

## The National HEPCAMP Association DC Internship

### Weekly Journal Entry

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Monday

“Final Week”

Coming to the last few days of my internship, my friends and I tried to make the most of our time here. The beginning of the day I started off at work, then left early for a meeting with the Special Assistant to the President on Education, Katherine Valle-Palacios. The meeting with Katherine was incredible, she gave us so much insight on her duties and journey working at the White House, and within Education. As someone who is very passionate about making education and higher education specifically, more accessible and affordable, meeting with her was so eye opening. She even referred me to someone who works in the Education and Labor Committee in Congress, which is a potential internship route I am hoping to explore.

After the meeting, I went with my great friend Elizabeth to Arepa Zone, where we got some very delicious yet also really expensive arepas. We then tried to go visit the outside of the White House, unfortunately the street was closed so instead we went to walk around the monuments. We talked, laughed, made tiktoks, and reminisced about our time here. It was such a special and wholesome night.



Tuesday

“Antonio’s Birthday!”

Tuesday was filled with so many new memories! During work, I spent most of the day logging IQs, a recess staple. For lunch, I grabbed lunch with the rest of my co-interns at a nearby restaurant where we all got some yummy tacos. Once we got back, we got ready to climb up 300 flights of stairs, for our Capitol Dome tour we would be getting. Our awesome supervisor and Chief of Staff scheduled us this pretty exclusive tour and it was amazing. Definitely scary walking up the steep stairs but the view was incredible.

When I got home, it was time to celebrate with my great friend, Antonio. I was so excited to show him the gifts we got home and for him to see the pink socks I got him. He loved them! We then ordered some pizzas and invited some of our friends over to come celebrate Antonio with us. Antonio is a great friend to all so it meant a lot to me to make sure he feels special because he deserves it.



Wednesday

“My favorite LC!”

Majority of my day at work was spent taste testing Mexican candy with my office peers that my CAMP Director had sent me. Every couple of hours we would try a new treat and everyone loved them. Wednesday was also a sad day because it was the last day I would be at work with our Legislative Correspondent and one of my supervisors, Sophia. I gave her University of Idaho merch and shed some tears after having to say bye. For the rest of the day, I started packing up and cleaning my apartment.



Thursday

“Last Day of Work!”

I did not realize how quickly this internship was going to go by. I was a bit emotional getting ready for work, as it would be my last day going to work. For my last day of work, I got to meet with a lobbyist who had also had much previous Capitol Hill experience as a Chief of Staff and so much more. After that I had to say bye to my fellow co-interns, which was really sad but I am so grateful that I got to work alongside them. I am also super excited to go visit them all in San Diego someday! I left work early that day to go attend a meeting one of my mentors had invited me to, to go talk to the CEOs and Founders of Safecity. The meeting was also with a non-profit I had worked with before, Vital Voices; I got to even meet some of the members of the Vital Voices Council which was amazing. I had never attended such a professional and intimate meeting, but it was definitely an experience.

Once the meeting was over, as a celebratory send off, my mentor took me out for a late lunch at a Thai restaurant. The restaurant was very retro themed and it was in a hidden area which was really cool. After dinner we split an infamous cookie from Levain Bakery, which was probably the best chocolate chip/walnut cookie I have ever had. It was bittersweet when she dropped me off because she was another person I had built a great friendship/mentorship with and now I had to say my goodbyes. Definitely my least favorite thing I had to do this week, saying all my goodbyes.



Friday

“Last Full Day in D.C.!”

For our last programming day with CHCI, it started off with discussing our new journey as CHCI Alumni and ended with all of us crying. What started off our tears was the activity we started off with which was picking a word that embodied our internship/Summer and why, my word was mentorship, but family was a close second. Hearing everyone's reasoning was so moving and special and you can just feel the love we all had for one another. To seal the deal, one of our program directors gave us some very beautiful last words of advice and as he was sharing a very special poem with us, he played a song he had dedicated to us in the background. That just made the waterworks come even more. We then proceeded to give each other hugs and words of appreciation because this would be the last time we'd all be together.

Even though the morning was spent crying, we tried to take advantage of the last few hours we had left in D.C.. After we all ate lunch in my room, some of us headed to the Library of Congress because we had yet to visit. We also did some last minute souvenir/gift shopping, then went back to meet up with some friends to go watch Barbie! Barbie was amazing, though unfortunately I could not wear pink because I had packed up all my pink clothes already. For the rest of the day we spent packing, cleaning, and saying goodbye to everyone.



Weekend

“All-nighter!”

I technically consider our late night adventure as adventures we had Saturday morning, even though technically we hadn't slept since the day before. Since my roommate and I were the first to leave, and we had to leave for the airport at 4AM, we just all decided to pull an all-nighter. We also were not ready to say bye to each other and we wanted to maximize the time we had together, we were stuck to each other like glue till we had to get onto our uber. To make time go by and make the most of our time together, we all decided to walk to the monuments and just reflect and be with each other. It was a very beautiful moment and one I'll hold with me forever. I even got to accomplish something I had been wanting to do since I had gotten here, which was ride a scooter around the monuments. Which I did! Unfortunately, the time to pack up and go had come, and there were so many tears. I truly created some lifelong friendships with my peers and it hurt so much to say goodbye to them. I can't wait till the time comes till I can see them again, we are already planning on making trips together. This night/morning was one of the hardest for me but I can not explain how grateful I am to have met these incredible people.

Little did I know that the sacrifice to pick an early flight and not sleep, was not going to work in my favor. Even though My flight was scheduled for me to arrive home at 11AM, my flight was delayed and rebooked so many times to count, that I ended up arriving home at 9PM. So the majority of my Saturday was spent being sad and frustrated at the airport. Luckily I finally arrived home and the first thing I did was reach out to my D.C. friends! I miss them already!

