

CENTER FOR NATIVE  
AMERICAN YOUTH  

---

AT THE ASPEN INSTITUTE

# THE INDIGENOUS INTERNS' GUIDE TO WASHINGTON, D.C.



# ADVICE

## FROM PAST INTERNS IN D.C.



**Shandiin Herrera** (Navajo Nation)

**Udall Intern 2018 - Office of Senator Tom Udall**

**My internship provided me the opportunity to combine my education in Public Policy and my passion for serving Indigenous communities. I learned first hand the importance of having strong advocates provide leadership and guidance on Policy issues affecting our communities. Additionally, I was able to network with many Native professionals and I made life long friends!**



**Warren Mountain** (Red Lake Nation)

**NAPLP Intern 2019 - Center for Native American Youth**

**During my internship with CNAY, I had the opportunity to learn what managing communications for an entire organization includes. Each day, I was able to post messages to thousands and craft messages intended for other Native youth, and to document national events. I learned so much about the effort it takes to get your message out in today's fast-paced world.**



**Darrah Blackwater** (Navajo Nation)

**Udall Intern 2018 - Department of the Interior**

**Stay humble, and think often about the reasons you started this journey in the first place. Cultivate genuine relationships with those around you, and take care of yourself when needed. This experience can be overwhelming, and it's important to rest sometimes.**



**Joaquin Gallegos** (Jicarilla Apache Nation and Pueblo of Santa Ana)

**Legal Fellow 2018 - Senate Committee on Indian Affairs**

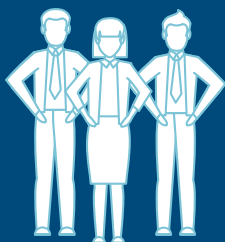
**We have a responsibility to understand and affect the U.S. capital because decisions made in D.C. either shore up or strike down the wellbeing of Indian Country.**

**Remembering that Geronimo, Red Cloud, and other leaders traveled to D.C. to secure our survival inspires me to serve wherever I am.**

## Quick tip: Business Professional vs. Business Casual

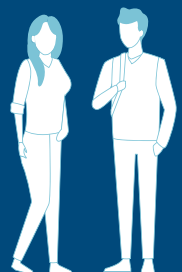
### Professional

Slacks or suit pants, dress or skirt, suit jacket or blazer, tie, brown or black close-toed heels, flats, or dress shoes



### Casual

Skirt, dress, khaki pants or chinos, top, blouse, or polo, black or brown casual heels, flats and solid tennis shoes



# A BRIEF INTRO TO ADVOCACY IN D.C.

[www.usa.gov](http://www.usa.gov)



Visit [usa.gov](http://usa.gov) and enter your zip code to find your elected representatives

## Meeting with your elected official

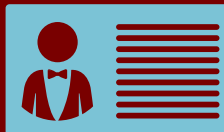


- Find any materials that support your issues.
- Set goals and compile talking points for what you want to discuss in the meeting.
- Keep your points concise.
- Bring up your personal connection to this issue and to the elected official and review their voting record.
- Follow-up after the meeting. Thank the staff or member for their time and remind them of your main talking points.

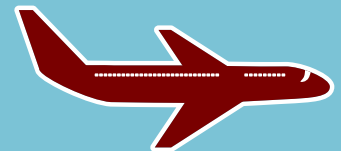


Call your state's representatives and senators. Someone will always answer and take note of your concerns.

**ALWAYS** mention your tribal affiliation.



Design and order yourself business cards to use throughout your internship.

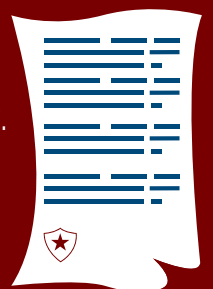


Ask your tribal leaders when they will be in D.C. next. Join in on a meeting.

