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Spring 5-2016

Zest Magazine: An Editorial, Managerial, and Exploration of Syracuse University's Premier Travel Publication

Madysan Foltz

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Capstone Title

Zest Magazine: An Editorial, Managerial, and Exploration of Syracuse University's Premier Travel Publication

A Capstone Project Submitted in Partial Fulfillment of the Requirements of the Renée Crown University Honors Program at Syracuse University

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and Renée Crown University Honors
May 2016

Honors Capstone Project in Your Major

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Reader's Name and Title

Honors Director: Stephen Kuusisto, Director
Zest Magazine:
An Editorial, Managerial, & Exploration of SU's Premier Travel Publication

Reflection Essay

Madysan Foltz, Spring 2016
Abstract

Zest Magazine is Syracuse University’s first travel publication dedicated to bursting the bubble of campus life and highlighting student adventures far beyond the Hill. It focuses on servicing students’ curiosity about the world while inspiring a sense of wanderlust in readers. Zest strives to get all students interested in travel, regardless of gender, socioeconomic, racial, and ethnic identity. Initially, Zest appeared in the spring semester of 2015 as an interactive tablet publication. It transitioned over to a print publication in the spring semester of 2016.

“Zest Magazine: An Editorial, Managerial, & Exploration of SU's Premier Travel Publication” sets out not only to create boundary-breaking, breathtaking content, but also intends to explore the managerial side of creating and ensuring the continued success of an on-campus student publication. It provides insight into the creation, cultivation, and leadership of all aspects of a student publication — including direction of the editorial, design, photography, illustration, and public relations portions of the publication.
I. Inception of Publication
Zest Magazine began as an idea harnessed abroad. I’m not a religious person by nature, but I experienced a spiritual moment this past summer underneath a waterfall in Eastern Uganda. I traveled to Lira, Uganda, for a six-week global health internship with the non-profit organization Global Health Network (Uganda) in partnership with Syracuse University’s Nourish International chapter. On one of our weekend getaways, my team and I scaled the side of a mountain in pursuit of the remarkable Sipi Falls. I stripped off my shoes and headed for the 100-foot waterfall the minute we reached the summit. I hobbled my way across copious amounts of slippery rocks to take my perch on a clunky boulder. The clouds hung low, creating the illusion that if I stretched out my hands, my fingertips could pluck the fluffy, nature-made cotton candy right from the sky. I peered up through the cascading wall of water to take in the raw beauty of the nature right before my eyes, and in that moment, the world stopped. I heard nothing but my heartbeat fluttering against the fast and heavy pounding of the waterfall. In that moment, my future, and ultimately my honors capstone, unfolded with clarity.

I went on that trip in the summer of my sophomore year, a period of time in which I strongly questioned my passion for my broadcast and digital journalism major and my plans for the future. I didn’t feel fulfilled by it, and I realized I probably wouldn’t want to create an honors capstone within that field of study. Alarm bells rang with a vengeance the minute I made that realization, and I started to realize my real passion lied within magazine journalism. The moment under that waterfall and the entire act of traveling abroad allowed me to see my zest for life: Print and online journalism. Travel journalism. Editing. Managing a staff of like-minded individuals. The moment provided me the mental clarity to create Zest. Since my dual major is in international relations, it only made sense.
To me, profound moments such as these form the beating heart of the traveler’s world. This fast-paced world allows every traveler — regardless of race, ethnicity, gender, or orientation — to meet so many wonderful people, experience numerous places and cultures, and, in the least clichéd way, find themselves amongst a whirlwind adventure. It’s with this idea in mind that I created my on campus publication, and ultimately, my honors capstone project.

II. Conceptualizing Zest: Choosing the Name + Building the Team, + Creating the Brand

Syracuse University has a surprisingly large campus culture of magazines with approximately 15 niche publications ranging from food magazines, fashion magazines, music magazines, women’s interest magazines, and black interest magazines, among others. One niche magazine SU lacked was a travel publication. I created my capstone to fill that void: “Zest Magazine: An Editorial, Managerial, & Exploration of SU’s Premier Travel Publication.” I used my capstone not only to create and innovate, but also as an exploration of on-campus leadership and management of entrepreneurship within the realm of magazines. Conceptualizing Zest boils down into three categories: choosing the name, building the team, and creating the brand.

Choosing the Name

I’ll be the first to admit I can be a perfectionist, but choosing the name for my publication quickly became one of the most daunting aspects of the project. I remember laboring over that aspect of it for the longest time in itself for almost the entirety of my winter break junior year. I knew from the beginning that one portion of my capstone project would be to create a plan to keep it around on campus for a long time to come, so I wanted to make sure I chose a name that would last long after me, while still being catchy, memorable, and
reminiscent of travel. For several months, I thought I wanted it to be “Syracruisin’” but after doing rounds of survey groups with close friends and strangers alike, it seemed too cheesy, even for a on campus publication for Syracuse University. I went through title after title — some being Roam, Vagabond, and Diverge. I poured over typefaces, drafted sample covers with various names and ideas splayed prominently across the top, and I thought deeply about what would be the best fit.

Ultimately, I chose to title the publication “Zest.” This way, I still got to sneak in a Syracuse University-related pun that our campus thrives on, while still encapsulating the essence, or the zest, if you will, of the publication. The thought process behind the name includes the definitions of the word zest itself — zest is a “food ingredient that is prepared by scraping or cutting from the outer, colorful skin of unwaxed citrus fruits” such as oranges (Wikipedia). Not only does an orange’s zest add flavor to dishes — like travel adds zest to your life — but the way in which the zest is made notes the culture I want my staff to have. You have to grind (or in this case scrape, cut) to get to the flavor. I’ve always said I had a zest for travel, and a zest for life, really, and it only fit.

**Building the team**

From the beginning, I knew that — in order to make this project the best it could be while ensure its continued success — I had to be mindful of the individuals I chose to fill each role in the organization. I devoted the fall semester of my junior year in part to immersing myself in the art of networking and exploration on all the facets of making a travel publication.
My four criteria for being hired at Zest (Side note: It wasn’t always possible to uphold every criteria. Since we’re a student publication and there are many positions to fill, there were sometimes too many positions that outnumbered individuals that fit the criteria.):

1. Provide two clips of your work and a resume in order to deduce voice and style of writing/photography/designing.

2. Maintain a love of travel and travel journalism.

3. Display a willingness to go the extra mile to create magic.

4. Come from diverse walks of life in order to provide different viewpoints of the world.

In order to amass the best possible team, I spoke with all my classmates that I knew were talented and fit the mission of my publication. Two roles in particular — creative director and photography director — became inextricably important to find the right individuals, as the voice and branding of my publication would be inherently linked to the content. Moreover, I consulted past capstones such as Caitlin Dewey’s “Salt, a Web-Based iPad Magazine” to ground the wisps of my initial idea into something concrete within the realm of honors capstones. I spoke with students like Kate Beckman, then a sophomore magazine major, who have created their own magazine, and Teresa Sabga, then a senior magazine major, who revitalized old publications that had gone out of circulation. Finally, I spoke with Ken Harper, a Newhouse professor and award-winning designer, photojournalist, and media educator, as well as other professors on campus who incorporate travel revolve around most of their work. Thanks to my dual major in magazine journalism and international relations, I had a bounty of resources and connections both in Newhouse and Maxwell to fully explore my options and provide the campus with the most reputable source of journalism possible.
Creating the Brand

Look

I developed the look and feel of Zest Magazine in branding sessions with Zest’s founding creative director and graphic designer, Sofia Russo. We gained inspiration from independent travel publications like Cereal, Astray Magazine, and Road 2 Magazine. Zest’s design would be simple, sleek, and minimalistic; the publication would rely heavily on explorative, narrative, and often breathtaking photography to tell the story. The occasional illustration and/or graphic design element would be used for the sake of diversity of design. Additionally, Sofia crafted a logo for Zest to inspire feelings of exploration — one reader’s feedback stated the logo “made him feel like it belonged on one of his sweaters when he goes hiking,” so we can only imagine we succeeded in that goal! Finally, after pouring over typefaces, we settled on the nameplate being Monserrat to go along with the nature of Zest’s design element.

Content

In order to meet our mission and appeal to the entire lifestyle of the student traveler, I split the magazine up into six sections. The front- and back-of-book sections, Embark and Disembark, feature shorter-form articles that encapsulate the traveler lifestyle. Nourish, our section dedicated to international cuisine, makes up our first regular section. Outdoor, our second section, focuses on natural adventures. Our final two sections include Culture, our section dedicated to the arts and lifestyle aspects of travel, and Discovery, our home for both personal essays and long form feature stories from aspiring travel writers and photographers.

Another theme Zest emanates is the idea that a traveler doesn’t have to travel far to travel wide. I sought out some of the campus’ best and brightest photographers and talent to
work in tandem with me to create the publication. Drew Osumi, a senior photography major, became one of our first freelance photographers. He submitted our inaugural web story, a photo essay chronicling local Central New York travel by the Syracuse University Outing Club. Additionally, I worked with Drew to hand select some of his best photos from a cross country road trip he took with fellow senior photography major Sam Maller from California to New York. From the beginning, I knew quality photography would be the slant to which all of Zest would revolve, so choosing the right photographers to submit the right content became one of the most important portions of the work.

Mission

The final step in conceptualizing Zest involved creating our mission statement. I created Zest in hopes to bottle the magic that study abroad to both inspire people to study abroad or to serve as a catalyst for their travels. In order to accomplish this goal, I harnessed inspiration from many prominent thinkers and writers about travel to make Zest, including the following:

1. “The best journeys answer questions that in the beginning you didn’t even think to ask.” —180° South.

2. “Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime.” —Mark Twain.

3. “The world is your Orange, so squeeze it for all it’s worth.” —Unknown.

Ultimately, Zest’s mission statement became the following: “Zest Magazine is Syracuse University’s premier travel publication dedicated to bursting the bubble of campus life and
highlighting student adventures far beyond the Hill.” Zest focuses on servicing students’
curiosity about the world while inspiring a sense of wanderlust in readers. It also strives to get
all students interested in travel, regardless of gender, socioeconomic, racial, and ethnic
identity. In order to bring this mission to life, we hosted a Travel Symposium on April 23, 2016,
with Omega Psi Phi Fraternity, Inc. Along with Omega Psi Phi, a historically black fraternity
founded on the principles of manhood, scholarship, perseverance, and uplift (Sharing ones gifts
with the community in the form verifiable aid, activism and leadership), we were cosponsored
by the Haitian American Student Association, Caribbean Student Association, African Student
Union, SU Abroad, The Magazine Department, and the Renee Crown Honors Program. We gave
three travel stipends to students — one totaling $250 and two totaling $100 — who displayed
an interest in travel and a need for monetary support to make the trip a reality.

