

# UNM Fred Harris Congressional Internship Program— Washington, D. C.

## Frequently Asked Questions

**How do I apply?** An application form and instructions can be found on our website, [www.unm.edu/~polsci](http://www.unm.edu/~polsci). Use the UNM Fred Harris Congressional Internship Program link. Completed application materials must be emailed to Ashley Banks, [asbanks@unm.edu](mailto:asbanks@unm.edu), by **Tuesday October 27, 5pm**. Students are also welcome and invited to submit completed applications earlier than this due date if they wish.

**Is the Program competitive?** Yes. There are up to five internships available for Spring 2021 and also for Fall 2021 semesters. All are to be filled in a competitive application process guided by strict admissions criteria—undergraduate status, minimum 60 earned credit hours, 3.0 GPA or higher, any major. The program is academically and professionally rigorous.

**How much does the semester in Washington, DC Cost?** The housing and utilities costs of living in DC are paid fully and directly by UNM. Interns are personally responsible for payment of a refundable housing security deposit. Regular UNM tuition fees apply toward the mandatory online internship classes (15 credit hours). Additional costs for food, travel and entertainment will be different for every person, depending on spending habits.

**Is Financial Aid available for the Program?** Yes. In addition to paying your housing costs, the program also provides students with a small grant.

**Where will I live?** To promote safety and an enjoyable community atmosphere, interns are required to live in housing that UNM has contracted for with DC-based internship housing authorities.

**With whom will I be sharing an apartment or room?** You will live with the other UNM interns; it is likely that interns from other universities and colleges will also be residing in the same facility.

**In which U.S. Congressional Office will I be interning?** The Fred Harris program works in partnership with the DC offices to do all that we can to place individual students in positions that will maximize their professional skill development, their future networking opportunities, and their ideal visions of public service.

**Will I need a car in Washington, DC?** No. Public transportation in Washington, DC is very convenient. In fact, driving and parking in DC can be difficult. The Metro can take you all around the city and its surrounding areas. Taxis are in abundance and are always an option when you do not feel like walking. In addition, Amtrak is very accessible, as are different bus companies for trips to New York and Philadelphia.

**How many days during the week will I be interning?** You will be working in your office 4 days (Monday – Thursday) each week. Specific daily schedules will be announced by your office supervisor. Internship classes will be conducted on Fridays.

### **How many credits can I earn for either the Spring or Fall**

**Semester?** Interns earn a total of 15 hours for the required internship classes that are included in the Fred Harris Program. All courses are online, but, as possible, the classes will include on-site live classes on Fridays and these will be led by guest speakers.

**How will the internship benefit me in the future?** The networking opportunities that you will have as a Fred Harris intern can be invaluable. Many students in our program work in Washington after their internship semester ends; other interns find that the practical and academic skills they learn as Fred Harris interns assist them in getting professional jobs or in gaining admission to law, medical, or graduate school. Moreover, after living in Washington, DC you will likely feel confident that you can live and thrive in virtually any big city.

**How is COVID-19 having an impact?** The Fred Harris Internship prioritizes the safety of all our students. We follow all recommendations and guidelines put forth by UNM and public health officials. Congressional offices also follow these guidelines and modify work routines as needed to maximize the safety of all participating students. For instance, many interns will likely work for their offices under remote conditions for part (or potentially all) of the semester, depending on guidelines announced by the U.S. Congress, UNM, and national and local public health professionals. We believe that the internship can be a transformative and positive opportunity even under the difficult circumstances created by COVID-19.

**What if I have questions?** Please contact Ellen Grigsby at [egrigsby@unm.edu](mailto:egrigsby@unm.edu)