

## The National HEPCAMP Association DC Internship

### Weekly Journal Entry

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### Monday

#### “My First Hearing!”

I really love Mondays at the office because it's the one day we have the majority of the interns in the office, and I love catching up with them all together. I have been able to grow good relationships with the fellow interns and staff. To start my day, I was able to attend my first hearing about the effects of Type 1 Diabetes on children and others. Attending this hearing was really special to me because having so many family members that face this disease, I really wanted to learn as much as I could to be able to help my loved ones. On Monday I was also able to have a coffee chat with Sofia, our Legislative Correspondent for the office and one of my supervisors. I had an amazing time talking with her about her family, life, and professional background. She gave me great advice about how to get involved in local politics back home, studying abroad in Spain (where she is from), and we realized we had very similar music tastes/artists.



Tuesday

“USDA Family!”

I always look forward to making visits to the United States Department of Agriculture. Our HEP/CAMP projects have been able to build a really great friendship with the USDA professionals, to the point where we consider them truly a second family here. USDA was one of the first places my HEP/CAMP cohort got to visit and meet the people that work there, and now a month and half time later they really have been able to see our growth since the last time we visited. The purpose of the visit was for one, to check-in with us, but they also invited all the Hispanic/Latino professionals who work at the USDA to come and speak with us. Everyone was so supportive of what we were doing and they gave us great advice on how to continue on our internships and careers.

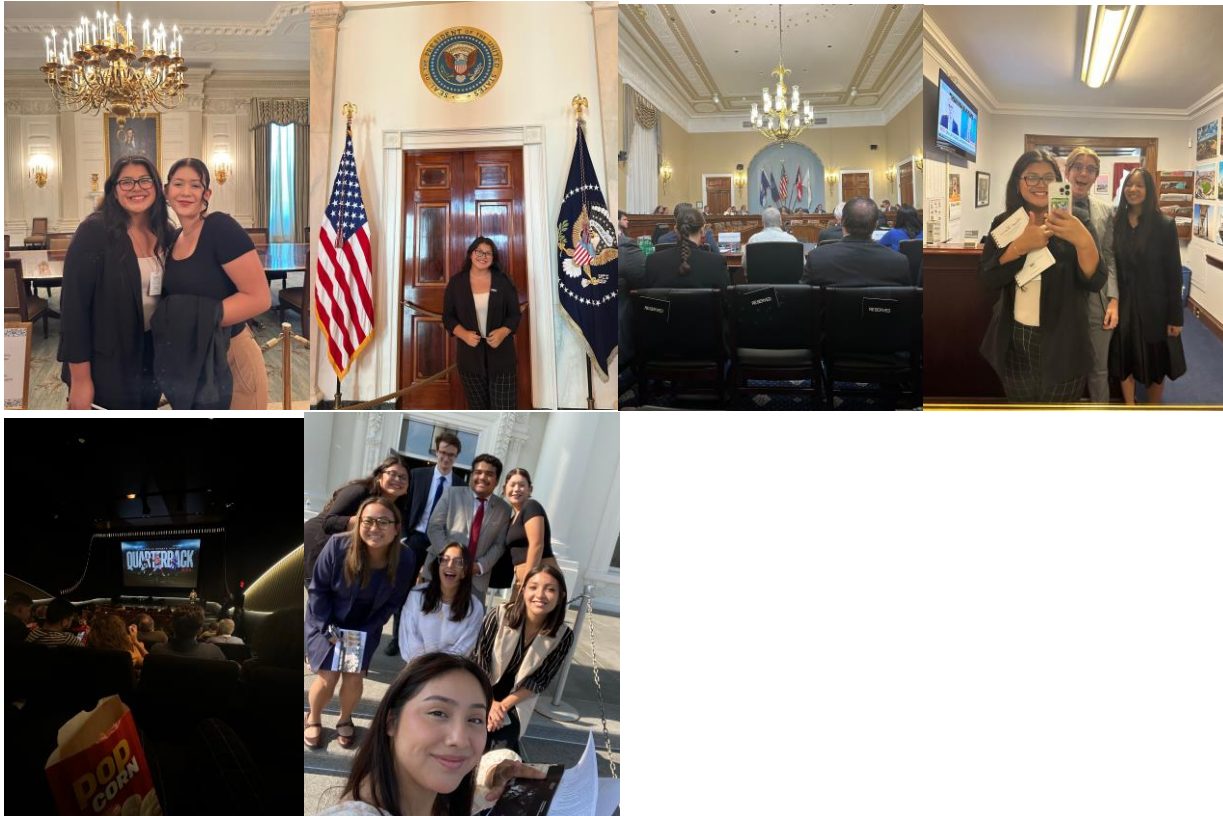
What was even more special about this meeting was that we were Deputy Secretary of the Agriculture Department, Xochitl Torres Small's first public appearance/meeting as Deputy Secretary. It was so heartwarming to see the joy everyone felt for her and all the tears of joy that were spread throughout the room. Xochitl is the first Latina to serve in this role and she will be sworn in by President Biden, on Monday, July 17, 2023.



