“Hey, how ya doin’?” says Senator Chuck Grassley when he greets the interns every morning. This is how the daily life of an intern begins in his office, before spending another day learning about the inner workings of the United States government. It is easy to see why, when there is so much to do in each department.

The administrative interns help keep the office running by assisting Iowans visiting the U.S. Capitol and the numerous tours the office gives every day. “It is really a unique opportunity to see how a Senate office is run behind the scenes and meet constituents from all corners of the state,” said Nick Hinkey (Hartley, Iowa - University of Wyoming).

In the press department, the interns help to make sure Iowans have access to information about Senator Grassley’s work in the U.S. Senate. They also accompany Senator Grassley to his television and radio interviews as well as constituent visits. “Working with everyone in the press shop is such a cool experience because you are up-to-date with everything that is happening in the Senate. You also learn a lot about issues effecting Iowans and how the Senator responds to them,” said Thomas Gueli (Brooklyn, New York - American University).

Legislative interns work directly with the legislative assistants and correspondents to research various issues, bills and laws effecting constituents. They help the senator respond to constituent letters and gather information on new legislation. “Collaborating with Senator Grassley’s legislative team every day was such a great experience. I was able to learn the legislative process first hand,” said Joe Duggan (Waterloo, Iowa - University of Iowa).

Although there is plenty to do to keep busy in the office, an internship on the Hill offers other learning opportunities as well. From committee hearings, to floor votes and debates, to intern lectures from prominent public figures, to meeting veterans at Iowa Honor Flight visits, to exploring the halls and tunnels of the Capitol, there are endless possibilities no matter your interest, and that’s just from 9AM to 6PM.

“It was thrilling to work with the people in Senator Grassley’s office. Every day was something different and I took tremendous pride in coming to work every day,” said Koster Buss (Le Mars, Iowa - Iowa State University).

It’s true: There is never a dull moment in the nation’s capital. For interns, nights and weekends provide plenty of opportunities to explore and experience the atmosphere of Washington. You can attend free jazz concerts, meander through the vast Smithsonian museums, get lost in Georgetown, travel to the top of the Washington Monument and eat pounds of ice cream and donuts in the Senate cafeteria. There are always new places to explore; the possibilities are endless.

Gratifying, engaging, inspiring, opening, educational and unforgettable - these are just some of the words that begin to sum up the Washington, D.C. experience.