

The National HEPCAMP Association DC Internship

Weekly Journal Entry

Name: Antonio Gutierrez Estrada

Date(s): May 5, 2023 – May 11, 2023

Monday

Today was the first day of my internship in Washington, D.C. I met Jessica Stein from the Department of Education. She helped onboard me into the internship by helping me get access to an ID and setting me up with a computer. Afterwards, I met with Millie, who is my supervisor, and she provided me with my first task. Today, I also received great news from Millie and Jessica, who told me I don't have to dress business professional every day. I can also wear business casual, which is excellent since the current weather in D.C. is very humid and hot. It is my first day, but I am excited to experience this internship. After work, I wrapped up my day by going home and cooking pasta for dinner.

Tuesday

Today was an exciting day, I worked from home for most of the day. In the morning, I had the opportunity to attend an event at the Department of Interior where we learned about Space X and NASA's Astronauts Crew 5 showed us a video from their missions, and we had an opportunity to ask questions about their experience. Afterwards, I returned home and continued to work into the afternoon. In the evening, Annai, Maria, Bryan, and I had the opportunity to have dinner with the President of the UFW, Teresa Romero. Areli Arteaga and Giev also joined us. It was great meeting them, they created a space for us to tell our stories and to ask questions about theirs.



Wednesday

Due to the poor quality of the air, I was not able to do much outdoors. I went to Starbucks for breakfast this morning and then made my way to work. Today consisted of attending various meetings throughout the day. I had lunch indoors at the Department of Education. I wrapped up my working day by 3:30 pm and went home. After a quick nap, I had dinner and spent the rest of the evening with Maria and Annai playing card games.

Thursday

The air quality continued to be bad today, so we were asked to work from home. I enjoyed it since it meant that I could sleep in a little more. I had coffee before starting my workday, which was nice since my bed looked comfortable and inviting. I had leftover pasta for lunch, which I had cooked the other day. After work, Maria and I walked to Trader Joe's for groceries. We ended the day by making *Fresas con Crema*, which was great and would give them a 10/10.



Friday

Today was a long day. Fridays will be our CHCI training and will take place from 9:00 am to 6:00 pm. Tea helped me power through today. For lunch, we had Dominican food, which was delicious. After a couple more hours of training, I realized I was going to need coffee to get through the rest of the day, so I indulged myself. Maria, Annai, and I had dinner at a pizzeria near the training location, and it was great. In the evening Annai, myself, and a couple of the CHCI members went to the Wharf and walked around the boardwalk.



Weekend

This weekend was full of many things to experience, watch, and do. On Saturday I went to the U.S. Botanic Garden with Maria, Anna, and Annai. It was a beautiful experience, but also a very hot and humid one. After the garden, we went to the PRIDE Parade. It was a new experience for all of us. On Sunday I participated in a 5k run hosted by CHCI. I tried to run most of it, but I also walked for part of it. In the afternoon, I stayed in my dorm where I did some cleaning and prepping for the week.

