

# Congressional Recess

## Terms to Know

**Recess** – also called a District work period – is when members of Congress are in their home districts rather than in Washington. They are working and meeting with constituents, which is you!

**Members** – elected Senators and Representatives. There are 100 members in the Senate and 435 in the House.

## Why is a Recess Important?

A Congressional Recess is an opportunity for you to be able actually to meet with your members in your community when they are less busy. A recess is a good time to talk to members or their staff.

## Meet in DC vs. Home Offices

What's the difference between meeting members in DC vs. their home office? Often if in DC, you would be meeting with your member's staff, but this is a possibly chance to meet directly with the member at their home office or at events. Meeting during a recess is just as important as a meeting in DC.

## How to Make a Difference During a Recess:

- Find out who your members are, what issues they are voting on, and why you want to meet them. Use [Congress.gov](http://Congress.gov) to learn more.
- Set up a meeting. Practice what you are going to say. If you need help with that, you can always call/email AUCD. If you get to meet with them, thank them on social media and tag @AUCDnews on Twitter; @AUCDnetwork on Facebook.
- Attend an event that they will be at.
- Ask them to visit your Center, Program, or LEND. Invite them to speak at one of your events in the coming months.