III. Interactive Tablet Magazine to Print Publication

*Interactivity: Why Interactivity? Positives + Problems*

*Perks of interactivity and the initial decision to go online*

In the beginning, I chose to make Zest a solely online magazine — both an interactive
tablet publication along with a website powered by SquareSpace. Interactive tablet publications
provide the perfect companion for travel journalism as it indulges great, long-form reads and
great photography. Additionally, in 2014 interactive tablets were viewed as the answer to all
problems of longevity in the magazine community. Spearheading the creation of such a tablet,
moreover, would demonstrate a diversity of adaptable magazine skills. Making Zest an online,
interactive tablet simply made the most realistic (and fiscally) sense.
**Making the first online, interactive tablet publication:** In Zest’s first semester, my team and I put together a beautiful interactive tablet and launched it on the campus’ iPad application platform provided through Adobe Suites. I met weekly with my editorial team, first meeting just with the editors to choose articles for the story line up, then adding writers into the mix to workshop their work each week. Additionally, I held weekly design/art/photography meetings, as well as public relations meetings, with each respective department director. At the beginning of April, my core staff of directors and I met one weekend for production weekend. Our first production weekend ended up lasting around 50 hours long — we went home only to sleep for around five hours sometime early Sunday morning. After production, as I reflected on the semester’s work in order to reassess and make changes for the coming semester, I realized the main reason for such a long production weekend. Although I ran the editorial department to meet weekly deadlines for article drafts and updates, design didn’t; the production weekend consisted largely of designing. Incorporating design into the weekly schedule made production weekend run significantly more smoothly, even in the face of the extra challenge of adding interactivity to the project. In that moment I realized that, while my main passions and skills lie in the creative side, I must work on leading all departments more equally.

*Problems arise with interactivity*

While the resulting interactive tablet garnered resounding praise and positive feedback from classmates, peers, and professors alike at our launch party, I began to question the strength of the decision to make Zest an online, interactive tablet publication. Readers complimented the imagery, the service articles, and the talent, as well as “the unique nature of the interactivity” as the campus had not seen a similar publication in several years. But after a few weeks, I
began to question how many people actually accessed, read, and even knew about the publication. We had no way of receiving numbers on how many people read the tablet, and we couldn’t simply ensure students in all different majors and areas of study could access the publication by distributing it directly to all academic buildings like other on-campus print publications. This issue raised concern as the nature of the publication was to be ubiquitous to the Syracuse University student traveler, and we wanted to find the best possible way to reach that student. Part of our mission was to dovetail with the existing campus culture for publications while remaining innovative. After all, one of my most strongly held beliefs is that you must know the rules before you can break them.

Moreover, tablet magazines on a large scale simply weren’t doing well and companies across the country were reassessing the scalability of the outlet. In January 2016, Aileen Gallagher, a Newhouse assistant professor in magazine, published "2016: The Year Tablet Magazines Get to Die." In it, Gallagher states that the industry utilized the platform to “bolster flagging circulation” and ultimately “offering mostly replica versions” of each magazine’s print counterpart. The ASME awards removed honoring tablet magazines at their annual awards. The only tablet publication that won every year was National Geographic — a travel publication that puts a high emphasis on imagery, much like Zest. Even so, Gallagher noted that even titles like National Geographic, “whose editorial missions seemed a natural fit for tablets, could do little more than tack on multimedia shackled to the format and presentation of a print editions.” On top of that, readers had to go out of their way to access the files that ultimately signaled, in her view, the death of the platform.
In light of all these industry shifts, growing concerns over interactive tablets, and creating one on campus, Zest Magazine became an exercise in learning how to easily adapt and roll with the punches. During our second semester as an interactive tablet, we ran into several road blocks that forced us to reassess the platform and mode in which we displayed our work.

1. **Syracuse University’s Information Technology Services (ITS) would no longer provide the iPad application platform Zest used.** In a move that signaled an industry shift away from iPad magazines, Adobe released an updated version of the software that would cost the university upwards $100,000, a cost they deemed unnecessary to finance. Now, not only would our second issue no longer be accessible, we were completely unable to publish our second issue altogether.

2. At the same time we found out our iPad platform would be disintegrated, our **SquareSpace website domain expired.** The domain expiration added another expense we simply didn’t have the funds to fill.

In that moment, it seemed as if an entire semester’s worth of brainstorming, pitching, editing, designing, photographing, and promoting would all go down the drain. However, the magazine department and Newhouse announced at that time that it would provide free premium WordPress domains to all student publications. We soon transitioned from zest-mag.com to mag.syr.edu/zest. Our new plan would be to use a few handpicked, standout articles from that “failed” issue to be published in our third issue, and to publish the rest on mag.syr.edu/zest.

**Switching to print**
Again, fortunately for us, at the same time ITS informed us that creating an interactive tablet would no longer be an option, we received approval for funding to become a print publication on campus. We created the first print issue of Zest in Spring 2016. Thanks to the Office of Student Activities, we printed roughly 1,200 copies for distribution on campus. As mentioned previously, print allows us to cater towards our target demographic — Syracuse University students — in a much more ubiquitous way. Plus, it made me happy because I’m a traditionalist in some definitions of the word — I became extremely excited to see all our hard work come to fruition in the form of something physical and tangible.

IV. Plans for Zest’s Future

I created this project from the beginning because I pinpointed a void within the sea of campus publications — travel journalism — and I sought to fill that void. So in order to keep Zest around long term, I decided to start an application process to become a registered student organization through the Office of Student Activities. I made this decision for three reasons:

1. **OSA provides advisors and consultants that act as a support system** to nurture the retention of student innovation and creativity in the face of the quick turnover nature of undergraduate students. By this I mean, they help organizations continue on once their presidents and founders graduate.

2. **OSA ultimately holds a monopoly on student activities on campus**, and working with them is the easiest way to spread the word about your work, reserve space on campus to meet, and receive funding for your work. The opportunity to receive funding for work leads me to number three.
3. **Registered student organizations are eligible to receive funding** for their events and ventures — in our case, publication — which is something we desired.

The process of becoming an RSO through OSA was an undertaking in itself. The steps it took to becoming an RSO:

1. **Fill out an application packet.** The application packet must include your advisor, a minimum of eight members (four members being executive board members — those being president, vice president, and treasury/fiscal agent) and filled out questions regarding: the vision, mission, and goals of this organization, how the organization will be beneficial to the SU/ESF community, why the organization is seeking RSO status, how the proposed RSO differs from any similar one that already exists, and the nature of any programs and events it may hold in the future.

2. **Find an advisor.** The advisor must be a person who shares a passion for the mission of the organization and is willing to devote the necessary time to guide and influence it. Luckily, I had already pinpointed Professor Melissa Chessher — my magazine advisor and advisor in life in general — as my capstone advisor so this part happened quickly.

3. **Create a constitution.** The constitution is a document that lies out the specifics of how the organization will be run. OSA provides a sample constitution, typically averaging ten pages in length, which each RSO can base its own constitution around. (A copy of Zest’s constitution is attached to the end of this essay.)
Once I graduate in just a few short weeks, I will personally be finished with Zest Magazine. But my hope is that Zest will continue to provide the campus with long-form, explorative travel journalism; service articles; beautiful, explorative photography; and the occasional graphic design element for variety, on long after I am gone. In order to make Zest’s transition as painless as possible after I leave, I created a Zest Magazine Manual for staffers to peruse and use as a reference in the first semester of Zest, Spring 2015. The comprehensive manual is filled to the brim with job descriptions, writer expectations, and sample story queries, editorial line ups, and editorial schedules, in order to create a precedent for future work and to take the guess work out of creating a publication. I received help and inspiration in compiling Zest’s manual from my time working on What the Health Magazine. The manual’s also attached.

I thought long and hard about choosing my successors. Who did I want to take over? Which staff member displayed the necessary work ethic and passion for travel; who shared a similar voice and desire to do the work Zest sets out to do; who could continue it on after I leave? I built up a staff and placed each person in a position that I felt best suited their specific skills and talents, similarly to how I initially hired the first team of students. Ultimately, I chose a successor that I knew shared a similar passion, but that had their own voice and direction to take Zest and run with it, while still maintaining the mission of the publication. After all, that’s what drives magazines — they’re a direct reflection of their editor, and that’ll never change.

V. Conclusion: Why Syracuse University Needs Zest + Personal Impact of Project

Why Syracuse University Needs Zest
From the beginning of the project, I grappled with the ubiquitous nature of travel itself and making that into a publication. Given that I worked on the project for almost two years — two years during my undergraduate career in which one experiences a lot of self-growth and knowledge building — the mission and slant of the publication altered ever so slightly over the three semester of publication. In addition to being a writer, editor, and travel enthusiast, I do consider myself to be a feminist and activist. I wanted every article and every issue to have a purpose and state a meaning, and I sometimes found that difficult to do with the general-interest nature that travel and on campus publications generally exude.

Somewhere in my final semester, however, it clicked. I realized that I could marry the two by using Zest to stress the importance of travel for everyone — to inspire and encourage all interested student travelers to study abroad, regardless of their gender, socioeconomic, racial, and ethnic identities. Plus, the diversity of our categories allowed for us to touch on most important and relevant topics and issues for the Syracuse University student traveler.

That’s really why I believe SU needed the publication so strongly. Although SU Abroad boasts significantly higher numbers than the national average, the state of racial and ethnic diversity in study abroad culture on a national scale is abysmal. The Institute of International Education (IIE)’s 2015 Open Doors Report reported that only ten percent of all U.S. college students study abroad. Of that 10 percent, 74 percent are white, leaving only 5.5 percent of African-American students, 7.7 percent of Asian-Pacific Islander students, 8.3 percent of Hispanic/Latin@ students, 3.3 percent of students who identify as multiracial, and a mere 0.5 percent of Native students who go abroad. In my final article for Zest, a long form feature article titled “#StudyingAbroadWhileBlack,” I found that some of the reasons for the disparity in
the racial and ethnic diverse for study abroad students was a reality for a number of reasons, including issues of money, differences in familial ideals, and the idea that travel is unobtainable. However, diversity does more than simply expand opportunity. It literally makes everyone brighter, according to an experiment done by two American professors, Sheen S. Levine and David Stark. Being surrounded by students from walks of life different than your own encourages and enforces critical thinking.

Zest exists to make the unobtainable more approachable; Zest strives to help readers make travel a reality for everyone and showcasing journeys from all over the globe. Zest exists to help unravel those prejudices however it may.

**Personal Impact**

I cannot end this reflection essay without commenting on the personal impact of this project on my own life. Zest taught me invaluable leadership skills that I’ll carry with me long after I graduate. Zest gave me the courage to step outside of my comfort zone, to get comfortable being uncomfortable. Zest introduced me to countless incredible people on this campus, opportunities, and thought processes. It also taught me invaluable life lessons. Through this process, I learned that activism isn’t such a tightly and narrowly defined word synonymous with standing up publicly in the front lines of a movement. Activism can be speaking up when you see injustice occurring in the checkout line at the grocery store; activism can be acting as an empowered bystander when you’re out at the bars on a Saturday night; activism can be editing and creating a publication that pushes the boundaries of societal norms and covering topics and issues often undiscussed. Learning that, to me, helped me realize the importance of the publication and the work I set out to do.
Summary of Capstone Project: A Final Word

Our generation is often called the social justice generation. In fact, college students have bucked another popular label for us — the “apathetic generation” — thanks to increased activism in many areas, including gender and racial inequality, environmental preservation and LGBTQIA+ rights. This heightened social awareness correlates to America’s expanding study abroad culture and reinforces the important role travel can play in a college student’s education.

