

# Vanguard Presents: TRAVELS

Meghna Myneni and Ruhee Hegde, CONTRIBUTING WRITERS

Travel 101: How to be a respectful tourist

The school's calendar is already filled to the brim with field trips for next year. After all, from Studio Band's London trip to Orchestra's adventure across France, Switzerland, and Italy, PHS loves field trips. They provide a unique opportunity to escape the muggy classroom environment whilst bringing along close friends and gaining life-changing experiences. However, as PHS students journey around the world, they seldom consider their effect on local people and environments.

One often overlooked aspect of both a school "vacation" and vacation in general is adjusting to differing social customs of the traveling destination. Before signing up for a field trip, make sure to research any vernacular or traditions to boost your awareness. For example, learning common French idioms like "ca route could help French students in Colmar. Additionally, some countries could have very traditional customs, and you wish to respect the country and its people, it's vital that you follow the country's social norms. As the adage goes, "When in Rome, do as Romans do."

As any traveler knows, taking photos is all too necessary. Being able to revisit moments from trips and even an incredible feeling. By flipping through a photo book, you can immerse yourself back into the memories of a experience. That being said, there is a fine line between capturing the surrounding sights and intruding into the life of locals. For instance, while capturing colorful garments or jewelry might seem appealing, taking pictures of local people is profoundly rude, as it treats them like exotic spectacles rather than human beings. Don't forget that while you are on a vacation or a field trip, the people who you encounter are just living out their daily routines.

Although tourism has a substantial effect on regional populations, its negative effect on the environment is even greater. Not only does carbon-intensive transportation worsen the effects of global warming, but tourists are also known to overuse resources: they deplete water and food supplies and demand excessive land. To make matters worse, at popular tourist destinations, many guests simply neglect cleaning up after themselves. In fact, a 2021 study from the Universitat Autònoma de Barcelona found that the tourist season in the Mediterranean increased the amount of beach trash by almost sixfold.

Even though it may seem like common sense not to litter, it is crucial to consider the environment and remind your classmates to do the same.

When traveling on field trips across the globe, you are representing PHS in every situation. So, ensure that you are respectful towards both the environment and the people there. By doing so, your trip will be like no other. You'll be able to observe how others live their daily lives, share your own customs and traditions, and, most of all, make friends and have a blast!

graphics: Mia Gatzke

Serenity by the seashore - Curio Bay, New Zealand  
**Zoe Nuland**, CONTRIBUTING WRITER

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 breeze making your hair dance. That was my vacation in New Zealand.  
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 Bay. As the sun began to reach its peak in the sky, I walked down to the beach, search-  
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 valuables, I heard an indistinct yelling in the background. I looked around to investi-  
 gate what had happened, only to discover the most incredible sight: through the cloudy  
 seawater that made up the crashing waves, thin silhouettes disappeared when the wave  
 crashed and reappeared along with a new wave. In the distance, on an unintelligible  
 line between the sea and the sky, similar silhouettes emerged from the water, soared  
 into the air, and delicately reentered. They were dolphins!

Unable to resist, I inched closer to the water to get a better view of the dolphins. The  
 way they gracefully danced in the water together, in sync, hypnotized me with their  
 beauty. As I attentively watched the majestic beings in their natural habitat, all my  
 thoughts and worries faded away, leaving only me and their presence. ■

A vibrant city with a dark history - Medellin, Colombia  
**Raya Kondakindi**, CONTRIBUTING WRITER

The moment I stepped onto the streets of Medellin, Colombia, I stared awestruck  
 by a city that combined an urban landscape with vibrant greenery. Instantly, I began  
 to explore. I journeyed to the renowned Botero Plaza, where I reveled at the towering  
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 brought joy to the city and its people.

Then, I had an enthralling tour through the infamous Comuna 13. On the tour, I  
 learned that Comuna 13 was once one of the most dangerous neighborhoods in the  
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 Pablo Escobar. Walking through the streets, it was fascinating to learn about the dark  
 history of a place that had so much energy and liveliness. We saw freestyle rappers,  
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 gratifying and opened my eyes to diverse concepts and cultures across the world.

As my time in Colombia came to an end, I returned home with memories of  
 animated streets and lively people. Even today, I remember the joyful culture,  
 captivating landscapes, and unforgettable adventures that made Medellin, Colombia  
 truly an amazing destination. ■

Another side of paradise - Honolulu, Hawaii  
**Claire Tang**, CONTRIBUTING WRITER

In my family, summer is a verb. To “summer” is to run on Atlantic City beaches, to  
 eat summer specials from restaurants, and to embark on global odysseys. Hawaii is a  
 paradise my family frequents during our summers. A getaway in the Aloha State means  
 days spent beside the looming palm trees spread under the orange skies of Honolulu,  
 inhaling the aroma of blooming plumeria by the coves of Maui, and watching the wild  
 roosters roaming alongside people through Kauai’s streets. My family’s 2019 summer  
 was all of these things.

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 Hawaiian dishes at a homey restaurant, I noticed a lady across the street. Covered in  
 dirt, she was rummaging through a trash can, singling out an oil-stained brown bag of  
 food. Next to her, another woman sat on a piece of cardboard in the alleyway across  
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 sweat, her skin red and peeling, sunburnt from the unforgiving heat of the Hawaiian  
 sun — the same sun I praised for giving me a “cute tan” as I looked in the mirror  
 in my air-conditioned hotel room. This scenery juxtaposed the Hawaiian paradise I  
 experienced so far while wearing colorful plastic leis, the stamp of an obvious tourist.

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 After centuries of colonialism often inscribed in the landscape itself, neocolonialism  
 under the pretense of tourism continues to plague the sandy shores. Tourists often  
 act as if Hawaii is their tropical playground, posing with endangered species and  
 trespassing on sacred areas.

These were all issues I was oblivious towards before traveling to Hawaii. However, I  
 now know that to “summer” is also to be aware of the issues plaguing the paradises we  
 may travel to. To “summer” is to travel responsibly and to respect the communities we  
 vacation in. ■

New Jersey’s hidden gem: Grounds For Sculpture  
**Chloe Zhao and Kyra Mehta**, CONTRIBUTING WRITERS

On a cloudless summer day, the last  
 thing someone should do is stay at home. While going to a  
 shopping mall seems a waste of postcard-worthy weather, hiking may prove to be  
 demanding in the heat. Luckily, New Jersey has a hidden gem: Grounds For Sculpture.  
 Grounds For Sculpture is a museum, sculpture garden, and arboretum where art and nature  
 coexist harmoniously. Nearly 300 contemporary sculptures are spread across 42 beautifully  
 landscaped acres. Located in Hamilton Township, it’s a short 25 minute drive from downtown  
 Princeton, perfect for a day out with loved ones.

Upon entering the sculpture garden, visitors are greeted by the sight of expertly maintained  
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 paintings recreated within the park. Above, a canopy of lush willow branches drape down, low  
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 inspired Rat’s Restaurant, one of the four dining locations spread across the gardens.

A walk through the winding paths reveals diverse landscapes and architecture, including  
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 surrounded by a strip of clear, still water. This spot is a favorite for wedding ceremonies and far  
 photos, especially in warm weather when the vibrant water lilies begin to bloom. But visitors are  
 the only ones walking these paths; peacocks, long-term residents of the park, stride alongside  
 At times, they fan their emerald and sapphire feathers to display a majestic spectacle.

The contemporary sculptures are, of course, scattered throughout the park. They encompe  
 a variety of styles and themes, and are often the subjects for the lectures, workshops, tours, a  
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 exhibitions are available on their website.

A beautiful haven that merges art and nature, Grounds for Sculpture is a perfect summer  
 vacation spot for those in New Jersey.