

The National HEPCAMP Association DC Internship

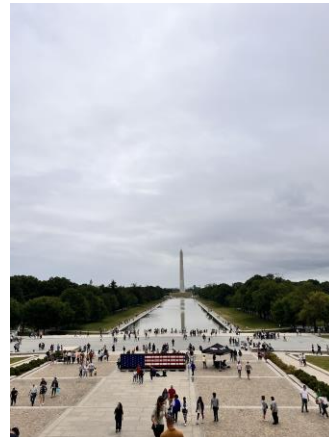
Weekly Journal Entry

Name: Antonio Gutierrez Estrada

Date(s): May 27, 2023 – June 4, 2023

Monday

Monday was a very eventful day, it started at 10 am when we met Patrick and Virginia. Together we walked and had a tour of the Lincoln Memorial, Washington Memorial, Jefferson Memorial, and Dr. King's Memorial. It was a long walk and we had a 20% chance of rain. I decided not to take my umbrella due to the low chances of rain, but when we were in the Jefferson Memorial it started to rain. Washington D.C. welcomed us to the city with a rain shower. We witnessed the memorial parade, which was terrific. It made all the walking worth it. To finalize the day, we went to the Museum of Arts and Galleries and had a lovely lunch there.



Tuesday

Today I started the CHCI orientation, Virginia met us at the metro station and then we headed to NAB. I learned a lot, but most of the information covered was about working in the Hill, which didn't directly apply to me. We had lunch with other CHCI interns. That night we had dinner plans with Irene Bueno from NVG. At dinner, I met the USDA interns and Giev Kashkooli from UFW. I also met my supervisor, Milie Bentley Memon and I am really excited to start my journey under her mentorship. After dinner, we returned to our space to get rest for the next day.



Wednesday

The day was focused and spent on CHCI orientation. We learned about social media and how to write a proper memo for those who will be working on the Hill. Although I was not placed to work on the Hill this training will now be part of my professional development tool box. We also learned about the importance of networking, building genuine connections and finding a mentor. After CHCI orientation Maria, Anna, Annai, Abigail, who are all also interns, went to Trade Joe's for groceries. In the evening I took a walk, and finally had the opportunity to call my mom and friends back home.



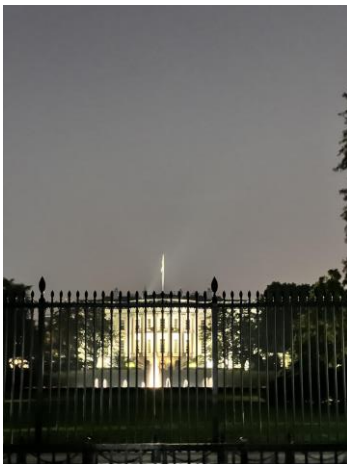
Thursday

Today, I took my headshot photo in front of the capitol as well as a group picture with all the CHCI interns. We walked from the capitol to the USDA department, where we met the other HEP/CAMP interns. We got to meet the deputy secretary and the former OME director. We had lunch at the Capitol Cafeteria, where we continued CHCI orientation. We had the opportunity to learn from three different panels. From CHSA, CHCI Alumni and the Office of Diversity from the House and the Senate. For dinner, all of the HEP/CAMP interns alongside Patrick, Virginia, and the USDA staff went to Chinatown. After dinner, we had the opportunity to explore the area.



Friday

Today was the last day of the CHCI orientation, but this time, we went to the CHCI headquarters instead of going to NAB. We had the opportunity to do group discussions, and we learned about time management. That training will definitely come in handy. CHCI orientation ended early and we visited the office of Representative Peters, where Annai will be, and Representative Grijalva, where Maria will be. We talked to the interns' coordinators and had the opportunity to ask questions. We had dinner with Patrick and Virginia and said goodbye to them, which was an emotional time because they have been instrumental to our transition to D.C. After that, Maria, Anna, and I walked around the memorials and visited the white house.



Weekend

Saturday morning, some of the other interns and I went for coffee with Patrick and Virginia. We talked for a while, and I took pictures with them. After they left, Maria, Anna, Annai, Juan, Ismael, Adilene, and I went to the Farmers Market. I returned to the dorms and went with the other CHCI interns to watch the new Spiderman movie, which was a lot of fun. Upon my return we had card game night.

Sunday, we went to the National Air and Space Museum. We spent the majority of the day there. I decided to have an early night so that I can be fully rested and ready for my first day.