College is the perfect time to explore the world beyond your front door or your residence hall. When you’re surrounded by people who look, talk, and dress like you, it’s harder to empathize with those who reside outside of your cultural bubble. Travel, conversely, possesses the power to unravel our prejudices, and through its privilege it elevates our empathy and tolerance. This is not a new idea. Mark Twain wrote: “Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one’s lifetime.” Aziz Abu Sarah, a Palestinian activist, also expressed this idea of travel’s ability to teach tolerance in a 2014 Ted Talk. In it, he shows how, in his words, simple interactions with people in different cultures can erode decades of hate. Living with a Peruvian host family or sharing an apartment with Lebanese college students will create a bond and humanize people often dehumanized in mainstream media.

Zest exists to support this idea and seeks to inspire you to explore. We also exist to support and promote the travel of all interested student travelers, regardless of gender and racial and ethnic identity. The state of racial and ethnic diversity in study abroad culture on a
national scale is abysmal, but SU Abroad boasts significantly higher numbers than the national average; let’s talk about that in Discovery. Afterwards, read Gulnaz Khan’s personal essay about bucking preconceived notions of solo travel as a woman.

In the meantime, do everything possible to make that study abroad semester happen. When you’re successful, make sure to talk to the locals; immerse yourself in your host country’s culture. Break away from your American group and walk the El Camino like Jay Carmody in Outdoor; spend time with the Bedouins of Egypt; converse with the Luo people of Kenya. Whatever you choose, just go out and do. You’ll uncover this truth: You can find yourself by finding everyone else.

Zest will be here when you get back.
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Zest Magazine - Introduction

ZEST Magazine is Syracuse University’s premier travel publication dedicated to bursting the bubble of campus life and highlighting student adventures beyond the hill. It will focus on all facets of the student traveler’s life both internationally and locally.

The travel bug bites us all at some point in our lives, and in today's world, that point is often during our college years. ZEST makes a point to show that you don't have to travel far to travel wide. Your Greatest Adventure could be in Sydney or Tel Aviv, or it could be right next door.
### Zest Magazine’s Staff Positions

1. Editor in Chief  
2. Executive Director  
3. Managing Editor  
4. Senior Editors  
5. Assistant Editors  
6. Copy Editors  
7. Fact Checkers  
8. Creative Director  
9. Design Director  
10. Photo Director(s)  
11. Videos Director(s)  
12. Web Editor  
13. Assistant Web Editor(s)  
14. Development Editor  
15. Digital Director  
16. PR Director  
17. Associate PR Director  
18. PR Team Members
General Responsibilities

1. **Editor in Chief**: The head editor of the publication will be in charge of overseeing every department and focusing the brand of the publication. The editor-in-chief will macro/micro edit, produce content, and post to the social media accounts as needed.

2. **Executive Editor**: The executive editor will oversee all editorial work, acting as the overseer of all articles and written content in the semesterly issue underneath only the head editor in chief. Senior editors report to executive editor with new work and ideas.

3. **Managing Editor**: The managing editor’s main responsibility is to keep the staff in order and enforcing writers’ deadlines. (S)he will macro/micro edit the articles for the print publication as needed, and create/cultivate content on time-sensitive matters.

4. **Senior Editors**: Senior editors will be in charge of pitching story ideas to the editor in chief for their respective sections. They will work directly with the writers in their section, helping with the development of the story, working to generate new ideas as needed, and checking in with the writers on their progress on a weekly basis.

5. **Assistant Editors**: Assistant editors will assist the senior editors of their respective sections with the planning and editing of every article in their section the print edition. Assistant editors must also copy edit each story according to AP style, and line edit sporadically for grammar and accuracy. They will meet with their writers whenever the senior editors are unable to do so.

6. **Copy Editors**: Copy editors will be sent all of the articles in their respective sections to copy edit according to AP style and Zest Magazine style, as outlined briefly in this manual. They will also be encouraged to line edit for grammar and accuracy as needed.

7. **Fact Checkers**: Fact checkers will be responsible for researching the validity of each statistic and information listed throughout the website, contacting each source used in the article to verify information. They’ll act as the second to last line of defense.

8. **Creative Director**: The creative director will work closely with the editor-in-chief to create the brand and design of the magazine. The creative director will be in charge of the creative department, overseeing the Associate Creative Director, the Design Director, the Photo Director(s) and the Video Director(s). (S)he will be in charge of handing out design story assignments, delegating, and designing pages as needed. (S)he will also be encouraged to continually brainstorm new ideas for the brand as needed.

9. **Design Director**: The design director will oversee all distribution of design story assignments and delegation. (S)he will design pages as needed.

10. **Photo Director(s)**: The photo director(s) will be in charge of managing the photographers of the various sections, continually finding new talent for the publication, editing each photo to adhere with Zest’s standards, and creating a brand of high quality content. They will be responsible for shooting photos for the website and the print publication as needed.
11. **Videos Director(s):** The video director(s) will be in charge of managing the videographers of the various sections, continually finding new talent for the publication, editing each video to adhere with Zest’s standards, and creating a brand of high quality content. They will be responsible for shooting videos for the website and the print publication as needed. Associate Video Directors will assist the video director in the creation of the video department, working with videographers as needed.

12. **Web Editor:** The web editor will be in charge of the editorial side of the website. (S)he will be in charge of editing, controlling, and posting the content to the website. (S)he will also be in charge of writing and creating content as needed. (S)he will delegate stories and sections to the assistant web editors as (s)he needs.

13. **Assistant Web Editor(s):** “The assistant web editors assist the web editor with planning and editing written content for the website. They provide feedback on story pitches and generate new ideas when needed. The assistant web editors edit all the articles, which includes line-editing for content and style, but must also include copy editing (in adherence to AP style) and fact checking. This work must be completed on deadline so as not to delay the posting process. The assistant web editors will also write content if a post is urgently needed or is time-sensitive.

14. **Development Editor:** Zest Magazine is first and foremost a learning institution in which students of all backgrounds and experiences are encouraged to apply. The development editor works with new staff writers and photographers to create an atmosphere in which high quality content can be created and thrive, while allowing for new writers and photographers a place to grow.

15. **Digital Director:** The digital director will control Zest’s digital presence. (S)he will oversee each of the social media accounts for Zest Magazine, including, but not limited to, Zest’s Instagram, Facebook, Twitter, and LinkedIn. The digital director will write a minimum of 3 tweets weekly to be sent out to the staff listserv to have the staff members post on their personal accounts as needed in order to drum of interest and presence on campus. Additionally, (s)he will post all content sent from the web editor.

16. **PR Director:** The PR director will be in charge of broadcasting and advertising the various events of Zest Magazine as they occur, and promoting the website once it launches. The PR director will work to promote funding for the publication, playing a pivotal role in the visibility of all meetings, events, and content released by Zest.

17. **Associate PR Director:** The associate PR director will assist the PR director in the duties of broadcasting Zest Magazine’s various events and content.

18. **PR Team Members:** The PR team members will assist the PR director and the associate PR director who will delegate tasks such as the launch party, the funding of the magazine (including ventures with Newhouse, Maxwell, SU Abroad, and any sponsorships we may be acquire), and assist the social media team as needed.
Sample Story Queries for Writers —

INSERT HEADLINE OF THE ARTICLE
INSERT Word count:

Article Description:
- In this section, provide a bulleted list about what the story is going to be about
- Provide sources that can act as starting points for their research
- Include potential sources for interviews and their contact information. Get creative here – what professors on campus can we talk to? These people are considered experts in their field and they have office hours that we can make use of. So let’s use it! Also since this is a travel magazine,
- Make your writer feel confident about their story!

ALL WRITERS MUST PROVIDE A SOURCE LIST—at the end of your piece, make a sheet listing all the sources you used to write the piece, including websites, people interviews, books, studies, etc. For human sources, please provide contact information (name, phone number, email) for fact checking purposes

ALL WRITERS MUST PROVIDE 3 INTERACTIVE IDEAS FOR THE iPAD APP
- (Follow deadlines on editorial calendar)

ALL WRITERS MUST PROVIDE AT LEAST ONE ART/DESIGN IDEA—with your source list, provide a brief idea (one, small paragraph) for the art/design of your piece - how do you see this looking on a page in the magazine? What photos/illustrations would you use? Any specific typeface? How would you use the space on the page to layout the information of your piece?

CONTACT INFORMATION

SENIOR EDITOR (SECTION)
NAME
EMAIL
CELL #

ASSISTANT EDITOR (SECTION)
NAME
EMAIL
CELL #
**Writer’s Guides to Articles for Zest Magazine**
(As compiled with What the Health, 2014):

**RESEARCH**
- What do the experts have to say about it?
- Research—what’s been in the news about your topic in the last year?
  - What do CREDIBLE organizations say? Good sources for statistics/studies
  - **NEVER** use Wikipedia as a source!
- Interview expert sources:
  - PROFESSORS (we have a rolodex of experts on the SU website—broken down by category—and many have research projects and areas of interest posted online, so pick wisely).
- Interview personal sources:
  - College students (FIRST RULE OF JOURNALISM – DO NOT INTERVIEW PERSONAL CONTACTS. That means you do not use friends and/or roommates as sources. NO. EXCEPTIONS) who are affected by your topic. Remember our audience is students on campus—stories should focus on how whatever you’re writing about affects COLLEGE STUDENTS.
  - **Make sure all sources know their interview will be printed in an actual publication, and not a homework assignment.**

**TIPS**
- ALWAYS attribute work that is not your own (quotes and paraphrased material)
- Use trusted websites ONLY for statistics—all other research used should come from interviews.
- When interviewing...
  - Research ahead and prepare questions
  - **NO** E-MAIL INTERVIEWS!! Phone or in-person only
  - Ask for correct spelling of source’s name and their position/title
  - Ask for students’ years and majors
  - When speaking with experts, always ask:
    - What is the newest information on this topic? / “What sort of studies have you seen recently on the topic?”
    - Is there anything else I should know about this topic? / “Someone else to talk to?”
  - Ask if you can call back with follow up questions
  - Be respectful! Always finish interviews by saying, “Thank you for your time.” We want to set a precedence for Zest and its staffers and a professional, high quality reputation.

**ZEST STYLE GUIDE**
- Said, not says. Attribute for sources at the end of the quote or paraphrase
- No rhetorical questions: Don’t ask questions in your story, answer them!
- Get anecdotes (descriptive personal stories)—they help readers relate and keep readers engaged
- Use serial commas (before and/or in a series, i.e. “we saw lions, tigers, and bears”)

• ONE (1) space at the end of a sentence
• **Identify student by major AND year
• Triple check spelling and title of sources, titles should be lower case after name
• Spell out names of buildings on the first reference
• Talk to sources on the phone or in-person (do not email for research)
• NEVER show a source the article. If you have any problems, contact Madysan (zesttravelmag@gmail.com) and/or your senior editor immediately!

