

My Journal

Week 1

Hi, my name is Catherin Flores Granados and I go to college at SUNY Oneonta in New York. I was always told that I had my head in the clouds and for the first time I really did. As I was flying to Washington D.C everything felt surreal. I still couldn't believe that I had been given this wonderful internship. Once I landed that's when everything started to settle in. I met my fellow camp interns and they all seemed as nervous as me, which made me feel a little bit better. I also met Patrick Doone, our HEP/CAMP Association Internship Coordinator and his wonderful wife. On our first night, they both shared their stories and gave us great advice. That same night we took a walk to see the White House and I was amazed at how small it was.





Later that week we started our CHCI training, where I got to meet more wonderful interns from all over the country. I was the only intern from New York, which made me a little bit nervous because everyone else was from the west coast. Everyone ended up being very nice and helpful and I was able to make great connections right away. I know these new friendships will last a life time. We also got to visit the office that I will be working at and I was able to meet my amazing team. They were all very sweet and supportive which made me less nervous.

We ended the week with some intern bonding, we went to a ropes course where I ended up zip lining for the very first time. As I stepped up to go, I realized that the fear I felt was the same as the fear I felt going into this internship. I learned that the only one stopping me from being great was me. I needed to trust myself and the support system I am creating around me. I closed my eyes and let go and it was one the best experiences of my

life. All fear left me, and I got to see the all the beauty that surrounded me. I can't wait to see what this internship has in store for me.

