

### Washington

In my Washington, D.C. office, internships run throughout the fall, spring or summer semesters for college students. Although all internships in all offices are unpaid, students gain invaluable work experience. The hours are flexible to accommodate students' hectic course schedules, but generally run 9:00 a.m. to 6:00 p.m. when Congress is in session, and 9:00 a.m. to 5:00 p.m. when not in session.

In Washington, interns' responsibilities will vary. They will be asked to answer phones, run errands, research legislation for the Member and legislative staff, attend hearings and briefings and answer constituent letters on various issues before the House. As a result, interns learn about the legislative process and the many other functions of a congressional office.

### Colorado

In my Colorado office, interns may be asked to do a variety of things, including day-to-day office work such as answering phones, writing letters and assisting with media clips. In addition, interns may be assigned to assist in various District-based projects of importance.

If you would like more information on Congressional Internships—please [contact my office](#) .