

Lupe Perales

Week Three- D.C., My Home

When I first arrived at Washington D.C., I was terrified as I stepped off the airplane. Now, it has become my home. D.C. is a very unique place that has allowed me to meet incredible new people. I have been told that it is common for people in D.C. to know everyone. When I would hear that statement, I thought that they were joking. Now, I realize that it is true. Washington D.C. is an enormous city that allows plenty of opportunity to network. I have noticed that when I am wearing my Congressional Hispanic Caucus Institute (CHCI) pin, people approach me and introduce themselves to me. This makes me feel like welcomed to the point that I feel like being at home.



Having this pin and being in Washington D.C., are the perfect match!

This is my second week of my internship at the Senate. So far, it has been an amazing experience. In my time here, I have been exposed to many opportunities that have made me grow as a person. During the week, I attended a training where I learned how to give a Capitol Tour to constituents. This training allowed me to familiarize myself with my surroundings and to obtain more knowledge about American history. Running errands are also a huge part of an intern's duties. Sometimes, while running errands, I encounter many of our U.S. senators. It's amazing and almost unreal to run into many Senators on a daily basis. This internship has become an important part of who I am, because I have been able to expand my networks. I enjoy spending my days with the people that I have met while developing stronger communications skills and working together to accomplish our duties as interns.



Washington D.C. has been good to me!

Saturday morning, we all woke up early to get tickets to the United States Holocaust Memorial Museum. Visiting the museum helped me understand how fortunate I am to live in a country like the United States of America. The challenges that I have faced, do not compare to the ones that Jewish people had to face. There were moments that I felt disappointed in myself for taking things for granted and not appreciating all that has been given to me. The Museum contained thousands and thousands of facts that I did not know about. When we first arrived, we were given a “passport” that contained a female’s life story. Throughout my exploration, I was able to finally find her location in the museum. I imagined what she went through using information from my “passport” and the facts that surrounded her space in the museum. While walking around, I noticed a lot of shoes. I visualized thousands of people walking around in them not knowing what awaited them next. In the U.S. American’s have many liberty’s that are taken for granted. If I learned anything from my visit to the museum, was to appreciate the freedoms that we all have.



What an amazing experience!

I was not only given the opportunity to intern on Capitol Hill, but I was also able to meet incredible individuals. The individuals I met are members of the Farmworkers Union. To have the opportunity to work with them made me realize the potential that I have to contribute to society knowing that my story can have a huge impact on so many farmworkers. This has always been my dream. A dream to help others that are in need. I do not know how to explain the feeling behind all of the work that is being done. It is something unexplainable that can only be experienced through an opportunity like the one granted to me in D.C. I know that this is just the beginning of a successful career. I am a rising sophomore in college and I still have a long path ahead of me. I will finish this internship proudly and will strive to continue to give back to my community and much more, until I have made a difference. I will be honest, sometimes I do

feel intimidated by other individuals, but then I remember that I came here to learn as much as I can to be able to someday make a difference. That means that have to remind myself that there is no time to feel intimidated. I must demonstrate that I am confident and determined to reach my goals.



Working together to create a better future for our community!