



Rep. Holt is pleased to offer a variety of services to Central New Jersey residents, including providing internship opportunities in his offices, obtaining U.S. flags flown over the Capitol, nominating students for the nation's service academies, and arranging tours of various sites in Washington, D.C. Please refer to the links below to see how he may help.

[Academy Appointments](#) Each Year, Rep. Holt recommends, based on merit, qualified students from the 12th Congressional district for admission to the academies of the armed forces.

[Flags Flown over the Capitol](#) Rep. Holt is able to have flags flown over the Capitol to commemorate special events and dates.

[Grants and Federal Contracts](#) ([Spanish version: Subvenciones y Ayuda Federal de Ámbito Nacional](#)) Rep. Holt can assist Central New Jersey businesses obtain federal grants and contracts and help them as they go through the process of obtaining them.

[Internships](#)

Rep. Holt offers a limited number of internship positions in both his district and Washington offices.

[Investing in Central New Jersey](#)

Rep. Holt fights to secure investments in projects and businesses that create jobs and improve the quality of life in New Jersey.

[Small Businesses](#)

Rep. Holt works with small businesses to ensure they can benefit from federal and New Jersey loan programs.

[Veterans Resources](#)

Rep. Holt works to ensure that if you served our country, you receive the benefits to which you are entitled.

[Visiting Washington DC](#)

If you are coming to Washington, Rep. Holt can help arrange tours of the Capitol, White House, and other Washington sites.