Wednesday

“On the Go!”

Wednesday was by far one of my busiest days of the week and day during my time in my internship. I started off my day by attending a White House tour that our friend Irene Bueno from NVG was able to schedule for us. I got to go with the rest of my cohort and some of the ladies from the USDA intern program. I then headed back to work to attend a lecture series, then after I delivered some cards which I got to visit every Senate building throughout it, which as tiring as it was, I definitely got to see some popular senators/faces. Once I got back from delivering cards, I headed to a hearing about Native American lands and homeownership processes. Once my work day was over, I headed straight to Netflix premiering my CHCI cohort got invited to for the docuseries Quarterback. I got to eat some yummy snacks, got a cool goody bag, met some football players that were in the Hall of Fame, and then got to watch the premier in a sweet movie theater!





Thursday

“I Saw My Idol!”

Thursday was a day filled with great memories. I got to attend a briefing in the morning about championing the movement of bringing more diverse educators to classrooms. Education is one of my passions especially for our youth, so being able to hear from some amazing educators and non-profits about the importance of making sure our students see instructors who look like them, was so inspiring. After the briefing I connected with one of the panelists in hopes of being able to learn more about the organization she is a part of - Latinos for Education.

During the work day, my supervisor let me attend a press conference Representative Alexandria Ocasio-Cortez would be speaking at. Although it was a quick pit-stop, I could not believe, a person I looked up to for years was only a few feet away. I was so star struck, and once I got home I called my mom right away and told her. I can't wait to run into AOC again so I can get a selfie with her.

When I came home, I got some pizza with some friends and I spent the rest of the day prepping for programming the next day.



Friday

“The D.R. Embassy!”

For our Friday programming, we were able to spend the first few hours of programming at the Dominican Republic Embassy where we were hosted by the D.R. Ambassador. She spoke to us in both Spanish and English and she really spent extra time with us to get to talk to us all individually, which I really admired. Some of my cohort and I spent time outside getting our pictures taken in her garden by our friend who had brought his camera with him. It was a really great morning and very surreal. We then headed back to our CHCI programming, where our GW professor Nicole discussed abortion and transgender rights, and lack thereof. Nicole is an incredible professor and I always look forward to our classes and how critical and impactful conversations we have in class for every topic.

Unfortunately when we headed home we had a rude surprise, a big thunderstorm. With no sweaters and no umbrella, we ran in the pouring, pouring rain and prayed for the best. We came back to our dorms soaking wet and distraught.



## Weekend

### “Service and Bonding!”

To start my morning, a couple of my friends and I did some community service at the DC Kitchen, where we got to prepare meals for some children and other people who live in poverty. I absolutely loved all the staff there and my experience in general. I got to learn a lot about the history of organization and the mission. I was so sad to find out that I wouldn't be able to volunteer there anymore due to the fact that they were packed with volunteers for the next upcoming weeks. Though of course we had to capture a picture with the staff so we could remember such a fun and meaningful day!

Later in the day, I met up with the other office interns, for our “mandatory” intern bonding. Unfortunately it only ended up being  $\frac{3}{5}$  of the interns in the office that were able to make it but we still had a blast. We met up at the Eastern Market where we all bought some yummy peaches and matching bracelets! We then went to take random pictures in a book store near the market and finally we headed to a nearby cafe to go eat since we all had not eaten and it was already 3PM. Our waiter was a fellow Hilltern as well and it was nice getting to meet him, although he was a harsh critic of our choices of meals. Overall a 10/10 for “mandatory” intern bonding.

