

Running Start/Walmart

Congressional Fellowship

Semester-long program where college students and recent grads learn about politics first-hand from Members of Congress, both in their home District Offices and on Capitol Hill in Washington, DC.

Fellows grow their network of political insiders and understand what it takes to run, win and serve in weekly workshops.

Since 2009, 165 Fellows have been placed in the offices of 85+ women Members of Congress.





Sample Fellowship Agenda

In addition to interning in a Congressional District Office, Fellows participate in workshops every week on political and leadership skills and participate in a campaign simulation.

Confidence: Weeks 1 & 2

Virtual Training

Kick off confidence exercises, because confidence is a skill. These will include individual values clarification, a DEI workshop with a focus on authentic leadership, identifying a political role model and trying to connect with them, resilience and failure exercises, building relationships within the Congressional Fellow cohort, and intention setting for the program.

Capabilities: Weeks 3 – 8

In-Person Internship & Virtual Training

Internship in local Congressional office. Each Congressional Fellow will have an individualized experience, based on the needs of their District and Member. At the same time, Congressional Fellows will receive intensive hands-on training in the skills needed to run and win a seat in Congress including - fundraising, public speaking, messaging, media training, advocacy, coalition building. They will put these skills to use in an ongoing campaign simulation.

Connections: Week 9

In-Person all day, Washington, DC

Intensive in-person Capitol Hill experience. Each Congressional Fellow will meet with their Members of Congress and be exposed to many other Members. Programming will include networking receptions, one-on-one meetings with mentors whose professional backgrounds match with the Congressional Fellow's interests, cohort building for Congressional Fellows, trainings from Running Start staff and alums, and meaningful experiences with donors.

