

Lupe Perales

Week Two- Overcoming My Nerves

June 24th marks two weeks since my arrival to Washington D.C. This unique adventure has consisted of incredible opportunities. This Monday, I began my internship. I was nervous and excited all at the same time. I did not know what to expect and had a million things going on through my mind. On my first day, I was required to arrive at 11 a.m., but the other intern and I decided to arrive earlier. We met at the Union Station at 9 a.m., and got some coffee. We walked to the park that is located near the Senate buildings. There, we introduced ourselves to each other and discussed our dreams, and our purpose in D.C. I discovered that we have a common interest to give back to our communities as an act of appreciation for everything that they have given to us. Time passed and it was time to enter the building and overcome all the nerves that I was feeling at the moment. The other intern and I met with our supervisor and discussed the training and our roles as interns. It was not as bad as I had imagined. The atmosphere felt welcoming and I knew I was ready and prepared to start working. I was desperate to begin a new journey that I know is going to prepare me to better serve my community. I will never stop expressing my appreciation to God and the individuals, who have helped me obtain this internship experience.



My friend and I will conquer the world!

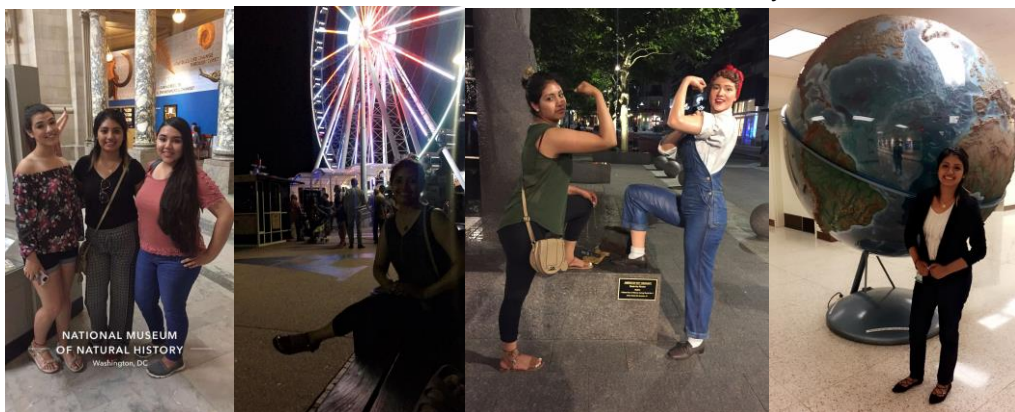
My workdays are scheduled from Monday through Thursday. On Fridays, all of the interns are required to attend the Congressional Hispanic Caucus Institute (CHCI) seminars. This past Friday, we met with individuals who have been professionals in the D.C. area for some time and were kind enough to share their knowledge with us. They conducted workshops and assigned us with exercises that would help us familiarize ourselves with new skills that could be used during our internships. The HEP/CAMP association and CHCI have done so much to prepare all the interns with tools and experiences to succeed. Everything that I am learning in the trainings I make an effort to use my newly acquired skills on a daily basis. One of the individuals who talked to us, suggested that I get a journal and document my adventures and the knowledge that I have gained. He stated that having a journal was a good habit that allows us to self-reflect at the end of the day. I have never had a journal before. My “journal” was my mind. I started getting curious on whether what he stated was true or not. So, I decided to do a little shopping, since shopping is one of my favorite things to do.



One of many adventures to write about.

I told my internship friends that I was going to go on a shopping journey to look for a nice journal that I would enjoy writing in. My friends agreed to join me because they wanted one as well. We went to several stores until I found the perfect journal at TJ MAXX. The journal was just how I wanted it and the best part about it, is that it was only five dollars. I thought it was going to be a lot more money since it was a very nice one. When I arrived at my dorm, the first thing I did was show it to my roommate and immediately started writing. My first story was about how I found my journal and the reason why I wanted one. My life contains ups and downs, and I realized that writing down my daily experiences serves as a stress reliever.

This weekend we wanted to explore some new places. We went to the National Harbor in Maryland. It was a beautiful environment. My friends and I, walked to the pier and two of them rode the Ferris Wheel. I wished I had gone with them as well, but I was too afraid. My other friend and I, decided to just sit on a bench and wait for them. While we waited, we took pictures of each other with the stunning background view that we had. After a while of waiting, we started to walk around to explore further. We became each other's photographers and we took thousands of pictures of each other. The best part this week in Washington D.C., is that we have each other, and I love that. When it is time to go out and explore, we learn a little more about one another. I know that the friendships that I am making during my time in D.C. will be long lasting. One day, in our professional lives I hope to encounter them again. We will sit together and talk about successes that we have achieved in our lives and careers. With effort and dedication, I will work hard to ensure that it will become a reality.



Adventures like these are what made college stressful nights, worth it!