

FLAD

LUSO-AMERICAN
DEVELOPMENT FOUNDATION

FLAD Legislative Internships

Summer 2026

The Luso-American Development Foundation (FLAD) has opened a call for **US citizens of Portuguese ancestry (aged 18 to 25)** to intern at the office of a US elected officials also of Portuguese ancestry.

Aim

This call aims at selecting up to eight interns with an interest in public service and high academic record in any field of study.

These internships will provide the selected candidates first-hand experience of the legislative process and knowledge about local and federal government. This is an opportunity for young Portuguese-Americans to develop their leadership skills and boost their careers.

Applicant eligibility

All applicants must be US citizens of Portuguese ancestry, aged 18 to 25 (at the time of application).

All academic fields are accepted. The intern's previous experience, academic background and educational goals are taken into consideration for task assignment during the internship.

Some offices have specific application requirements. Please check them below, in the section "Internships".

Application process

The call is open from **January 2nd to March 1st, 2026**, 11:59 PM, Pacific Time / March 2nd, 2026, 2:59 AM, Eastern Time.

Applications must be submitted through the online form available here:
<https://flad.secure.force.com/CandidaturaMain?language=en>.

Please note that only applications submitted through this form will be considered.

Candidates are required to upload the following documents (written in English):

- *Résumé*
- One recommendation letter (recommendation letters by family members are not accepted)
- Cover letter or video explaining why you want to intern at a legislative office and what your Portuguese heritage means to you (up to 500 words)
- Copy of transcript

Selection process and criteria

Applications will be reviewed by FLAD and the office of the legislator/s, who will agree on the candidates to choose, according to the following criteria:

- candidate's academic record;
- demonstrated interest in public service.

Expected outputs

Selected candidates are expected to work together with FLAD in tasks related to the Portuguese-American community during the period of the internship.

After the internship, interns are required to write a report including the following information:

- General description of the internship (place, schedule, and duration) and main responsibilities
- What was learned during the internship
- How the internship is expected to contribute to the career

Reports should be sent to FLAD up to 90 days after the end of the internship.

Internships

These are paid positions. Selected candidates are expected to work in person at the office to which they are selected. However, some offices may adopt hybrid formats.

You may intern in one of the following offices:

- **Congressman David Valadao (Washington, D.C. Office, Capitol Hill)**

Interns are expected to commit to a schedule of 30 to 40 hours/ week during 10-12 weeks (May through August).

Interns will receive a stipend of 2,000 USD. FLAD will cover accommodation expenses if interns are required to relocate during the internship period (up to 600 USD/ week).

- **Congressman Jim Costa (Washington, D.C. Office, Capitol Hill)**

Interns are expected to commit to a schedule of 30 to 40 hours/ week during 10-12 weeks (between May and August).

Interns will receive a stipend of 2,000 USD. FLAD will cover accommodation expenses if interns are required to relocate during the internship period (up to 600 USD/ week).

- **Congresswoman Lori Loureiro Trahan (Washington, D.C. Office, Capitol Hill)**

Interns are expected to commit to a schedule of 30 to 40 hours/ week during 10-12 weeks (between May and August).

Interns will receive a stipend of 2,000 USD. FLAD will cover accommodation expenses if interns are required to relocate during the internship period (up to 600 USD/ week).

- **Congressman Sam Liccardo (Washington, DC. Office, Capitol Hill)**

Interns are expected to commit to a schedule of 30 to 40 hours/ week during 10-12 weeks (between May and August).

Interns will receive a stipend of 2,000 USD. FLAD will cover accommodation expenses if interns are required to relocate during the internship period (up to 600 USD/ week).

- **State Senator Jack Martins (New York State Senate)**

Interns will receive a stipend of 1,500 USD and are expected to commit to a working schedule of 15 to 20 hours/ week during 10-12 weeks (between April and June).

Specific requirements:

- Candidates must be residents of the State of New York.

- **State Senator Jessica de la Cruz (Rhode Island State Senate)**

Interns will receive a stipend of 1,500 USD and are expected to commit to a working schedule of 15 to 20 hours/ week during 10-12 weeks (between April and July).

Specific requirements:

- Candidates must be either Rhode Island residents or non-residents attending a Rhode Island accredited institution.
- At the beginning of the internship, interns must be students (undergraduate, graduate or law school students) and have a minimum 2.5 GPA.

- **State Senator Michael J. Rodrigues (Massachusetts State Senate)**

Interns will receive a stipend of 1,500 USD and are expected to commit to a working schedule of 15 to 20 hours/ week during 10-12 weeks (between May and July).

Specific requirements:

- Candidates must be residents of the state of Massachusetts.
- Priority will be given to applicants who are constituents of the First Bristol & Plymouth District.

Further information

If eligible, you may apply to more than one office. Each candidate can only be selected to one internship per call.

Working hours and exact start and ending dates for each internship are flexible and will be agreed directly with the office of the legislator.

If you are a student and wish to acquire college credit for the internship, you should arrange it directly with your university. FLAD does not have any intervention in the process and cannot guarantee any college credit for the internship.

For more information about this internship opportunity, please email
relacoes.transatlanticas@flad.pt.