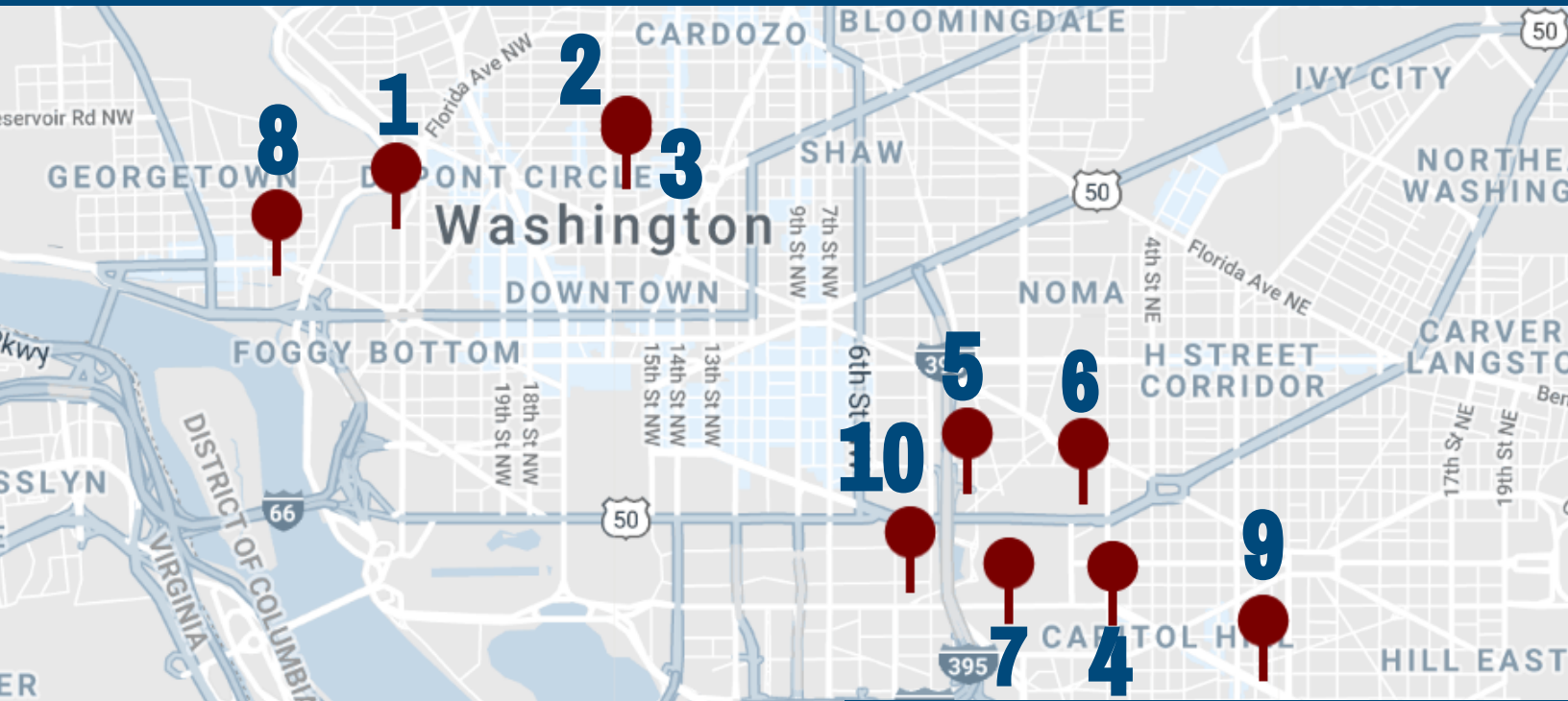


Ask to schedule a coffee chat or lunch with professionals at organizations you are passionate about.

Track bills that impact your community. Visit [congress.gov](http://congress.gov) to find legislation.



# Washington (D.C.)olonized



- 1** The Center for Native American Youth  
2300 N Street NW
- 2** National Congress of American Indians  
1516 P Street NW
- 3** Native American Rights Fund  
1514 P Street NW
- 4** National Indian Gaming Association  
224 2nd Street SE
- 5** National American Indian Housing Council  
122 C St NW Suite 350
- 6** U.S. Senate  
50 Constitution Ave NE (Dirksen)
- 7** U.S. House of Representatives  
45 Independence Ave SW (Rayburn)
- 8** Native American Financial Officer Association  
1101 30th Street, NW Suite 500
- 9** National Indian Health Board  
910 Pennsylvania Ave SE
- 10** National Museum of the American Indian  
4th Street and Independence Ave SW

## D.C. Native Internship Programs

### Udall Foundation

Program Contact: Mona Nozhackum  
Email: nozhackum@email.arizona.edu

### Pathways Leadership

Program Contact: Angelina Jacobs  
Email: aokudajacobs@pathkeepers.org

### Native Political Leadership Program

Program Contact: Broderick Dressen  
Email: dressenb@gwu.edu

### National Institute of Health Program

Program Contact: Angel de la Cruz Landrau  
Email: angel.delacruzlandrau@nih.gov

### Native American Bar Association

Program Contact: Melissa Thevenot  
Email: nabadcbrownbag@gmail.com

Connect with the  
Gen-I Network @

[alumni.generationindigenous.org](http://alumni.generationindigenous.org)



## FREE EVENTS IN D.C. DURING SUMMER 2019

### WASHINGTON NATIONALS BASEBALL



ALL SUMMER

Visit [mlb.com/nationals](http://mlb.com/nationals)

### CNAY'S GEN-I SUMMER NETWORKING RECEPTION



**WHERE: GWU CAMPUS**

**WHEN: JULY 17, 2019**

**VISIT [CNAY.ORG](http://CNAY.ORG) FOR MORE INFO**



### Smithsonian Folklife Festival



June 29th and 30th  
ALL DAY

Visit [festival.si.edu](http://festival.si.edu) to  
learn more!

Jazz in the Garden  
@ The National  
Gallery of Art



FREE Every Friday  
5:00-8:30pm

### THE NATIONAL ZOO

FREE  
8AM-7PM



[NATIONALZOO.SI.EDU](http://NATIONALZOO.SI.EDU)

### A CAPITOL 4TH CONCERT

FREE CONCERT ON 4TH OF  
JULY @ CAPITOL HILL  
Visit [pbs.org/a-capitol-fourth](http://pbs.org/a-capitol-fourth)



SIGN UP FOR 730  
DC NEWSLETTER  
@ [730dc.com](http://730dc.com)

DAILY  
EVENTS





A PRODUCT OF THE CENTER FOR NATIVE AMERICAN YOUTH

# THE INDIGENOUS INTERN'S GUIDE TO WASHINGTON, D.C.



**REGISTER FOR THE  
2019 GEN-I SUMMER  
NETWORK RECEPTION  
AT [WWW.CNAY.ORG](http://WWW.CNAY.ORG)**

For more information and resources, visit [www.cnay.org](http://www.cnay.org) or email Joshua Bertalotto at [joshua.bertalotto@aspeninst.org](mailto:joshua.bertalotto@aspeninst.org) with questions.