

The National HEPCAMP Association DC Internship

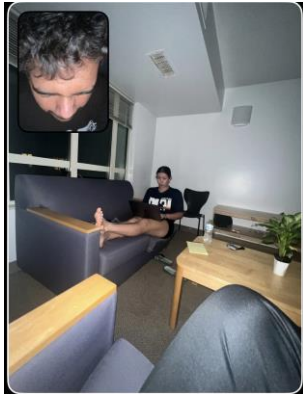
Weekly Journal Entry

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Date(s): June 26 – July 2

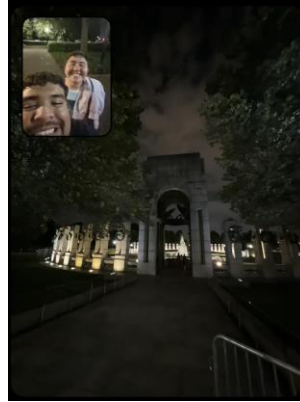
Monday

The weather app predicted that it was going to hail, so I minimized my activities outside. Around 4:00 pm it was sunny and it didn't seem like it was going to rain. My day started very nicely, I woke up at 6:40 am. I got ready for the day and had breakfast at 7:45 am. I was done with my morning routine, and I had an hour to do something. I decided to read the book *Solito* and listen to a podcast. My morning was very relaxing, I started work and continued to work on some of my tasks. After work, I took a nap and woke up around 8 pm. I couldn't find my streamer, I wasn't sure of who had it so I went to Maria's room. She was working on her journal and we talked for a while but she didn't have my streamer. I then went to Anna's room and she and Abigail were also working on their journals and she did have my streamer. I went to my room and steamed some of my clothes and then called my parents and grandma before I went to bed.



Tuesday

Today I woke up early around 7:30 am. I went to Starbucks and stayed there to work on my journal and my resume because I was going to need it. I decided to apply to the Public Policy Leadership Conference (PPLC) that will be happening in October. I am really excited! I stayed in Starbucks until 8:45 am because I had to come back home to start my day at work. Today was packed with meetings, therefore, I didn't get that much work done but I attended some really interesting meetings and during my lunch I took a walk around the GWU area. There I finally found the hippo. I have been trying to find it since I got here and when I saw it I was so excited. I didn't do much after work until 8 pm when I went on a walk with Chris. I enjoyed walking around the DC area, it is very peaceful and when I put on my headphones I can walk for hours and not get tired. However, tonight I didn't take my headphones, so after an hour of walking I gave up and we headed back.



Wednesday

Today I worked on my PPLC application. For work, I was invited to attend a panel session that my co-worker Dylan Hart was part of in the Department of Interior. I started work by joining a meeting as always but this time I did have the time to advance in some of my assigned tasks. I decided to take my lunch later in the day because I had to attend a meeting at noon. I also had plans to meet Annai in the National Portrait Gallery at 2 pm before going to the DOI. The panelist session was interesting, I learned a lot of new things from the panelists. After the session, I went to visit the Apple store which was located in an old library. Although the structure looked very old, the inside was very modern, I didn't buy anything I just wanted to visit. After that, I went back home and fell asleep.



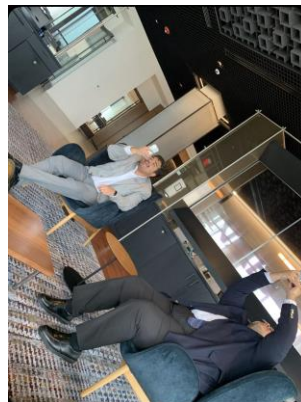
Thursday

I worked from the office and my morning was packed with meetings. The afternoon however, was much slower. Every Thursday I have meetings with the other OESE interns. Before going to lunch I asked one of the other interns if she could show me where the gym was within the building. After lunch my supervisor Millie told me to focus on finishing my application for the PPLC. In the afternoon I went to the National Portrait Gallery, where I stayed until 4 pm. I decided to walk back to Foggy Bottom. It was around a 40 minute walk and on the way I stopped and went into some stores just to look. I enjoyed walking back because it was a nice day outside. I passed by the White House and once I did I didn't need the GPS anymore I knew my way back. Once I arrived at my room I started reorganizing everything and cleaning. Afterward I finished working on my PPLC application and submitted it. I was tired and went to sleep.



Friday

I enjoyed this Friday and it went by fast even though I had CHCI programming. I enjoyed the sessions and what we discussed today. My day started slow, I woke up at 6:30 am and around 7:20 am I was done with my morning routine and breakfast. I had one more hour to spare but I didn't want to lay back in bed because I knew I was going to fall asleep. At 8:20 am we start heading to the NAB headquarters for CHCH Programming. CHCI wrapped up an hour early and since I had no afternoon plans, I just stayed home and watched Netflix.



Weekend

Saturday was a rainy day so I just stayed in for almost the entire day. I watched Netflix and read for a while. At 4 pm, I went out for a little walk around the GW area and then I came back home and had dinner. Around 8 pm Annai texted me to come to her apartment because we were going to plan what we were going to do Sunday. At 9 pm Maria and I went for a walk to Kennedy Memorial.

Sunday started at noon when Anna, Maria, Rebecca, Benjamin, and I went to the Wall exhibits in the building Museum, it was a small exhibit but a powerful one. After the exhibit we went to pick up Annai and headed to Pen city where we spent the day at the mall. When we came back I took a nap, and woke up to work on my journal.

