

The National HEP/CAMP Association DC Internship

Weekly Journal Entry

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Date(s): **Monday, June 12 - Sunday, June 18, 2023**

Monday, June 12 and Tuesday, June 13, 2023

This week, I spent Monday and Tuesday at the office. On both days I was able to receive a couple of assignments from my supervisors. So far, I am really enjoying being at my office; it is a very welcoming environment for interns. On both days, Monday and Tuesday, I did not have major events occurring. I was able to complete some of the assignments that were assigned and also learn to navigate Outlook.



Wednesday June 14, 2023

On Wednesday, my week began to become eventful. My day started off with a day at the office. I was able to continue on the assignments that were given to me the day prior. I try to complete or advance significantly at the office the most I can. There was a lot of talk among the interns about the Congressional Baseball Game later in the day. I was excited to be able to attend this event.

First and foremost, I had no idea what the Congressional Baseball Game was. I believed it was just randomly chosen people or teams playing baseball together, until I was finally told I was completely wrong. In reality, it is actual congressmen and congresswomen playing baseball. I was shocked to hear this. I did not think that the House would have such events. Maria, Annai and I had bought tickets in advance to this event not knowing that a week later Irene Bueno would invite us to the game with her. Upon hearing this without doubt we all wanted to go with Irene. Through these past weeks, we have gotten to know Irene little by little that we of course wanted to go with her. So we gave our tickets to CHCI interns that did not have tickets and we went with Irene to the game Wednesday evening.



We lost. We were sitting on the democrat side and faced utter defeat. I want to say the gap was not that big but I would be lying. Not looking at the score, the game was really fun. This was one of the events where almost all of the HEP/CAMP interns were together again. Something that was really cool was being able to meet the Senator of New Mexico. He was someone Irene knew so she was able to connect us with him. Another amazing event that will be happening soon is also due to Irene. During the game, Irene invited the

HEP/CAMP interns to attend the State Arrival Ceremony of the Prime Minister of India at the White House with her. I did not expect to be invited to such an event. I feel honored that Irene thought of inviting us.

In the end, the game was so much fun, it gave us a relaxing environment to be in after work. I am very grateful Irene has been able to give us such amazing opportunities.

Thursday, June 15, 2023

I went to the White House for the first-time!

I don't even know how to express how excited I was to receive an email from CHCI saying we were invited to the *Flamin' Hot* showing at the White House. I did not expect my first time at the White House to be so exciting.



When we first got to the White House, I was expecting there to be a huge crowd waiting to go inside, although there was a number of people it was rather a small crowd being allowed in. Now, I have learned my lesson, when they say casual wear on an invite they truly mean 'business casual/professional' when it involves the White House. I felt a little out of place because everyone was dressed so nicely and I was in jeans but that did not stop us from having a good time.

I think stepping into the White House was when I finally realized once again that I actually was in Washington, D.C. I had been going through my weeks just knowing I was here but once I stepped inside of the White House, I could not believe I was actually in D.C. We were led to the south lawn of the White House where they had tables with towers of Hot Cheetos for us to grab, drinks stands and the big movie screens set up. We, HEP/CAMP interns, arrived rather early so we were able to set our blankets at the front close to the

actors/actresses of the movie *Flamin' Hot*!



I did not expect to be able to meet the actors of the movie—they were going to view the movie with us. Their energy was amazing throughout the whole event. There were two more surreal moments that happened to me that day. The second moment was when they announced a mariachi was going to begin playing. “¡Viva Mexico!” were the shouts of the crowd as the mariachi began playing, I was so happy being in a crowd of Latinos, it was just amazing. The third, and final moment was the announcement of the President of the United States. I had no idea Joe Biden and Dr. Biden were going to make an appearance, but when they announced their arrival I was in disbelief. I had a goal for myself and that was to

enter the White House and meet/see Joe Biden– who would have thought I would complete my goal in only the third week of my arrival.

Friday June 16, 2023



On Friday we had programming with CHCI and a session with GW. I really enjoyed this session because they explained to us our leadership styles. The previous Friday we had completed a leadership test to give us our leadership styles; everyone has different categories and styles. To my surprise, I was only 1 of 2 interns who had an influencing leadership style. I was able to learn a lot about myself and how to lead others through this session.

After Friday programming, it was a rather calm night. Mostly all of us interns stayed in and just relaxed for the remainder of the night.



Sunday June 18, 2023



On Saturday evening we were all looking for events and places to go to and we decided to all go to the Smithsonian National Zoological Park. I was really excited to go to the zoo. Back home we have the Fresno Chaffee Zoo. Getting to the Zoo here was a little of a hassle. Firstly, we had to figure out how to get there by metro. Since we have been here for a while now we understand the metro lines a lot more now. When we arrived at our metro stop we still had to walk quite a distance to get to the zoo, the problem was that it was a hot day and we had to go uphill. We were all

very tired by the time we arrived at the doors of the zoo.



During our trip to the zoo, I started to notice all of the signs for the National Cathedral. I did not know that the Cathedral was in the area, so now that I know it is in the area I plan to eventually go back to visit the Cathedral.

The entrance to the zoo, like any other smithsonian, was free; you just had to reserve tickets to enter. Once we entered, we did not know where to begin, the zoo was enormous with so many animals and attractions to see. As we made our way through the zoo, we quickly realized that most of the animals were not out due to the heat and humidity. We still did get to see some of the animals, like the Giant Pandas, the bird house, the reptile house and a





few other animals. My favorite part was seeing the Giant Pandas, they just look so fluffy and cute.

We spent a few good hours walking around the zoo but we eventually decided to go home due to the heat and humidity. We did not get to see the entirety of the zoo so hopefully I can go back before I return home to see the rest of the exhibits.

