

The National HEPCAMP Association DC Internship

Weekly Journal Entry

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Monday

“Juneteenth”

To celebrate Juneteenth, my friends and I decided to go to the festivals held around D.C. Unfortunately most of them were very small so we went through them pretty fast. For the rest of the day we just explored China Town and returned to one of our favorite restaurants we were introduced to on our first few days in D.C., Full Kee. Little did I remember that I actually wanted to try some famous rangoons I had seen on tiktok and luckily to my surprise they sold them at Full Kee. So I got to fulfill a dream I forgot I even had. Not to be dramatic but I love rangoons, and these were amazing.



Tuesday

“Tri-Caucus”

Tuesday was filled with lots and lots of networking and fun front desks surprises. During work, I got to sit up front for a couple minutes and throughout my time there I was receiving lots of letters and a balloon on behalf of my representative’s birthday! I took a picture with one of the balloons he received from another office because I thought it was very wholesome. After work I headed straight to tri-caucus CHCI in collaboration with APAICS and CBCF where I got to meet a lot of other amazing students interning on Capitol Hill. This was one of the first networking socials I’ve gone to since I’ve been here, and as nerve wracking as it was, it was still a very fun and memorable night. I even got to take a BeReal with some of the friends I made there!

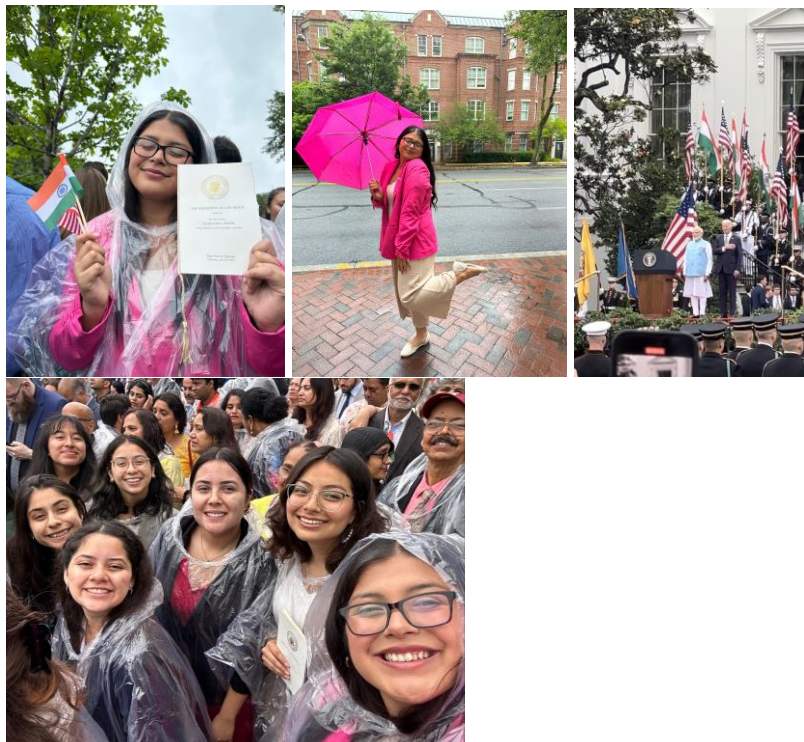


Wednesday/Thursday

“White House Pt.2”

A Wednesday highlight was being able to have a coffee chat with the Legislative Director in my office. I'm really appreciative of the staff at my office because they really put in the effort to get to know their interns and to make sure they learn as many ways as they can to help us have the best experience out of this internship. I was so nervous to reach out to my office staff to set up coffee chats and I'm so grateful Adam (our Legislative Director) reached out to me first because it not only made me feel seen but also more comfortable for myself to reach out to others first.

I'm still in awe that in the past month I've been here, I've already been invited to the White House, not once, but twice! Even crazier is that these visits have been one week apart, and on a casual Thursday! This time it was for the arrival ceremony of the Prime Minister of The Republic of India. Although I did have to wake up really early for this event and wait multiple hours in line to get in, it was still a moment I will never forget. There were thousands of people cheering in joy of the Prime Minister's arrival and you can just feel the pride beaming in the air as everyone was singing the US and India National Anthems. Rain or shine, people were just happy to see history in the making!



Friday

“National Museum of African American History and Culture”

For Friday's CHCI programming, we spent the first two hours in class talking about what race means to us and how it affects our daily lives. Although there were a lot of differing perspectives that got brought up, many of the conversations held were very necessary and beneficial. Once we wrapped up our discussions the rest of programming was getting to explore the National Museum of African American History and Culture. This museum was so powerful and one of the hardest mentally, I had to go through. For the majority of the four hours we spent here, I used it reading the history of the African-American life. As emotional as this museum was, I really admired the beautiful way all of the history was displayed and how intentional the creation of this museum was. I definitely want to come back to this museum while I'm here because four hours was definitely not enough.



Weekend

“Into the Wilderness!”

Saturday morning we woke up bright and early for our ropes course day trip we had in Maryland with CHCI. From 8:30AM-6PM we were going to bond with one another! Throughout the day we had a lot of team building activities where we got to know each other better and also got to learn more about ourselves as leaders. We had team working activities, trust-building activities, and courage-taking activities, aka being willing enough to zipline! One thing to note about me is that I am extremely afraid of heights, so the thought of ziplining to me was terrifying. But another thing to note about me is that I am also one to not miss out on an opportunity out of fear, and when can I ever say I got to zipline in Maryland? So off I went; it was so thrilling. By the end of the program, I was extremely tired, hot, and super tan! But I couldn't let the tiredness or burnness get to me, because I still had the Summer Solstice events to go to after. The Summer Solstice events were when the Smithsonian Museums, for one night, were open until midnight! So after showering and grabbing a quick snack, my friends and I headed to the Smithsonian National Museum of Natural History to go look at some dinosaurs and mummies!

