

The National HEPCAMP Association DC Internship

Weekly Journal Entry

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Monday

"Reunion!"

My supervisor had given us all the day off so I used it to go explore some more museums! I went to go take some pictures of the beautiful third floor of the National Portrait Gallery with one of my HEP/CAMP friends. After exploring a bit more of China-Town, I headed back home to get ready and then headed back to China-Town. I met up with two of my friends from back home that were coming into town to explore D.C. Both were coming from their own internships, one located in North Carolina and the other from Michigan. I hadn't seen my friend Tomas since the school year ended and I hadn't seen Dani since she left to study abroad last year. It was such a crazy moment being able to connect with friends from back-home on the completely opposite side of the country. We ended up getting boba with one of my CHCI cohort friends Yadira, who surprisingly knows multiple of my friends from Idaho. We talked for hours in Tomas's hotel lobby, and eventually had to wrap up because we had dinner plans, but it was such a wholesome moment. After this I came home and prepped some meat with my roommate, for the bbq we were going to have for the Fourth of July.









Tuesday

"Fourth of July in D.C.!"

Seeing fireworks from the Capitol steps was a dream I didn't know I had. We started our Fourth of July festivities by having a carne asada/potluck with all of our cohort and friends around 11 AM. We finished eating and celebrating around 2:30 PM and cleaned up to head out to the Capitol to go see the concert being held. We left our dorms really early to get good spots on the Capitol steps since we got VIP access with our intern badges. Though the heat and humidity was torturess and definitely made us have to power through. Although we got sunburned and were dehydrated, the memories we made were unforgettable. We got to see *Sesame Street* Live and listen to some fun music. Definitely a once in a lifetime experience.













Thursday

I woke up pretty late for work on Thursday so I did an on the go breakfast, which started a bad habit because now I want fruity pebbles in a cup everyday for breakfast. On the way to work I ran into some students from my university and we made plans to get lunch, which made me realize truly how small of a world D.C. is. During work I got to sit up-front for most of the day and just spent it logging in some calls and talking with the rest of the interns and staff. I also made my roommate stay and eat lunch with me even though she got excused from work early. I love my daily talks with my roommate.









Friday

"Pizza Night!"

I loved Friday's CHCI programming because we had an all day seminar with our GWU professor, where we discussed a multitude of topics. We talked about the recent SCOTUS decision, voting rights, identity, and more. I really value all the information I receive during these lessons as it really helps me think critically and explore outside the box.

After programming we hosted a pizza and game night in our dorm which was such a blast. We ate yummy pizza and played a few rounds of "We're Not Really Strangers," which really made us bond, cry, and laugh. We also made the night a surprise birthday party for one of our friends who was going to turn 19 during the weekend. It was such a fun night.







Weekend

"Brunch at 4PM!"

Saturday morning my roommate and I ate leftover pizza for breakfast. Honestly one of our most favorite breakfast meals so far. Once we finished eating we got ready to go spend the day at the pool. Living at GW really comes with some perks (we got to swim for free at the Mount Vernon Campus). My friends and I spent the time there having swimming races even though the majority of us could not swim and we spent time reliving our childhood. We also had a very wholesome moment with one of the GW students we met there. She was a fellow Latina who came up to us because she was so happy to see other Latinos there having fun. When we got back from the pool we ordered some Wingstop and had a scary movie night with the rest of our friends. We set up our mattresses on the floor and watched like three scary movies, that definitely did the job.

The next morning, one of our friends stayed the night so to say thank you, he made us chocolate chip pancakes and omelets. The breakfast he made us was the second best breakfast we've had so far. We spent the morning talking about our families and our family traditions with all our friends, then we cleaned up our mess and got ready for the day. During the week, a big group of us made plans to get brunch on Sunday though the only place able to accommodate 15 of us, only had a time open at 3:40 PM, so our brunch became an early dinner date. We all dressed up fancy to eat good and then take pictures after. I had such a great time, with some great people.







