



## The National HEPCAMP Association DC Internship

Weekly Journal Entry

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Date(s): 06/19/23 -06/25/23

### **Monday**

On Monday I celebrated Juneteenth. The federal holiday in the United States commemorates the emancipation of enslaved African Americans. I encountered a diverse DC where I learned more about African American culture. I and other interns went to the National Mall to take a walk and explore the Martin Luther King Jr Memorial.

### **Wednesday**

After work, I continued to explore D.C. and saw the diverse architecture up north and different culinary styles of food, mostly Cuban. It was my first time trying Cuban food. I moved on and tried other local specialties and international cuisines in neighborhoods like Chinatown, U Street, and Eastern Market.

### **Tuesday**

Tuesday was a work day where I met one of the new United Farm Workers interns. The new intern and I work together on a political map that divides different states. Then I had an interview for the rural student's project in which I hope to be part of the program this fall and develop professional skills.

### **Thursday**

Today I was grateful to attend the White House once again. The experience made me feel more empowered as a person. I got to see the ceremony of the arrival of the Prime Minister of India. It was a pleasant experience. They had singers and then the president proceeded to give a speech and so did the prime minister highlighting the collaboration and friendship between both countries. I enjoyed the whole ceremony, at the end they had military members from different branches march indicating the end of the ceremony.

## Friday

On Friday CHCI got us tickets for the African American Museum. I was blown away by all the stories and how the museum was structured; while you climbed floors you traveled through time. The museum explained how slavery began in America and how slaves were shipped to the United States. The museum revealed the oppression, segregation, and discrimination African-Americans faced as slaves and even after being freed.

## Weekend

Over the weekend, CHCI took us to a ropes course, where I and the rest of the interns were able to do social exercises to help us get to know each other better. I learned more about their dreams and for a moment I understood what it felt like for them growing up. Their lives were impactful and inspiring. This bonding experience brought us closer as interns. Then went on a very fun zip line ride.

