

The National HEPCAMP Association DC Internship

Weekly Journal Entry

Name: Annai Aguilera Gonzalez

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Monday & Tuesday

“First Week of Recess!”

This week was the first time I got to experience an out of session schedule! During the office hours the time was pretty relaxed and I used a good portion of it getting to know the staff and interns better. One of the tasks I received was to reach out to multiple offices to add more co-sponsors to a bill that was going to be re-introduced by our Congressman. I reached out to over 100+ offices and by the end of it, I felt like a pro phone-caller. Overall the days were pretty relaxed since there was not much happening in the office. It was also really nice being able to dress business casual and wear jeans to work!

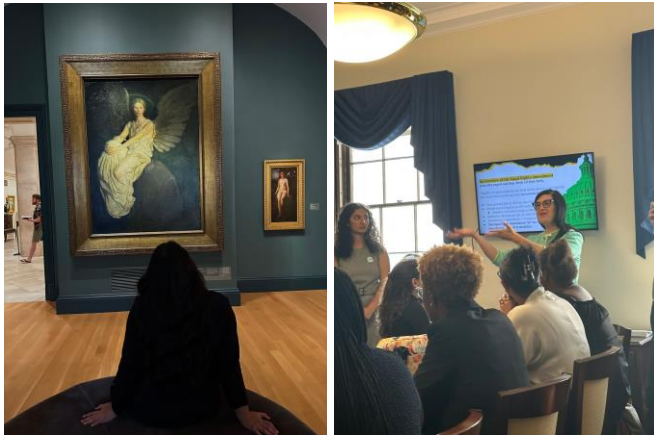
After work, I also had pretty relaxed evenings at home. On Monday and Tuesday, I spent my evenings catching up with family and friends back home. To spice things up, my roommate and I made ourselves a three course meal for dinner on Tuesday evening. We tried to recreate a popular sandwich recipe from TikTok, but it didn't come out exactly. We then made a soup and some chocolate covered strawberries for dessert.



Wednesday

“Day Off”

Since I had a meeting pretty early in the morning with the CEO/President of CHCI, my supervisor was kind enough to give me the rest of the day off. After getting lunch with our CEO/President, I headed to the National Portrait Gallery to meet up with one of my friends. We got to explore the beautiful museum before he had to head back to work. I stayed another hour or so to explore more of it on my own, and I can definitely say this museum is one of my favorites. I then headed to the MLK Library to go print off some personal documents to sort out for responsibilities back home. I finished my solo adventure by heading back to Capitol Hill to attend a briefing about the Equal Rights Amendment, where the organizers called for feminists on Capitol Hill to unite and help advocate for the ERA. I got to hear from amazing staffers and even listen to remarks by Congresswoman Cori Bush’s Legislative Director, Kate Kelly. The briefing really inspired me and made me really happy because the room was overpacked with so many feminists, and it just made me so happy to see how much love and support there was in one room. After the briefing I quickly rushed home for a zoom meeting with one of my International Studies professors and mentor, who wanted to catch up on my D.C. adventures.



Thursday & Friday

On Thursday I got to do a Capitol tour training, which was also the first time I got to see the inside of Capitol Hill in depth. I'm really nervous but also excited to give my first Capitol tour soon!

For Friday's CHCI programming we discussed resources to help us overcome imposter syndrome, which I found very valuable. Along with programming we also had mock interviews and learned the pros and cons of what to say and not say during an interview. Once programming was over my friends and I headed to Buffalo Wild Wings for dinner and then later in the night went to go see *The Little Mermaid* in Georgetown. On our walk to the movie theaters, I saw the biggest rat in my life and I had never ran so fast. As traumatizing as it was, at least I got a yummy and huge slushie at the theaters.



Weekend

“Pentagon City”

During the weekend I went on a shopping spree! By spree I mean I only got a shirt, a pair of sunglasses to replace the ones I lost, and a Korean corn dog. The mall was huge, and since we got a late start to the day, we did not get to explore much of it since it was closing soon. So definitely worth another trip! We mainly went to try the Korean corn dogs sold from KongDong, where they gave us a free lemonade for posting them on our social media. When I got home, I called my nieces and played peek-a-boo with them until they ended up accidentally ending the call. I then received a facetime call from my friend, who wanted to show me her new Ipad.