WHAT TO TURN IN WITH EVERY DRAFT:

• ALL DRAFTS WILL BE TURNED IN ELECTRONICALLY, PLEASE DO NOT PRINT DRAFTS UNLESS OTHERWISE NOTED BY YOUR SENIOR/ASSISTANT EDITOR OR EIC. NAME DOCUMENTS: SECTION_title_writer’s last name
• Include a source list with (1) correct name spelling, (2) title/position (major for students), (3) telephone number, and (4) e-mail—FACT CHECKERS WILL BE CALLING ALL OF YOUR SOURCES
• Times New Roman, 12 pt. Font. Double space, no enters/spaces between paragraphs or sentences, one tab at the beginning of a paragraph
• INTERACTIVE IDEAS
EMBARK (FOB)

- **Question and answer**: The most unique food eaten traveling. **WRITER**: Melissa Cubit
- **Don’t be an asshole** – A list of tips on how to not be an asshole when going to places that significantly culturally different than your own. **WRITER**: Madysan Foltz
- **Travel Fails**: This is a roundup of stories shared and curated by the writer, from readers. Blurbs. **WRITER**: Sabrina Rambaran

NOURISH (Food)

- **Upstate Dining**: The best places to dine in Upstate New York. If you’re itching to get off campus this semester, why not take a food-filled road trip? This article would give suggestions for different restaurants, wineries, etc. **WRITER**: Brooke Hamling
- **Recipe**: How to make Tarte flambée/Flammkuchen, a traditional French/German thin pizza topped with cheese, onion, and often pork meat. The dish originates from the Alsace region in France. **WRITER**: Riddley Gemperlein-Schrim
- **Grocery shopping abroad**: grocery shopping in different countries as a way to immerse yourself in the culture (When I was in Germany, I noticed that none of the eggs were refrigerated and people had to pay to use shopping carts. The differences gave me culture shock but juxtaposed European and American life.) **WRITER**: Nicole Harris
- **CITY SPOTLIGHT JERUSALEM**: Falafels, hummus, and a walk around tour of Jerusalem. **WRITER**: Morgan McMullen

OUTDOOR

- **Backpacking Infographic**: How to pack light for backpacking/hiking, focusing only on the essentials (INFOGRAPHIC). **WRITER**: Ben Meade
- **Hidden gems around the area**: What are cool nature places ‘Cuse students don’t know about, but should visit (within a reasonable driving distance, no more than an hour, hour and a half)? Especially if it’s a different atmosphere than our campus - the theme should be a short distance "getaway." **WRITER**: Kirsty Fraser?
- **Wales Outdoor Adventure**: Photo essay. **WRITER/PHOTO**: Megan Callahan
- **SUOC Adirondacks**: Photo essay. **WRITER/PHOTO**: Chase Gaewski

CULTURE

- **The difference from being a visitor and living there**: Going to a place for half a year is certainly different than going to one for several months. How does one integrate themselves to their new community? What are the challenges? **WRITER**: Jaye Harris
- **The politics of travel**: A lot of people who have recently gone to places (like Palestine) that are a lot less conventional and seen as dangerous by some. What led them to make this decision? What have they learn? How did they prepare? **WRITER**: Rahima Nasa
- **Cherished possessions**: A photo story about things people have brought back with them from their travels and why it means so much to them. **WRITER**: Henna Kulaly
- **Reverse Culture Shock**: **WRITER**: Phil Porter
- **Music Fests**: **WRITER**: Jackie Frere
**DISCOVERY (Personal Essays)**

- **Living with the Bedouins**: My friend spent a few weeks living with Bedouins in Jordan. This isn’t something typical so I think her story would be interesting to feature in the magazine. **WRITER**: Heather Rounds

- **TransAtlantic DATING**: What was it like and what did you learn from being in a relationship with someone you met abroad? Ex. I have two friends who both started dating boys while abroad last semester, one in South Africa and the other in Chile. **WRITER**: Jen Bundy

- **Get Lost**: A detailed story about someone who got lost while travelling; sometimes I find that getting lost can be just as fun as sticking to plans **WRITER**: Eden Lapsley

**DISEMBARK (BOB)**

- **World Wide Wasted**: **WRITER**: Tory Russo

- **How I Embarrassed Myself In………. (a recurring section)**. **WRITER**: Natalie Rudakevych
Zest Magazine

December 2014

Article I – Introduction

Section I: Name: The name shall be Zest Magazine, hereinafter referred to as Zest.

Section II: Mission Statement: The purpose of this organization shall be to provide quality content and information in regards to local travel throughout the Upstate NY region and international travel to the Syracuse University campus. Zest Magazine is Syracuse University’s premier travel publication dedicated to bursting the bubble of campus life and highlighting student adventures abroad and beyond the hill. Zest Magazine intends to educate, excite, and invigorate the SU/ESF campus and its students, faculty, and staff.

Section III: Objectives: To provide a new professional and distinguished publication to the magazine culture already on campus. To provide quality content for the SU/ESF community on the different facets of the traveler’s life and opportunities that await them through SU Abroad and World Partner programs.

Article II – Organizational Structure

Section I. Executive Board:

A. List of Executive Board Positions and General Responsibilities: See attached manual for job descriptions.

B. Qualifications for Becoming an Officer: Those who wish to take an executive board position as a Zest officer must be either an undergraduate or graduate SU/ESF student and must maintain a 2.0 GPA. Those who wish to take a presidential position at Zest also must be either an undergraduate or graduate SU/ESF student and must maintain a 2.2 GPA. It is desired that the president, aka the editor-in-chief, has a minimum of one and a half years of academic and/or professional experience within the realm of journalism. He or she must be dedicated to the mission of the organization and desire to continue to improve its standing both on campus and online.

C. Terms of Office: Staff positions will be filled at the start of each semester. Previous staff members will be encouraged to reapply for their positions and/or higher positions, but all of the lower-level positions will become available as to give more opportunities to new members. The editor-in-chief position will roll over into incoming semesters until the individual deems the time appropriate to hand the position on to their successor.

D. Procedure for Filling Vacated Offices: In the event a position becomes vacant, both members of Zest magazine and others in the SU/ESF community will be encouraged to apply for the vacated position. Interested individuals will send in the necessary information (be it resumes, clips of their work, and a cover letter, dependent on their desired position). The editor-in-chief will then go through the applications and decide which individual will best fit the vacated position.
Section II: Committees: Zest Magazine will not have committees at this time.
   A. Types of Committees: Not applicable.
   B. Temporary/Special Committees: Not applicable.
   C. Section III: Advisor:
   D. Selection of Advisors: Advisor is selected by appointment. Advisor pool is developed based on magazine experience and relevant experience based on the publication’s mission.
   E. Qualifications: Magazine experience, an interest in the publication’s mission, and a commitment to the time and attention necessary to support the publication adequately.
   F. Terms of Office: An advisor can serve one to two years on the organization. The advisor may be considered to continue if desired by both parties. The president/editor-in-chief will review the placement of the advisor at the maximum of two years.
   G. Roles and Duties of an Advisor: The responsibilities of the advisor is to assist with publication promotion, assist with writer and editor recruitment and selection (if needed), attend and participate in critique sessions, story-idea meetings, and info sessions, provide feedback on articles, and assist the with conflict resolution. The group expects the advisor to be interested in the topic and available for regular consultation.

Section IV: Organization Consultant***: Every student organization is assigned an organization consultant out of the Office of Student Activities. The Office of Student Activities reserves the right to assign and change the organization’s assigned organization consultant. The appointed person will be a professional staff member out of the Office of Student Activities and will act as a resource and guide to the organization in the program planning process.

Article III – Membership

This article outlines the requirements and expectations for membership to be granted into the organization. It typically includes three levels of eligibility: general membership, committee membership, and executive board/officer membership. These sections detail the initial requirements to be eligible for participation.

Section I: Membership Eligibility: SU/ESF students will be eligible for membership to Zest. There will be no dues nor minimum GPA requirement for regular members. Associate members such as faculty and/or staff may be eligible for membership if deemed appropriate by the editor-in-chief of the magazine.

Section II: Executive Board Eligibility: SU/ESF students with a minimum of a 3.0 grade point average will be eligible to hold an executive board position, as outlined previously. The requirements of each position is outlined previously in Section IA of Article II. Executive board members are expected to maintain the mission of Zest Magazine and continue to strive to create a quality product in line with standards placed by the editor-in-chief.

Section III: Committee Eligibility: Zest Magazine does not have committees at this time.

Section IV: Executive Board Resignation: If an executive board member wishes to withdraw from their position in the organization, they will be asked to give a minimum of a two weeks’ notice. During this time period, they will be required to actively hunt to find a qualified and talented individual to take their place.

Article IV – Executive Board - Election/Selection Process
This article outlines and details the process and procedures for electing/selecting executive board positions. There are various methods to selecting officers or executive board positions, which can include: selection committee and interview, nomination and vote, or appointment. The elements contained within this section depend upon the method the organization decides to utilize. What should be stated in this section is who oversees the process; requirements to enter the selection process; how the process operates; how a new officer/executive board member is affirmed or selected; and when their term begins and ends (recommended May 1 through May 1).

March of Spring Semester is recommended as all student organizations must update their roster with the Office of Student Activities in April to maintain their status as a recognized student organization on campus. Also, this allows for new officers/executive board members to shadow departing members for at least a month before the incumbent leaves their position. This shadowing provides a vital period of learning and training for the coming year ensuring a smoother transition and greater passage of knowledge and information.

Section I: Time and period when selection occurs: The president/editor-in-chief will select new officers as outlined in section I b of article II. Applications to join Zest’s staff will be released closer to the end of the semester prior to the semester in which the position is desired. Selection will thus be held twice a year, and all positions will be filled by the editor-in-chief. Preferential selection for the higher positions will be given to those who have experienced an entry-level position to ensure proper training. The president/editor-in-chief will be in charge of going over the expectations, responsibilities, and duties with each member immediately following their respective hires.

Section II: Nominations: Given the nature of the organization, ZEST will not utilize the nominations method in filling positions.

Section III: Election Procedures: Given the nature of the organization, ZEST will not utilize the elections method in filling positions.

Section IV: Notification and Posting of Elections: Given the nature of the organization, ZEST will not utilize the elections method in filling positions. To alert qualified individuals on campus of open positions, Zest will use flyers, posters, and email/social media announcements at least 2-3 weeks prior to the deadline.

Article V – Meetings

Section I: Types of Meetings: There will be four types of meetings for Zest magazine – editorial, design, public relations, and general interest meetings. General interest meetings will occur once a semester to garner interest in the magazine and recruit writers and talent for the publication. Editorial, design, and public relations meetings will occur on a weekly basis. Staff members will be required to attend meetings according to their respective departments. Staff members will be encouraged not to miss more than 2 meetings in a semester unless there is a significant time conflict; in this case, staff members will be required to set up outside meetings with their writers and/or photographers.

Section II: Time and Occurrence of Meetings: General interest meetings will occur once a semester at a date to be determined by the editor-in-chief. Editorial, design, and public relations meetings will occur on a weekly basis.

Section III: Special Meetings: Special meetings may be called in the event that there is an issue with the release of the publication or there is still extensive work to be done. The editor-in-chief will be the only individual who will be able to call meetings.

Section IV: Quorum: Two-thirds of the eligible voting membership.
Section V: Parliamentary Procedure: Robert’s Rules of Order Newly Revised shall govern the conduct of business for the organization.

Section VI: Voting: Only ESF/SU students can vote.

