

These weeks are flying by so fast! I am now learning to swim with the fast current of Washington DC but wish to build a dam to slow it down. This week I came to realize that there hasn't been a time in my life where I have intentionally been alone for more than a week. Coming to this realization also made me aware of how important socializing is to me. While I value the work, I am completing here in the office, I have come to realize that the setting can become a bit dormant for me. I voiced these thoughts to my director Lisa, and she promptly invited me to one of her scheduled meetings. Now knowing that human interaction is something that must be integrated into my schedule to keep me sane I have become more interactive with the staff around me. On Wednesday, Preeti brought her son to work and he reminded me of my little brother. Having him in the office livened the atmosphere of the office for me as I completed the rest of my tasks for the ADM and HEP/CAMP profiles.

I continuously chose to venture out and explore new experiences outside of work as well. After work, I took a walk to Chinatown and visited the Smithsonian American Art Museum. After admiring the artwork displayed inside I chose to marvel at a different type of art outside. I wandered aimlessly around the city appreciating the architecture that had been surrounding me for weeks. Choosing the White House as my next landmark starting point I repeated my wanderlust wondering around the city buildings for a mile and a half. Before I set off yet again on Thursday, I invited some of the Department of Education interns to join me. Being able to share experiences with them filled me with happiness.

Friday's workshop with CHCI was primarily focused on inclusivity of language and action. Language inclusivity was something I had the privilege of having experience with through my first year of college. It is not something that is taught or even talked about back home but being made aware of how it affects others allowed me to broaden my mind. Later that day many CHCI interns gathered together to make posters in preparation for the Families Belong Together demonstration that we marched at on Saturday, June 30th. Taking part in the demonstration filled me with determination and hope. Blown away by the crowds that did not seem to have an end. This indeed is what democracy looks like.

By the end of this week I was surrounded by the best people possible at a barbeque hosted by my director Lisa Gillette. I enjoyed everyone's company and was able to eat my first set of barbeque ribs that were quite delicious!

