



UNM FredHarris Congressional Internship (Fall 2023 and Spring 2024)

Frequently Asked Questions:

How do I apply?

Here is the link to submit online your application materials (application form, resume, two letters of reference—including one from a professor who has had you in class, and up-to-date unofficial undergraduate transcripts from all higher education institutions you have attended):

[2023-2024 Fred Harris Congressional Internship Application](#)

What are the eligibility requirements for the Fred Harris Internship?

UNM undergraduate status, 60 hours of earned credits before interning in DC, 3.0 or higher GPA, any major.

How much does the semester in Washington, DC cost?

Regular UNM tuition fees apply toward the mandatory online internship classes (15 credit hours) that Fred Harris interns take while interning. Additional costs for food, travel and entertainment will be different for every person, depending on spending habits. Each intern is responsible for travel to and from DC.

Is financial assistance from the internship program available?

The Department of Political Science seeks to provide each intern with some degree of financial assistance to help with the costs of living in DC. Our ability to offer financial support is dependent upon budget allocations from the larger university and these may change from semester to semester. We are fully committed to providing financial assistance, as possible. For Fall 2023 and Spring 2024, we seek to cover housing and utility costs for each Fred Harris intern while also providing a small one-time stipend to be deposited directly into your Banner account. Interns are personally responsible for payment of a refundable housing security deposit, as charged by housing authorities.

Where will I live?

To promote safety and an enjoyable academic-based community atmosphere, interns are required to live in housing that UNM has contracted for with DC-based internship housing authorities, as such housing is available. We seek to provide housing that is close not only to Congressional offices but also to public transportation stations and historic places like the Supreme Court. Here is a link to the housing authority we typically use: <https://internsdc.com/>

With whom will I be sharing an apartment or room?

You will be sharing an apartment with other UNM interns and, possibly, with interns from other universities. Indeed, you are likely to meet students from all over the country.

In which office will I be interning?

The Fred Harris program works closely in partnership with the DC offices in order to match interns with offices in which students will have the opportunity to work toward policy goals that they support. We want interns to work in offices that allow them to develop career and networking opportunities in policy areas that they find most important.

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 particularly difficult and very expensive. A wide range of transportation options (e.g, the Metro, local buses, taxis, etc.) is available. In addition, Amtrak is very accessible, as are different bus companies for trips to cities like New York and Philadelphia.

How many days during the week will I be interning?

You will be working full-time in your office 4 days (Monday – Thursday) each week. Specific daily schedules will be announced by your office supervisor.

What kind of classes will I be taking during my internship?

The mandatory Fred Harris Internship online courses will consist of a range of classes designed to help interns analyze the broad range of issues that arise in Congressional decision-making.

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.

What if I have questions?

Please contact Ellen Grigsby at egrigsby@unm.edu