Section VII: Meeting Minutes and Records: The managing editor will be in charge of taking minutes and records during the first editorial meeting and general interest meeting. These records will be stored on the organization’s Google Docs Drive and it will be the editor-in-chief and managing editor’s responsibility. The organization will send out the minutes via the organization’s listserv to solicit corrections to the minute.

Article VI – Impeachment

Section I: Ground for Removal: The grounds for removal of an executive board member includes, but is not limited to, failing to carry out the responsibilities, duties, and roles outlined to them before they were hired. The president of Zest will be the only individual that can initiate the removal of an executive board member in this organization and it will only be used in the event that the individual shows gross negligence in carrying out their duties and/or their respective for the organization’s members, mission statement, and themselves.

Section II: Procedure for Impeachment: The impeachment process will be as follows – if an individual is not working up to Zest’s standards, the editor-in-chief will discuss with them privately. The individual will have the opportunity to discuss their problems and offer counter evidence to the charges. If their behavior and/or attitude continues to not align with the organization, the president will remove them from their position.

Section III: Procedure for Appeal of Impeachment: If an individual would like to appeal their impeachment, they will submit a query to the editor-in-chief and managing editor. The editor-in-chief and managing editor will consider the situation with the new evidence brought forth to them. The editor-in-chief and managing editor will decide within two days from receiving the appeal.

Article VII – Constitutional Amendments

Section I: Amendment: The editor in chief/president can propose a constitutional amendment verbally. The amendment can be proposed at the start of the semester with one week’s notice to the general body. The executive board, including the managing editor, should be present for the adoption of the amendment.

Section II: Ratification: The executive board’s votes are required for ratification. A newly ratified constitution becomes in effect upon ratification.

Article VIII – Not-for-Profit Statement

This is not-for-profit organization.

Article IX – Financial Obligation

A majority of voting members of this organization may determine reasonable dues and fees assessed to each member at the beginning of each semester. A specific member or members, designated by this organization shall be responsible for payment in full of all debts accumulated by the organization not covered by funds on deposit.
ARTICLE X – Statement of Non-discrimination
Syracuse University is an equal-opportunity, affirmative-action institution. We do not discriminate on the basis of race, creed, color, gender, national origin, religion, marital status, age, disability, sexual orientation, gender identity and gender expression, or status as a disabled veteran or a veteran of the Vietnam era to any extent discrimination is prohibited by law. This nondiscrimination policy covers admissions, employment, and access to and treatment in University programs, services, and activities. (Exempted by Federal law, social Greek orgs may omit “gender”).

ARTICLE XI – Statement of Non-Hazing
This organization will not conspire to engage in hazing, as defined by New York Penal Law 120.16 and New York Penal Law 120.17, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution.

ARTICLE XII – Statement of Compliance with Campus Regulations
This organization shall comply with the Syracuse University Code of Student Conduct.
**FOUNDING EDITOR-IN-CHIEF:** Madysan Foltz  
**MANAGING EDITOR:** Nicole Harris  
**CREATIVE DIRECTOR:** Sofia Russo  
**ASSOCIATE CREATIVE DIRECTOR:** Anumeha Sinha  
**SENIOR EDITORS:** Victoria Russo, Sarah O’Connell, Rahima Nasa, Megan Callahan, Henna Kulaly  
**ASST E:** Cory Fernandez, Bridget Hallinan, Natalie Rudakevych, Kirsty Frazier, Sabrina Rambaran  
**COPY/RESEARCH EDITORS:** Nicki Gorny, Caroline Colvin, Taylor Georgeson, Sarah Peck  
**PRINT PHOTO DIRECTOR:** Bridget Williams  
**DIGITAL PHOTO DIRECTOR:** Chase Guttman  
**PUBLIC RELATIONS DIRECTOR:** Christian Unkenholz  
**ASSOCIATE PUBLIC RELATIONS DIRECTORS:** Gabi Lichtenstein, Hannah Meader  
**SOCIAL MEDIA DIRECTOR:** Jess Steele  
**SENIOR WEB EDITOR:** Alexa Voss  
**ASSISTANT WEB EDITORS:** Jessie Bizenov, Tiffany Moran  
**VIDEOPHOTOGRAPHER:** Serge Stambolyan  
**WRITERS:** Melissa Cubit, Madysan Foltz, Ashley Siu, Nicole Harris, Brooke Hamling, Riddley Gemperlein-Schirm, Jackie Prager, Ben Meade, Megan Callahan, Jackie Frere, Rahima Nasa, Heather Rounds, Eden Lapsley, Jen Bundy, Natalie Rudakevych, Victoria Russo, Kara McGrane  
**PHOTOGRAPHERS:** Birani Nyanat, Renee Chou, Ryan Fulmer, Heather Rounds, Eden Lapsley, Riddley Gemperlein-Schirm, Miles Marcotte  
**DESIGNERS:** Morgan McMullen, Rohan Krishnan, Max Redinger, Eliza Weinreb

Special thanks to Professor Melissa Chessher for her endless support within the role of Zest’s faculty advisor through the Office of Student Affairs. Thanks also to Syracuse University’s Renee Crown Honors program and Office of Multicultural Affairs.
I am not a religious person by nature, but I experienced a spiritual moment this past summer. I traveled to Lira, Uganda, for a six-week global health internship with the non-profit organization Global Health Network (Uganda) in partnership with Syracuse University’s Nourish International chapter. On one of our weekend getaways, my team and I scaled the side of a mountain in pursuit of the remarkable Sipi Falls. Once I reached the summit, I stripped off my shoes and headed for the 100-foot waterfall. I hobbled my way across copious slippery rocks to take my perch on a clunky boulder directly underneath the point at which the water tumbled off the mountain. The clouds hung low, creating the illusion that if I stretched out my hands, my fingertips could caress the fluffy, nature-made cotton candy. I peered up through the cascading wall of water to take in the raw beauty, and in that moment, the world stopped. I heard nothing but my heartbeat fluttering against the fast and heavy pounding of the waterfall. In that moment, my future unfolded with clarity, and I—the girl with a penchant for wearing bright red lipstick, five inch platform heels, and funky dresses—deemed my mudcaked, bug bite-covered feet and destroyed khaki pants well worth the sacrifice.

Much like the rocks that lay beneath the tide of Sipi Falls, my experience underneath that waterfall scoured away feelings of self doubt and uncertainty within my own future—at the time I felt unfulfilled by my chosen course of study, broadcast and digital journalism, which, to use a phrase my mother always says, just wasn’t making pasque for me. The moment allowed me to access my true zest for life: Travel journalism. Editing. Managing a staff of like-minded individuals. The moment provided me the mental clarity I needed to create Zest.

To me, profound moments such as these form the beating heart of the traveler’s world. This fast-paced world allows every traveler—regardless of race, ethnicity, gender, or orientation—to meet so many diverse people, experience numerous places and cultures, and, in the least clichéd way, find themselves amongst a whirlwind adventure.

That’s what we’re serving up in our first ever issue—a whirlwind adventure. We want you to embark on a journey right from our first story, which conveniently tells you how to avoid being an asshole when you visit foreign cultures (page __). From there, wander over to the outdoor section to discover how to have your own spiritual moment under a waterfall right here in central New York. While you’re at it, get a glimpse into the lives of the Pennsylvania Dutch, as told by award-winning travel photographer Chase Guttman’s DSLR camera (page __). Explore another side of travel—the politics of travel—when visiting highly contested spaces (page __). Take a moment to live with the Bedouins of Wadi Rum, Jordan, on page __. Finally, disembark from the adventure by getting familiar with international beers that will get you world wide wasted (page __) right from your South Campus apartment.

Zest begins as my honors capstone project, a culmination of my life and travel experiences to date. But as it takes off, I hope it becomes a home for students to showcase their own experiences and adventures. I hope this publication inspires a way of life that places value on questioning the status quo and exploring the world outside of Syracuse. I hope you all open yourselves up to people and places outside of the environment from which you’ve been raised.

I found my zest for life. Now, it’s your turn. The world awaits you.

WELCOME TO ZEST.
“Every time I travel with my family, we try to get the full experience. When I was staying in the Seychelles we went to one of the restaurants recommended to us by a local. Earlier in the day we went out on a boat and had some raw sea urchins that our boat driver kindly picked up for us. We decided to top off our day by trying the traditional flying fox served with rice.”

“Eating fried grasshoppers in Thailand felt like the scariest thing I have ever done in my life. Once I had them in my hand, it took me at least five minutes of staring at their little antennas and feet in fear to muster up the courage to try a nibble. But I’m glad I did – they were actually really good. They tasted like a lighter, crunchier version of potato chips.”

“My family and I received a free appetizer when we were on vacation in Italy. It had a strawberry on top and it looked like pudding or mousse. I took a bite and it was this chalky, textured, bitter grossness. I gagged. It turned out to be goose liver.”

“I pretty much have an ‘eat anything’ policy when I travel. I was the only one in my group to try a worm in Peru. When I ate it the guide said to me, ‘You know you’re supposed bite it so that the worm will die.’”

“I ate a goat’s eye in Los Angeles. It didn’t taste as gross as it looked. It almost tasted like nothing. It had a chewy texture and it was in a soup so it tasted more like the soup than anything.”

“What’s the most unique thing you’ve eaten while traveling?”

“Through the Grapevine”

EMILY ALEK
S.I. NEWHOUSE SCHOOL OF PUBLIC COMMUNICATIONS ADVERTISING CLASS OF 2018

PHIL PORTER
MAXWELL SCHOOL OF CITIZENSHIP AND PUBLIC AFFAIRS HISTORY CLASS OF 2017

DESTINY TUDOR
VPA COMMUNICATION DESIGN CLASS OF 2017

ALISA DUBIK
VPA COMMUNICATION AND RHETORICAL STUDIES CLASS OF 2017

CHINEDU UBACHUKWU
SCHOOL OF INFORMATION STUDIES INFORMATION MANAGEMENT AND TECHNOLOGY CLASS OF 2017

CHINEDU UBACHUKWU
SCHOOL OF INFORMATION STUDIES INFORMATION MANAGEMENT AND TECHNOLOGY CLASS OF 2017
It happens to everyone. You say something or do something and instantly become The Ignorant American Tourist who cluelessly bungles into a cultural faux pas and accidentally offends someone. Granted, you had no intention of making all Americans look bad just because you don’t know to stand on the right side of the escalator. But while it is understandable once or twice, repeated offenses are not recommended.

The best kind of traveler is one that assimilates into the culture of the country he or she visits. Don’t change who you are, but don’t be a massive jack-hole either. Stay away from these massive cultural faux pas, and you’ll considerably decrease your chances of getting mugged in Moscow or slapped in South Africa.

So before you embark on your next trans-continental journey, don’t be an asshole, and check out this list Zest has compiled.

By Madysan Foltz
1. **London. Ride on the wrong side of the escalator.**
   If you’re in a hurry, climb on the left. If not, stand still on the right. London takes escalator etiquette extremely seriously, and you don’t want to be the one body-slammed by a frazzled businessman because you were standing on the left side of the escalator.

2. **Turkey. Speak on public transportation.**
   Turkish riders consider these trips to be times of quiet self-reflection. Locals always know you’re not one of them when you incessantly gab it up with your friends about your dinner plans, the call from your ex, or that super hot Turkish guy/girl you met last night at the club. (P.S. People in America don’t enjoy hearing this noise either.)

3. **India. Ask if any of the locals ride an elephant to work.**
   Gauraa Shekhar, a junior music and entertainment industries major, is originally from India. Shekhar says that asking if the locals ride an elephant to work is the first way to being an “absolutely ignorant asshole.” Don’t be that guy. Or girl. Also, no, India does not still have the plague. Come on, man.

4. **Ecuador. Expect the locals to keep the same sense of time as you.**
   Life moves slower in many Latin American countries than its North American counterparts. Try to get used to living life at a slower speed or you’re sure to butt heads with your new friends sooner or later.

5. **South Africa. Go with a white savior complex.**
   Africans are humans who are not in desperate need of your help. You can go to South Africa with a plan to assist organizations already set in place with developmental goals for certain regions, but don’t go in there with the mentality that your two years of undergraduate expertise is going to fix all the problems of systematic oppression within a short timespan. You are the student. Learn. Experience. Grow.

6. **Everywhere. Try to do whatever you want regardless of other people’s feelings and beliefs and then play the “I Don’t Speak English” card.**
   That card will buy you a one-way ticket to asshole town. Population? You.
THE TRAVELER’S COMPANIONS

ESENTIAL LITERATURE FOR THE GLOBETROTTER

Written By Ashley Siu
Photos By Bridget Williams
The best stories come from personal experience. Traveling is just one way to live them. It’s an adventure to dive into unfamiliar territory, because not only does it expand your worldview, but it also prompts reflection over your past to gain a new perspective on life.

However, the dream adventure rarely turns into reality. School, work, family, and money are common excuses to put off booking the ticket. For those who have caught the wanderlust bug but can’t seem to make the escape, perhaps a bit of reading will temporarily satisfy your stomach. Consider adding these three books to your personal collection.
TO UNDERSTAND WHY

The Art of Travel tackles two specific questions: why do we want to travel, and how should we do it? Through a series of essays, renowned Swiss philosopher Alain De Botton unpacks the human desire to search for happiness and a meaningful existence through travel. De Botton retells personal anecdotes and musings. He then reflects upon those experiences by incorporating the ideas of other authors, philosophers, and artists.

Although the book leans towards more abstract concepts, De Botton clearly articulates the benefits of travel on a spiritual and philosophical level. The boiling down of high-culture concepts makes this read enjoyable to both avid bibliophiles and the occasional reader. Readers who take on The Art of Travel can expect to learn skills needed to make the most of their future travels.
Those of us smitten with wanderlust are often stuck thinking about the practicalities of leaving daily routine behind. After all, traveling is often considered an expensive luxury rather than a lifestyle choice. Vagabonding uproots this idea in favor of yearlong travels. World traveler Rolf Potts drives home the point that time is the only possession you own. Spending your time wisely is the only responsibility you have.

This self-help guide touches on practical advice in addition to the philosophical benefits of long-term travel. Vagabonding includes information on how to finance your travel, find work overseas, adjust to life on the road, and even re-assimilate back into society once you return. Potts’ tutorial can help settle the practical fears of potential travelers. The only step left is finding the courage to do it.
TO LOSE YOURSELF

Still not convinced that physical travel is an option for you? All it takes is a good book to get lost in someone else’s adventures. Unlike other classic Mark Twain novels about Tom Sawyer and Huckleberry Finn, The Innocents Abroad is based on the author’s 1867 travels to Europe on the USS Quaker City. This classic travel novel often goes overlooked in even the most avid readers, but it has provided laughter to readers for over a century with its humorous take on culture and society. Stop the injustice and pick it up from your local bookstore.
Do you ever want to just get out of town and get some fresh air? Well, lucky for you, central New York is the place to be! With interesting cities and towns in every direction, a food-filled adventure is just a car ride away. Grab a few of your buddies and head to one of these iconic restaurants while you adventure around the Empire State.

Because New York is more than just a city.
DOUG’S FISH FRY

SKANEATELES

A local favorite only 30 minutes away from Syracuse, Doug’s Fish Fry has been serving up delicious casual cuisine since 1982. Located in the beautiful lake town of Skaneateles, Doug’s is famous for its seafood specialties and desserts. Lori Newman, a postdoctoral fellow in the biology department at Syracuse University, says, “I grew up in the Syracuse area, and it was always a treat going to Doug’s. You can’t get a meal like their fish dinner anywhere else.” Doug’s also serves chicken, shrimp, scallops, clams, and deep-fried seafood. Try some fish and chips and a warm apple sundae.

LOCATION → 8 County Road 22, Skaneateles, NY 13152
DOGTOWN

ROCHESTER

White or red German franks, garbage plates, and cute, dog-themed menu items? Sounds like Dogtown. This hip eatery delivers Rochester culinary staples at fair prices, and is located right downtown. You can wash down your St. Bernard (sauerkraut, Swiss, and mustard), your Golden Retriever (bacon and cheddar), or any of the 15 specialty hot dogs on the menu with a hot order of sweet potato fries and a crisp root beer. Only an hour and 20 minutes from campus, Dogtown is a great destination for a weekend adventure.

LOCATION ➔ 691 Monroe Avenue, Rochester, NY 14607
Two hours and 20 minutes west of Syracuse lies the renowned Anchor Bar. This Buffalo hot spot is famous for creating the modern Buffalo wing, the deliciously deep-fried and saucy American classic. Andrea Corasanti, a Buffalo native and junior advertising major at SU, says, “Being from Buffalo and having been to Anchor Bar turns you into a wing snob. Nothing else compares.” If you feel daring, test your limits with their extra spicy “suicidal” sauce. But don’t worry – there is plenty of bleu cheese dressing to put out that fire.

1047 Main Street, Buffalo, NY 14209
With bagels and specialty coffee drinks until 2 a.m., Collegetown Bagels is a relaxed restaurant right down the hill from Ithaca College and Cornell University. Only an hour from SU’s campus, the Ithaca area is full of unique shops, record stores, and fun places to get a bite and a flavorful coffee drink. Allie Dethmers, a junior integrated marketing and communications major at Ithaca College, says, “CTB is the spot to go to on the weekends to catch up with your friends and enjoy a nice brunch. I love the fun atmosphere and the variety in the menu.” Collegetown Bagels makes a great nourishment station on your way to go see the Ithaca gorges.

**LOCATION**

415 College Avenue, Ithaca, NY 14850
If you’re feeling extra adventurous, and have a passport and two hours and 40 minutes to spare, visit our neighbors to the north and eat one of their most famous cuisines: poutine! A quick voyage on the Maid of the Mist will allow you to finish up your visit with some french fries covered with gravy and cheese curds. Hailee Salvesen, a junior music education major at SU, said that Smoke’s Poutinerie is definitely worth stopping for a meal. “I am a vegetarian, and they had some great options for me,” she says. “I would love to go back.” So take advantage of our neighbors to the north, get in the car, and go for an adventure.

LOCATION → 5869 Victoria Avenue, Niagara Falls, ON L2G 3L6, Canada
If there’s something better than pizza, it’s Georgia’s khachapuri—a pizza-esque cheese bread with butter. In the country of Georgia, khachapuri is a dietary staple eaten nearly around the clock every day. There are about 12 types of khachapuri, with each region of Georgia offering its own variation. There’s the more simplistic Imeretian khachapuri, a round pie filled with cheese. And then there’s the unapologetically decadent Mingrelian khachapuri, open-faced and topped with an egg and a copious amount of butter, its molten cheese filling spilling out upon piercing its center.

Reactions to khachapuri are usually something like, “It’s pretty much the best food ever.” This is neither incorrect nor a hyperbole. Given the choice of pizza or khachapuri and, well, as the saying goes: butter is better.
Khachapuri
(pronounced “catch-a-puri”)
Serves 4-6

INGREDIENTS:
¼ teaspoon sugar
1 teaspoon dry, active yeast
2/3 cup warm water, heated to approximately 115°F
1 ½ cups all-purpose flour, plus more for dusting
1 teaspoon kosher salt
1 tablespoon olive oil, plus more for bowl
2 ¼ cups grated dried mozzarella, gruyere, and muenster cheeses*
1 cup crumbled feta cheese
2 egg yolks**
4 tablespoons unsalted butter, cubed
Red pepper flakes, for serving**

HELPFUL TIPS:
*Traditionally, the bread is filled with a brined Georgian cheese called sulguni. Given sulguni’s inaccessibility, a combination of dried mozzarella, Gruyere, and/or Muenster and feta makes a fine substitute in terms of meltability and saltiness.
**Most khachapuri recipes use a whole egg; however, there’s the added difficulty of cooking the egg while not over-cooking the egg yolk, which can be tricky. Using just the yolk avoids this problem and gets the khachapuri to the table faster.
***Use Aleppo pepper flakes if you can find them. They have a wonderfully smoky, raisin-esque flavor.

1. In a medium mixing bowl, combine sugar, yeast, and warm water. Let stand until foamy, this should take about 10 minutes. Add the flour, salt, and olive oil and stir with a wooden spoon until a dough forms. Turn dough out onto a floured surface and knead until smooth, for about 4 minutes.

2. Lightly grease another medium bowl with olive oil and place dough in bowl. Cover loosely with plastic wrap and let rise in a warm, draft-free place for 45 minutes to one hour, or until doubled in size.

3. Meanwhile, heat oven to 500°. Place a pizza stone (or an upside-down baking sheet) on a rack set in the lower third of the oven. Allow the stone to preheat for an hour.

4. In a bowl, mix cheeses together.

5. Punch dough down. Divide dough in half and dust tops with flour. On a sheet of lightly floured parchment paper, roll one piece of dough into a 10-inch circle, about 1/8 inch thick. Sprinkle one-quarter of the cheese mixture over the dough, leaving a half-inch border around the edge. Starting on the long side closest to you, fold the edge of the dough towards the center, about one-third of the way. Repeat with the opposite side. Pinch open ends together, pressing upwards and twisting slightly, to form a boat shape. Sprinkle another quarter of the cheese mixture over the middle.

6. Repeat process with the other half of dough and cheese.

7. Place the bread boats, on their parchment paper (making sure there’s not too much flour on the paper) and onto the pizza stone. Bake 14-16 minutes, until the bread is browned and the cheese bubbly.

8. Remove the bread boats from the oven and gently place an egg yolk in the middle. Dot the cheese’s surface with butter. The butter should melt quickly, but if this isn’t happening, place the khachapuri back in the oven (turned off) for a few seconds—be careful not to leave it in for too long, as the yolks will cook.

Today Wegmans, tomorrow the world.

by Nicole Harris
I neared full panic attack mode in the middle of a grocery store. Staring down at the package in my hands, I didn’t know whether I was about to buy turkey breast or sliced liver. In a panic, I placed the indecipherable package in the grocery cart with a bunch of other products with which I felt uneasy.

I finished my rounds around the tiny store. My thoughts were a mess of unanswerable questions and panicked thoughts: “Why aren’t the eggs refrigerated? That can’t be safe. Is this yogurt or sour cream? Do Germans not use tortilla shells?” To make matters worse, I couldn’t look up the translations on my iPhone because I didn’t have international data.

My anxiety peaked after the cashier rang up my items and left them sitting on the counter. “Tasche? Bag?” I asked. The cashier rolled his eyes and pulled a bag out from under the counter. “Ten cents,” he sneered in English. I already had to deposit a euro to use the shopping cart, so in retrospect I shouldn’t have been surprised that I also had to pay for shopping bags. The real surprise came later that night, however, when I almost choked on a grape. Apparently, “ausgesät” means “seeded.”

When I first arrived for a semester in Berlin, Germany, I didn’t even register grocery shopping on my radar. How hard could it be to buy some bread and cheese? I quickly found out that I would experience the most culture shock when buying food, just because the experience proved to be so much more different than in America.
For starters, language barriers make labels insanely hard to decipher. You might be able to guess the products, but the specifics can be a struggle—salted or unsalted, seeded or seedless, spicy or mild, and the list goes on. Plus, most foreign brands are different than American brands, and local cuisine may be unfamiliar to tourists. “You walk in (the store) and you see a leg of a pig sitting on the wall. Like, a whole thigh. You don’t see that in America,” says Cady Welker, a junior studying public health and child and family studies at Syracuse University. Welker spent fall 2014 in Madrid, Spain.

Language barriers also complicate the checkout process. It is typical to experience personal and social discomfort in the checkout line as the close-quartered interactions can show the inadequacies of your language retention. “When people in my line or other checkout lines heard me speaking Spanish to the cashier they’d all turn and stare at me because they heard my horrible accent. It was so uncomfortable,” says Molly Estes, a junior majoring in sociology and communications and rhetorical studies, who spent the fall 2014 semester in Santiago, Chile.

Even the way food is displayed can be different abroad. For example, eggs and milk aren’t refrigerated in many other countries, especially in Europe, due to different health code regulations. And don’t expect to have the convenience of re-sealable packages for your lunch meats or chip bags. In Germany, sour cream is sold with peelable lids that resemble yogurt container lids. Finding a re-sealable package felt to me like winning the lottery.

ANXIOUS ABOUT GROCERY SHOPPING ABROAD?
Here are some tips to help you buy your groceries smoothly:

- Check grocery store hours. In Europe, many stores close at 6 or 8 p.m. on the weekdays, and don’t open at all on Sundays.

- Learn how to ask for a bag, cart, and receipt, as well as basic vocabulary like “please,” “thank you,” and “how much?”

- Look up translations of the food you need before heading to the store.

- Bring a bag in which to carry groceries.
I noticed people in other countries tend to shop more often than Americans. Many Europeans regularly visit the self-serve bread stations. Additionally, some South Americans stop by fruit stands daily to pick out fresh produce, Estes says. Stores abroad tend to be more specialized—Germans don’t have stores like Wegmans where you can pick up anything from fresh fruit to alcohol to shampoo in only one trip. “When we go to the grocery store in America, it’s kind of a one-shop stop,” Welker says. “In Spain, if you wanted particular things, you would have to go to another store.”

Store layouts can also be shockingly different. Don’t expect express lanes or self-checkout lanes in countries other than America. Many stores abroad only have a few cash registers, but lines are relatively small. Grocery carts often have to be rented, demanding a deposit that will be reimbursed once you return the cart. Most people bring their own shopping bags or backpacks to carry their food, since many European stores charge five to 15 cents per shopping bag. Also, payment systems are different in every country. Estes says that many South American stores have a strange credit card system. “They used ‘quotas,’ which is basically like credit but specific to that store. So if you didn’t want to pay the total price you could say ‘con quotas,’ which means ‘with credit,’ and you chose how much credit (was) to be charged to your card,” she says.

At the end of the day, don’t stress out about it too much and have fun with grocery shopping. Take the opportunity to explore your host country’s cuisine so that you can get a more accurate taste of their everyday lifestyles.

I know that I definitely gained a sense of self-confidence and independence once I was abruptly thrown into the world of international grocery shopping.

“It doesn’t hurt to try stuff you weren’t normally used to,” Welker says. “Be open to it. You might find something really good that you wouldn’t expect.”
Backpacking allows you to slow down and look at the world with a whole new perspective. SU’s Department of Recreation Services Associate Director Scott Catucci, whose job includes outdoor education and student development, offers advice for your next trek: “Plan ahead and prepare!” Zest has collaborated with Catucci to put together a list of the top 10 essentials to ensure novice backpackers are adequately prepared for their next big trek. Read more about why each item is a necessity.

Words by Ben Meade | Photo by Bridget Williams
**Knife**  
A knife or a multi-tool such as a Swiss Army knife serves many functions, from opening food cans to cutting down vines. A useful tool is vital have in your pack in case the need arises.

**Iodine**  
If you hydrate properly, you’re sure to tear through your water bottle stash quickly. Save room in your backpack and cut down on extra weight by packing iodine (or a water filter if you’re allergic) in order to safely drink water from natural sources.

**Tent**  
When trekking, many backpackers sleep in a tent along their route. You should know where your final destination is and where you will stop along the way.

**Matches**  
Every backpacker must know how to make a fire. Carry the proper waterproof matches in order to start a fire in any weather conditions.

**Sunscreen**  
The sun can be your best friend or your worst enemy. Having sunburn would make your trip difficult, so you need to be well protected. Bring sunscreen, UV-incorporated lip balm, a hat, and sunglasses.

**Base Layer**  
Wear multiple layers in order to stay warm throughout your trek. Your base layer should be non-cotton and composed of a dri-fit wicking material. Having extra clothing in your pack wouldn’t hurt, either.

**Non-perishable snacks**  
Granola bars, trail mix, and dried fruit are quick and cheap snacks to provide long-lasting energy throughout your adventure.

**Headlamp**  
The woods are very dark at night, so have a source of light with you. Many back-packers wear a headlamp so they can keep their hands free and focus on the trail ahead.

**Compass**  
When you are stuck in the middle of the Adirondacks, Siri won’t be there to get you out. Stash a compass and a map in your sack and make sure you know how to use these supplies before you get lost.

**First aid kit**  
No matter how prepared you are, accidents do happen. Medical assistance will not always be available on the trails. Pack a first-aid kit and make sure someone in your group knows how to perform basic first aid while you wait for medical professionals to arrive.
It's a common stereotype that most collegiate students, especially Syracuse University students, often get trapped in the bubble of campus life. Most of the time, that stereotype holds true. But what most SU students don’t realize is that there are so many natural masterpieces around central and upstate New York that can keep outdoor enthusiasts on their toes.

With an abundance of nearby trails, lakes, and mountains, students can take a brief remission from the grind within windowless, dusty classrooms and find solace in a day trip or a weekend excursion in a slice of paradise. And, luckily, many of these hidden gems are cost effective for a college student’s budget—the only cost is most often an entrance fee that typically runs for less than $10.
For Jakob Bocianski, Letchworth State Park is a family affair—his parents got engaged there in 1989. Having grown up in Rochester, New York, the junior sport management major has gone to Letchworth since he was a child. “One thing I used to like was the way (the park) starts off,” Bocianski said. “There are three sets of waterfalls from the gorge, and you build your way from the smallest to the largest one. I always thought it was cool, almost like an adventure.”

You may not have to drive 3,000 miles to the West Coast to get your Grand Canyon fix—Letchworth, located only an hour and 45 minutes from campus, is known as the “Grand Canyon of the East.” And you can see why—the Genesee River rushes amongst the varying cliffs that reach as high as 600 feet in some places. Letchworth is complete with its surrounding vibrant forests and action-packed hiking trails that make the entire park an SU travel enthusiast’s wet dream.

You can’t swim in the three main waterfalls (unless you have a death wish), but Bocianski and his family have found some hidden trails that lead to small pools of water that anyone can enter. Take a hike and explore.
Buttermilk Falls State Park is as yummy in terms of eye candy as its namesake implies. Nestled within the Ithaca Gorges, Buttermilk Falls is one of the only waterfalls in which people can swim in the area. There are surrounding trails for every kind of hiker to work up a sweat before finding a reprieve within the clear, revitalizing waters.

An added perk of Buttermilk Falls is its proximity to Ithaca Commons – Ithaca’s famous pedestrian street filled with restaurants and shops. Kristy Mitchell, integrated marketing manager at the Ithaca/Tomkins County Convention and Visitors Bureau, believes that Ithaca Commons is Ithaca’s number one outdoor treasure. Located right in the heart of downtown Ithaca, visitors can easily extend a day trip into a weekend getaway, with multiple motels, bed-and-breakfasts, and campsites close by for lodging.
More Than Just A Hiking Trip

Watkin’s Glen

After growing up visiting Letchworth State Park, Bocianski and his family wanted a break to try some place new—Watkins Glen State Park. A trip to the Finger Lakes would be remiss without a day spent at Watkins Glen. The most famous of the Finger Lakes State Parks, Watkins Glen offers a 400-foot stream that cascades past 200-foot cliffs, creating 19 waterfalls along the way, according to New York State’s Parks, Recreation and Historic Preservation website.

Bocianski says that you see steep waterfalls the minute you enter the park. He was in awe of the mere fact that so many waterfalls could exist in one place. And he can’t boast enough about the benefits of leaving the fast-paced world of college and work behind and getting out into nature. “It helps you to relax,” Bocianski says. “It helps you feel more in tune with life, and slow down to get the bigger picture. That can translate to your work getting better, relieving stress for yourself. It’s a natural stress reliever.”
Central New York offers copious mountain biking, bouldering, caving, kayaking, canoeing, and rafting expeditions for the more adventurous types. The Syracuse University Outing Club is one link to the great outdoors, but SUOC isn’t the only way to get some vitamin D. Getting off campus can be tough, but upstate and central New York have many treasures that are well worth the search. There are endless ways to get there, from renting a car to taking the bus or going along with SUOC. There’s no excuse to not spend time outdoors.

"All you have to do?
Go."

Jackie Prager contributed reporting to this article.
Soulful amish eyes peer out from a sea of straw hats and austere black garb – the bright-eyed curiosity of fledgling Amish youth is ever present in their inquisitive stares towards outsiders.

Story and Photos:
Chase Guttman
Amish mud sales are a springtime tradition marked by the thawing of fertile soil in Pennsylvania Dutch Country. As the farming season starts anew, local cultivators crave the newest ploughs and most industrious stallions for their ensuing harvest. Amish mud sales, which are organized weekly by neighborhood firehouses, provides farmers with an outlet to nourish their appetite for tools. Everything from horses, quilts, and Amish buggies are auctioned in a cacophonous blur of words. Each auctioneer’s velocious flow echoes through the festival grounds and contributes to the atmosphere of the unfolding festivities. Halting for nothing more than a meager breath, the auctioneer’s nimble salesmanship helps the bid price steadily increase. While elders gather around dockets outlining the upcoming crafts waiting to be sold, the youngsters seek entertainment in the mud.

Mud sales get their name from the thick, boot-consuming muck that cakes the farmland. While crowds of men and women attempt to carefully trudge between auctions, Amish youth make a game out of sliding and running through the slush.

