

Rep. Holt is pleased to offer unpaid internship positions in order to provide learning opportunities about Congress and his representation of the 12th Congressional District of New Jersey.

An internship provides a variety of opportunities to participate in the daily operations of my Congressional office, either in Washington D.C. or in Rep. Holt's District Office in West Windsor.

Internships are available throughout the year in three cycles (see below). Scheduling accommodations will be made for prospective interns with extenuating circumstances.

An interview will be conducted, either by phone or in person, upon receiving your application. Preference will be given to residents of New Jersey's 12th District. For High School students applying for an internship, preference will be given to sophomores and juniors, however seniors are welcome to apply.

Additionally, Rep. Holt would be pleased to assist you if you are requesting credit for your internship through your school or university.

Internship Cycles

Fall

September through December
Application Deadline: August 1

Winter/Spring

January through May
Application Deadline: December 12th

Summer

June through August (College students only)

Application Deadline: April 1

Please Note: Applications received after the deadline will be considered as space is available.

How to Apply

If you are interested in an internship, please send the following to the appropriate office's intern coordinator listed on the application form:

Resume

Cover letter

Brief writing sample

Letter of recommendation

Brief Application ([CLICK HERE TO DOWNLOAD](#))