



NZUS Council Mike Moore Congressional Internship Programme

Opportunity to gain first-hand experience inside Capitol Hill with the NZUS Council 2026/27 Congressional Internship Programme.

Established in 2012 by former NZ Ambassador to the US Rt Hon Mike Moore, the programme invests in the next generation of Kiwi leaders by strengthening their understanding of the US political system and fostering enduring New Zealand–United States connections.

invaluable experience and professional networks.

What's Included

The internship is fully funded and includes:

- Return flights.
- Accommodation in Washington, D.C.
- Visa and programme fees.
- Travel insurance (where required).
- Daily stipend of US\$60.

Programme Dates

30 November 2026 – 29 January 2027

Interns may also spend up to 30 days of personal travel within the US following the internship at own expense.

What's Involved

Working in a congressional office, you'll become part of a busy professional team. Responsibilities vary but may include:

- Media Monitoring
- Researching policy and legislative issues. - Stakeholder engagement e.g. liaising with constituents - Attending hearings and briefings.
- Drafting correspondence and briefing material. - Assisting with office administration.

This is a professional workplace experience. Successful interns are adaptable, proactive, collaborative and genuinely interested in politics, public policy and international affairs. While some work is administrative, interns who make the most of the opportunity gain

Eligibility

Applicants must be:

- Nominated through their participating university - A New Zealand citizen.
- 21 years of age or older by 26 November 2026. - Eligible to obtain a US J-1 visa.

NZUS Council

Scan the QR code to learn more about the Council or visit nzuscouncil.org



Applying

Each participating university manages its own application and shortlisting process before nominations are submitted to the NZUS Council. For application dates and requirements, contact your faculty or careers office. As part of the process, you will need to provide:

- A covering letter with your interest in and suitability for the programme.
- Your CV.
- Academic transcript.
- A video (2-3 minutes) discussing your interest in and suitability for the programme.

The NZUS Council Congressional Internship Programme is in partnership with:

