

Internship in the office of a MP at the German Bundestag

GretaWaltenberg, September October 2025



GENERAL INFORMATION

- 01.09.2025 – 15.10.2025
= six weeks
- 600 € per month
- in Berlin

- MP: Holger Mann, SPD



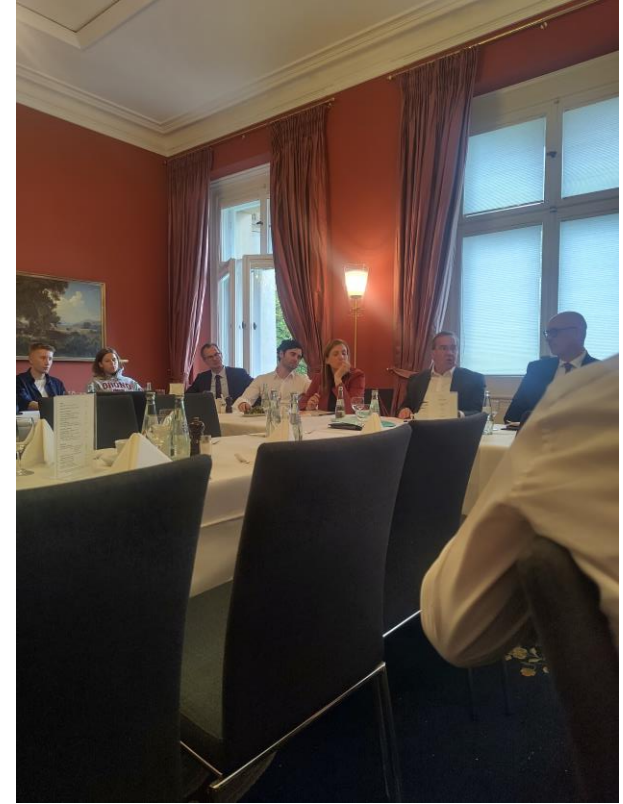


BEFORE

Motivation

Expectations on influence on
study experience

Process of application



DURING I: TASKS & DAILY LIFE

DURING II: SURPRISES & CHALLENGES

- Informal and often surprisingly unstructured workflows
- Security situation
- Limited influence of individual MPs within larger party structures
- Balancing full-time work, studies, a new city, and voluntary work was challenging
- My studies and voluntary experience allowed me to contribute meaningfully from the start



TAKE HOME MESSAGES

- In applications, clearly communicate both what you want to learn and what you can contribute (personal contact helps)
- Doing the internship earlier in the study program would have allowed me to build on it more academically
- It's not that crazy - even in the Bundestag, politics is ultimately shaped by ordinary people and everyday interactions
- Be ready for an intense time ;)





Thank you!

Feel free to ask questions!!