



**Position:** Summer 2025 Internship in Colorado CD-06 District Office in Colorado

**Overview:**

As a Congressional Intern, you will work on the front lines of constituent communication for our office. Interns will work a total of 15-20 hours in person per week. Under the supervision of the Staff Assistant, you will assist in various administrative tasks involving constituent casework, collaborative research projects, note-taking in weekly meetings, and special duties as assigned—including an intern project. You may have the opportunity to represent Congressman Crow at various outreach events such as town halls, community engagement events, etc. This is a great opportunity for highly motivated students to learn about the operation of a congressional office, the role of constituent services in government, and the fundamentals of community outreach. Our office hopes that an accepted applicant will gain valuable experience in public service, in order to help make decisions about their future careers.

**Intern Responsibilities:**

- Help constituents navigate federal bureaucracy by forwarding concerns to correct staff members
- Accurately record constituent opinions and answer constituent questions by being knowledgeable about Congressman Crow's policy positions
- Support the Director of Constituent Services with casework duties
- Support the Staff Assistant with the operation of the Aurora Office
- Represent the Congressman at official events where constituents and other government officials may be present, including agency trainings and press conferences
- Collaborate on special projects and assist with memo research/drafting
- Take notes during Team Crow meetings, agency briefings, and press events
- Perform data collection and entry using a federal database
- Provide support for special projects and other duties as assigned

## **Ideal Applicant**

- Currently enrolled in a Bachelors program, Masters program, or just graduated
- Excellent written and verbal communication skills
- A strong focus on serving Coloradans through constituent services
- Ties to Colorado and/or Congressional District 6
- Although not required, the ability to speak and write in Spanish is a plus.
- Knowledge of Congressional District 6 and issues specific to the District
- Ability to work well with a diverse team

## **About Congressman Crow:**

Congressman Jason Crow represents Colorado's Sixth Congressional District, encompassing Aurora and parts of Arapahoe, Adams, and Douglas Counties.

Former Army Ranger and Bronze Star recipient, Jason Crow grew up working class — he worked minimum-wage jobs during high school and enlisted in the National Guard and worked construction to help pay his way through college.

After graduating, Jason joined the active duty Army and served in the Army's storied 82nd Airborne Division and in the elite 75th Ranger Regiment, deploying to both Iraq and Afghanistan. Even when he rose to the rank of Captain, Jason always remembered what it was like to march in the boots of an Army private. For Jason, this is the essence of servant leadership — always putting the needs of those you lead ahead of your own — and it continues to drive his approach today.

When Jason returned home, he looked for ways to continue to give back. Jason struggled to get his veterans benefits and knew others were having similar challenges transitioning from service to civilian life so he went to work helping veterans across Colorado. As an attorney, Jason was named Denver's Pro-bono Lawyer of the Year for work helping service members transition from military to civilian life.

Now Jason has taken his servant leadership to Congress where he represents Colorado's 6th Congressional District and serves on the House Permanent Select Committee on Intelligence and House Foreign Affairs Committee, on which he is the Ranking Democrat of the Oversight and Accountability Subcommittee.

Whether combatting the climate crisis, creating better, higher-paying jobs for hardworking families, or preventing gun violence, Jason is focused on putting Colorado and our country ahead of politics and partisanship.

**Application:**

To apply, please visit [crow.house.gov](https://crow.house.gov) and apply under the internships tab through the linked google sheet. Applications are due no later than **March 28th at 11:59 pm MT. Please make sure to note your preference between the district and D.C. office.**

**Questions?**

Please contact [Melissa.Lewis@mail.house.gov](mailto:Melissa.Lewis@mail.house.gov) with any questions.