

The National HEP/CAMP Association DC Internship

Weekly Journal Entry

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Date(s): 6/19/23 - 6/25/23

Monday, June 19

Expectations Too High

Juneteenth was a complete failure. We expected there to be a lot of events or even fairs but it was a total disappointment. There only happen to be expected a couple of vendors and people singing karaoke. It was not it. We had traveled about 30 minutes by metro to attend and we were disappointed. From disappointment came hunger so we had to go to Chinatown and get some good Chinese food. We went to Full Kee which was first introduced to us by Patrick and Virginia. The customer service might be better but the food makes up for it.



After our little adventure, we went back to our apartments and napped because even though we did little to nothing we were out and about from 1:00 pm - 5:00 pm. Be prepared to walk when you're in D.C. and always wear comfortable shoes.

Tuesday, June 20

Networking at its Fullest

Today after work we got the opportunity to attend the Tri Caucus event. The event was hosted by different caucuses that were made up of African Americans, Asian Americans, and Latinx. It was really nice networking with other interns who are currently on the hill. It feels good to see that other minorities are making it to these types of leadership opportunities. I met people from all over the U.S. and from all different types of careers. It was kind of weird to see that I was only one of the few freshmen in the event. But overall I had an amazing time meeting people from different ethnicities and being able to relate to them.



Wednesday, June 21

Finding The Rainbow At The End of The Storm

Today was a tiring and busy day. I got the opportunity to answer phones more often. I think that answering the phones more often has allowed me to increase my confidence in talking on the phone. I think that as I do more things I'm becoming more confident in my abilities and that feeling of not being good enough is going away.

Our day went by really fast as we had many tasks to complete. But to our luck, the day had been really ugly. The rain and humidity were making going home a nightmare. I did not want to walk in the rain and get home with a wet blazer. Having to adjust to this weather has been challenging but I am lucky to have escaped the heat of Yuma, AZ.



My highlight of the day was when my supervisor let us go out early to go to an event in which we would get free ice cream. But sadly it was a ten-minute walk. Lezlie and I walked to the event through the storm just to get watery ice cream. Even though it was watery it was really good, probably the best ice cream I had since I came here and it was free. So even though we got wet we were able to get free ice cream.

Thursday, June 26

La Casa Blanca

Our morning started earlier than usual because we were going to attend the welcoming ceremony for the Prime Minister of India. We had to wait in line for almost two hours to be able to enter the White House. A lot of people attended the ceremony and it was really crowded. We were greeted with amazing music from the orchestra and later came some great singers, most of them were students. You could really sense the passion in all the spectators as they jumped, screamed and clapped when the prime minister came out to introduce

himself. I think that even at some point I heard someone say I love you and make a heart with his hands. It was my second time seeing the President in person since I got here and I felt privileged to do so.



After the ceremony, I headed back to my office to work. But today wasn't as bad and all of us had lunch together. Something that I have noticed is that within our office there is no such thing as a hierarchy; everyone helps everyone else, almost like a family. I really enjoy working with the staff and can't stress enough how welcomed and appreciated I feel.

We ended the day with a carne asada just as if we were back home. I think that most of the nights we get together to just talk or rant about our days. I'm glad I'm close to people who know what it is like to be a migrant first-generation student. I have a lot of love for our cohort and I'm glad I'm here in D.C. with such amazing individuals and that together we are making an impact.

Friday, June 27

Colorism & Racial Discrimination

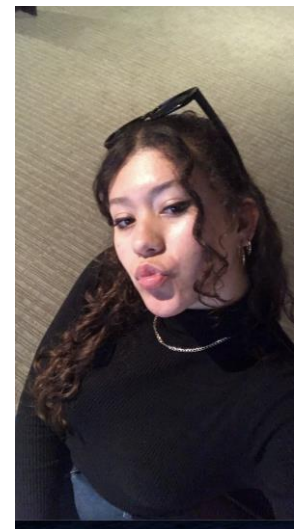


Our programming of the week revolved around colorism and racial discrimination. We learned that colorism is the social marginalization and systematic oppression of people with darker skin tones and the privileging of people with lighter skin tones. I had never heard this term before in any of my education. But as we discussed it I realized that I had never experienced racial discrimination. I think a lot of times we don't see our privileges within our identities stemming from sex to skin color. This week's programming made me more aware of my privileges as a light skinned individual. It makes me sad to see that other individuals are discriminated against because of their skin color. I mean it's the 21st century and these individuals are still racist.



Our programming ended with us going to the African American Museum which I will say has been one of the most impactful museums I have been to yet. We learned about the roots of African Americans and the struggles they went through. The most impactful thing that stuck with me was the memorial for Emmett Till. Emmett Till was a fourteen year old who got murdered in the 1900s by a couple of men. The boy was brutally murdered and his mom decided to have an open casket to show the rest of the people what racism looked like. At the memorial, they had the original casket in which Emmett was buried and it was really sad to see it.

I think that as I learn more about history, myself, and our communities I'm becoming more self-aware of what goes on and also what goes on with myself. Self-awareness is key to having a growth mindset.



Saturday, June 28

Finally Fun time

The ropes course in Maryland was amazing. We went up to Maryland this weekend with CHCI to do more team-building activities. We were hosted by a camp that does team building and leadership activities. I really enjoyed getting to go out into nature and escape city life. As I am a country girl, I felt as if I was back home even though mosquitos were biting me most of the time.

Many of the activities we did consisted of being more aware of others and what a leader consists of. We learned about how to keep meaningful



relationships and to always ask for help when needed. My favorite part was when we got the opportunity to zip line. Honestly, I was really scared since I had never done it before. But the person who was guiding us told us that the only way to fight your fears is through courage. I was able to gather the courage to jump and there I went.



We got the opportunity to attend the Night at the Museum which is an event that takes place at the Smithsonian Museum. The museum was open until 12 am and there was a DJ blasting music. It was one of a kind experience. Also just walking around the national mall is a vibe at night with all the lights.