Georgetown University Capitol Hill Fellowship Program	Jan. - Dec., Jan. - July	7-12 Months	60-70 Fellows	Worth Hester whh@georgetown.edu 202-329-1859
The Green and Gold Congressional Aid Program (Formerly Wounded Warrior Program)	Rolling	24 Months	160 Aides	Jennings Solomon GreenAndGold@mail.house.gov 202-226-1965
Islamic Scholarship Fund (ISF) Congressional Policy Fellowship	Rolling	9 Months	2 Fellows	Omar Elsayed omar@islamicscholarshipfund.org 650- 995-6782 x 403
HillVets Foundation	Rolling	6 Months	12 Fellows	Dallas Atkinson Dallas@hillvets.org
Kennedy Foundation Public Policy Fellowship	Rolling	12 Months	1 Fellow	Steven Eidelman eidelman@jpkf.org
Korean American Grassroots Conference Congressional Fellowship	May - Aug.	8-10 Weeks	6-8 Fellows	John Kim john.kim@kagc.us 202-450-4252
Mike M. Masaoka Congressional Fellowship	Fall - Spring/Summer	9 Months	1 Fellow	Cheyenne Cheng ccheng@jacl.org 202-223-1240

ReNew Democracy Foundation Fellowship <i>*Must be an office in the New Democrat Coalition*</i>	Sept. - June	9 Months	5 Fellows	Mark Henson fellowships@renewdemocracyfoundation.org 703-307-0806
Running Start/Walmart Congressional Fellowship	Fall	9 Months	10-15 Fellows	Serena Saunders fellowship@runningstart.org 301-728-0411
Sea Grant John A Knauss Marine Policy Fellowship	Feb. - Jan.	12 Months	12-17 Fellows	Maddie Kennedy oar.sg.fellows@noaa.gov 240-507-3712
TechCongress Congressional Innovation Fellowship	Jan. - Dec., June - April	10-12 Months	10-12 Fellows	Grace McKinney grace@techcongress.io
Tom Lantos Congressional Fellows	Sept. - Dec.	3-4 Months	3-4 Fellows	Candace Byran Abbey Candace@lantosfoundation.org 202-276-4821
Women's Congressional Policy Institute	Jan. - July	7 Months	3-4 Fellows	Jennifer Lockwood-Shabat jennifer@wcpinst.org 202-554-2323
<i>The Department of Defense coordinates the placement of active military fellows from all services in Congressional offices. Offices can reach out to the point of contact specific to that service's fellowship.</i>				
Army Congressional Fellowship Program	Jan. - Dec.	12 Months	27 Fellows	Maj Eric Tubbs eric.e.tubbs.mil@army.mil 703-614-9581
Navy Legislative Fellowship	Jan. - Dec.	12 Months	22 Fellows	Katherine Noel katherine.e.noel.mil@us.navy.mil 703-697-2885
U.S. Department of Defense (USMC, Navy, Army, and Air Force) Legislative Fellows Program	Jan. - Dec.	12 Months	77-81 Fellows	Kristen McKay 703-571-4766 osd.pentagon.oasd-la.mbx.congressional-fellows@mail.mil
U.S. Department of Veterans Affairs Congressional Fellowship Program	Varies	12 Months	15 Fellows	Shakti Mehrotra saki.ververis@va.gov 202-215-4499

U.S Marine Corps Congressional Fellowship	Jan. - Dec.	12 Months	17 Fellows	Maj Rachel Cummings rachel.cummings@usmc.mil 703-692-0198 GySgt Sean Decker sean.c.decker.mil@usmc.mil 703-692-7692
<p><i>The American Association for the Advancement of Science (AAAS) coordinates the placement of fellows from the partner organizations listed below. Offices can reach out to the point of contact for specific fellowship information from that organization. However, offices should contact Christine Rovner at crovner@aaaas.org with AAAS if they're interested in hosting a fellow from the partner organizations.</i></p>				
AAAS Science & Technology Policy Fellowships Legislative Branch Fellows	Sept. - Aug.	12 Months	2-3 Fellows	Christine Rovner crovner@aaaas.org 202-326-6748
AAAS Congressional Science & Engineering Fellows Program (CS&EF)	Sept - Aug	12 Months	30-35 Fellows	Christine Rovner crovner@aaaas.org 202-326-6748
Academy of Nutrition and Dietetics (AAAS)	Sept. - Aug.	12 Months	-	Nicci Brown nbrown@eatright.org
American Chemical Society (ACS) (AAAS)	Sept. - Aug.	12 Months	-	Caroline Trupp Gil c_truppGil@acs.org
American Geophysical Union (AGU) (AAAS)	Sept. - Aug.	12 Months	1 Fellow	Elizabeth Landau elandau@agu.org
American Geosciences Institute (AGI) (AAAS)	Sept. - Aug.	12 Months	1 Fellow	Chris Keane keane@americangeosciences.org
American Institute of Physics (AIP) (AAAS)	Sept. - Aug.	12 Months	-	Liz Dart Caron lcaron@aip.org
American Mathematical Society (AMS) (AAAS)	Sept. - Aug.	12 Months	-	Karen Saxe kxs@ams.org
American Nuclear Society (ANS) (AAAS)	Sept. - Aug.	12 Months	2 Fellows	John Starkey jstarkey@ans.org
American Physical Society (APS) (AAAS)	Sept. - Aug.	12 Months	-	Yewande Lewis ylewis@aps.org 301-209-3216

American Psychological Association Fellowships (AAAS)	Sept. - Aug.	12 Months	-	Ben Vonachen bvonachen@apa.org mfp@apa.org 202-336-6127
American Society for Gene & Cell Therapy (ASGCT) (AAAS)	Sept. - Aug.	12 Months	1 Fellow	Christina Mayer cmayer@asgct.org 262-923-9655
American Society for Hematology (AAAS)	Sept. - Aug.	12 Months	1 Fellow	Bethany Sheehan bsheehan@hematology.org Tracy Roades troades@hematology.org
American Society of Mechanical Engineers (ASME) (AAAS)	Sept. - Aug.	12 Months	-	Anne Nadler nadlera@asme.org
American Veterinary Medical Association (AVMA) (AAAS)	Sept. - Aug.	12 Months	-	Patricia Mayo pmayo@avma.org
Geological Society of America (GSA) (AAAS)	Sept. - Aug.	12 Months	-	Susan Lofton slofton@geosociety.org 303-357-1000
Institute of Electrical and Electronics Engineers - USA (IEEE-USA) (AAAS)	Sept. - Aug.	12 Months	-	Erica Wissolik e.wissolik@ieee.org
Institute of Navigation (AAAS)	Sept. - Aug.	12 Months	1 Fellow	Lisa Beaty lbeaty@ion.org
The International Society for Optics and Photonics (SPIE) (AAAS)	Sept. - Aug.	12 Months	-	Lisa Love lisa@spie.org
James Marshall Public Policy Postdoctoral Fellowship (AAAS)	Sept. - Aug.	12 Months	-	Anila Balkissoon abalkissoon@spssi.org 202-675-6956
Materials Research Society (MRS) (AAAS)	Sept. - Aug.	12 Months	-	Todd Osman osman@mrs.org
Optica (AAAS)	Sept. - Aug.	12 Months	2 Fellows	David Lang dlang@optica.org 202-223-8130

Society for Research in Child Development (SRCD) (AAAS)	Sept. - Aug.	24 Months	1-2 Fellows	Lindsay Trammell ltrammell@srcd.org
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This is not a comprehensive list of internship and fellowship placement programs. Congressional offices are encouraged to share placement programs they are familiar with to be added to this list.

*If you have questions, or to share placement programs, please email
Caucus.HelpDesk@mail.house.gov.*