Amish mud sales are the world’s fair of the Amish sphere – they allow outsiders to get an up close and intimate look at the so often veiled Amish community. Every year, a new group of soulful Amish eyes stares over my shoulder and scrutinizes the DSLR or iPhone screen that stands before me just looking to get a glimpse of an entirely different existence.
An Amish elder surveys the buggy selection as he plods through the mud.
Prospective bidders inspect every inch of these equine wares, including checking the horse's teeth for disease.
With an innate sense of curiosity, an Amish boy scrutinizes the mechanical workings of a Nikon camera.
Explore the breathtaking natural wonders of Europe’s most sparsely populated country: Iceland.

Story and Photos:
Megan Callahan
Canary yellow fluorescent lights illuminated the night sky. The Shell gas station beamed like a beacon as a tear splashed onto my cheek. Thousands of feet above the neon bulb of a fuel station, the sky flickered. I was in Iceland, I was seeing the northern lights, and I was crying in a gas station parking lot.

In twenty four hours, I had tackled much of what Reykjavik’s nature had to offer. I had unleashed my inner mermaid in the Blue Lagoon, a murky geothermal spa containing silica and sulfur secluded in a volcanic field. Hours later, re-hydrated and noticeably less raisin-like, I laced up my rental hiking boots, tightened my crampons, and began my ascension to the summit of Mýrdalsjökull. The fourth largest glacier in Iceland, located at the southernmost point, Mýrdalsjökull is a mecca for adventure-loving tourists. Scattered across the icy peaks like pepper on mashed potatoes, groups of novice and inexperienced climbers clambered in a single-file line towards the 4,898-foot summit.

We made headway with extremely calculated steps. While dipping and crawling through ice caves, the signs of spring and climate change made their presence known. Glacial water droplets plummeted from the crystal ceilings and ash from previous volcanic activity blended with the icy slush we trudged through. Whispers of global warming breezed through the group the farther we climbed, only to be met with firm facts by the guides who promised us that
in the ten years they had been climbing Mýrdalsjökull, it had melted over hundreds of feet and would be gone within the
next 50 years. The hard facts forced me to look past my lens at something that soon wouldn’t exist. It dawned on me that
in a matter of only a few decades, the ice that I so firmly stood upon would be water.

That night, the city lights of Reykjavik twinkled and faded behind us as we drove into the Icelandic wilderness in search
of a perfect spot to view the northern lights, free from headlights and towering hotels. Thirty minutes later we landed
upon an empty field nestled between mountains and molehills, speckled with birch and aspen trees. We made camp
there. Our makeshift wind-block of two white Land Rovers stood in stark contrast to the deep onyx night surrounding us.
The group, approximately ten brave North Face- and wool-sweater-donned individuals, huddled around telescopes and
tripods, baring their fingers to the elements in order to obtain the perfect view or shot.

At dawn we left to snorkel in Silfra, known as the clearest waters on Earth. The Silfra fissure, one of the top cold-water
dive sites in the world, is a crack between the North American and Eurasian continents. The continental plates meet and
drift apart every year in this location, with crystal clear waters that allow visibility up to 328 feet. Snuggled in a dry suit, I
waddled like a penguin towards the water, adjusted my second-hand goggles and snorkel, and waded in. I floated along
the surface, taking in every mental image possible. The group’s excitement muffled by the snorkels lodged in their mouths
reverberated across the rocks as clear as the water it traveled through. Half an hour in the 35-degree water later and on
the verge of hypothermia, my goggles filled with tears as we climbed out onto the volcanic rocks. I was in Iceland, I was
seeing where the continents collide, and I was crying—again.

“IT DAWNED ON ME THAT IN
A MATTER OF ONLY A FEW
DECADES, THE ICE THAT I
SO FIRMLY STOOD UPON
WOULD BE WATER.”
Exploring hotly contested places first-hand is the perfect companion to reading about them in history books.

Written By: Rahima Nasa
When Taylor Bold stepped into his first Arabic class as a Syracuse University sophomore, he never imagined he would be in the occupied West Bank only two years later. Bold’s desire to study Arabic stemmed from his interest in the Middle East, which began with a world history course in high school. His passion for Arabic culture and language motivated his decision to immerse himself in a language-intensive course at Birzeit University in the West Bank in the summer of 2014.

Students of Arabic typically learn Modern Standard Arabic, which can be understood across countries in the Arab world. However, few people use this formal dialect in everyday life. Bold’s first Arabic professor at SU, Violette Humsi, encouraged him to study Arabic abroad, which led to his summer plans in the West Bank. “Learning about other cultures really helps build the bridge between nations. It makes us all more tolerant and appreciative of differences,” Humsi says. “Traveling to places like the West Bank also helps you see things (first-hand), and to make your own judgments as opposed to reading someone else’s biased opinion, which, after it has crossed oceans and continents, ends up being accepted as the truth.”

Bold, who is a senior policy studies and economics major, specifically chose to study the local dialect of the West Bank because he also wanted to broaden his understanding of the Israeli-Palestinian conflict, which is one of the most contentious issues in international politics.

The program Bold chose prepared students by beginning with a two-week social justice seminar. The seminar helped students understand their new environment and the politics of different spaces in Israel. During Bold’s seminar, he visited Jerusalem, Ramallah, Bethlehem, Hebron, Jericho, Nablus, and Jenin. Topics covered in the seminar included the history of Jerusalem, the Israeli occupation, women’s rights, refugee camps, and Palestinian identity. “As an outsider it was important for me to learn about these issues because it made me make sense of this new space I had entered,” says Bold. “Especially being there this summer when the tensions heightened again.”

Three Israeli boys were kidnapped in the West Bank shortly after Bold arrived. He recalls Israeli soldiers tearing up the West Bank for days in search of the missing boys, and says the soldiers made mass arrests and ransacked media offices. “There were nights when we heard Black Hawk helicopters as we went to sleep,” he says. The
kidnapping sparked another war between Gaza and Israel. The New York Times reports that 1,881 Palestinians and 67 Israelis died during the conflict. The six-week ordeal led to numerous demonstrations around the world calling for peace.

Bold didn’t let this turmoil hinder his plans. “When I made the decision to travel here, I came with the expectation that things could potentially tense up, but I wasn’t going to let that stop me,” Bold says. “Plus the conflict was happening in Gaza, not the West Bank.”

He went to two demonstrations in the West Bank, which did get violent. Bold stayed safe by being aware of his surroundings, constantly keeping watch over where he was, and making sure he wasn’t alone. His parents felt concerned about his safety, but Bold wasn’t worried. “The idea of safe is relative. It’s just a way for people to run away from places they need to travel to,” he says.

Bold encourages people to go to the West Bank if they are interested in learning about another side of the Israeli-Palestinian conflict. He stressed the importance of leaving behind bias, as well as being conscious of one’s position of privilege within these spaces. This privilege allows Americans to enter and leave when they want, he says. For a lot of the people living in places like Palestine, it is not that simple. A wall might divide the land their family has inhabited for generations, for example, or they might have to pass through a security checkpoint to get to work every day.

While traveling in Israel and the West Bank, Bold became more aware of the privileges afforded him as a white, English speaking individual. “I don’t want to say I was untouchable, but rather people would think twice before interacting with me,” he says. He parallels his experience to his Chilean American friend who did not fit the stereotypical American image – this friend got stuck in customs for almost two hours when he tried to leave Israel.

Bold’s travels taught him that the Israeli-Palestinian conflict couldn’t simply be understood in black-and-white terms. He stressed the importance of making a concerted effort to get to know people in their spaces before making judgments on their lives. “I can read a book about the Israeli-Palestinian conflict, but until I actually go there—to both sides of the separation wall, to the hills of Ramallah, and to Tel Aviv—I don’t think I’d ever have known,” he says.

“I don’t want to say I was untouchable, but rather people would think twice before interacting with me.”
Instagram photos and shared snapchats may provide instant gratification in remembering a wonderful trip abroad, but they don’t always offer the same emotions as physical souvenirs. Five students shared their most cherished travel possessions with Zest.

Words by
Madysan Foltz

Photos by
Bridget Williams and Renee Chou
Kimberly Powell carries a piece of a smashed table around with her to commemorate a whirlwind weekend getaway with her friends. Studying abroad in Istanbul in Spring 2014, the senior art and design major and her friends decided to take the trip to the Black Sea to stay in an Airbnb room. After a few drinks, one of the girls decided to move a table that ended up smashing to the ground. They ended up leaving the room earlier than expected, but Powell decided to take a piece of the table since they didn’t capture the time with videos or photos.

KIMBERLY POWELL: Table Piece

Photographed by Bridget
Whenever Alex Archambault feels stressed, she looks towards the brass om she has hanging on the wall of her dorm room. The freshman newspaper and online journalism and international relations dual major bought the om at a yoga ashram in India because she says it symbolizes a oneness with the universe in the Indian culture. She derives a sense of serenity from it. “It was one of the best trips of my life, and (the om) reminds me of that,” Archambault says. “I get really stressed out easily, so I look at the om, chill out, [and] remind myself that everything is okay.”
Bassam Shawl, a senior international relations major, checked out a hammam, a Turkish bathhouse, when he visited Istiklal Street in Istanbul, Turkey, in the fall of 2013. “It was a weird experience, the hammam itself—there’s a half naked man and girl beating you down,” Shawl says. “So it was a little out of my comfort zone. But afterwards it was great. I slept like a baby.” He bought a bathrobe to remind himself of the whole study abroad experience and his time outside of his comfort zone.
Grace Hildreth, a freshman French major, worked as a middle school teaching assistant at the Bilingual International School of Strasbourg in Strasbourg, France, in the fall of 2014. Once she completed her four-month stay, her class gave her a card with personalized messages. The card made her proud of the work she accomplished. “It’s really nice to have them in this card,” Hildreth says. “It’s a perfect way to remember them forever.”
Music festivals are popular in the United States, but most people don’t know that some of the most unique festivals are beyond American borders. Whether you’re into pop, rock, EDM, jazz, or a combination of all four, there’s a festival for you. Make sure to plan ahead and check the weather — dancing in the rain is fun until the mud starts flying.

Check out these five festivals and listen to the music heard around the world.
1. **GLASTONBURY FESTIVAL**

Glastonbury Festival in Pilton, England, is the ultimate festival. The world's best actors, poets, and musicians will take three stages from June 24 – 28 in a mind-blowing lineup. Kanye West is headlining one of the main stages, as are the Foo Fighters and Lionel Richie. Tickets have already sold out on the main website because of its popularity worldwide. Past headliners included Beyoncé, Arctic Monkeys, Mumford and Sons, Coldplay, and Arcade Fire. Last year, the festival was almost cancelled because of rain and mud, so be sure to bring your wellies – or your rain boots.

2. **TOMORROWLAND**

For electronic dance music lovers, Tomorrowland in Boom, Belgium, is the place to be. The largest EDM festival in the world will host disc jockeys Avicii, Martin Garrix, Tiësto, and Hardwell, as well as numerous other well-known chart toppers, this summer from July 24 to July 26. At the end of each day, 35,000 festivalgoers can enter DreamVille: a city within the festival that hosts campers, boasts numerous shops, and throws crazy after-parties. Tomorrowland is known for its mystical atmosphere and crowd – don’t be surprised if you see a few girls covered in glitter and rocking fairy wings. Tomorrowland has a strict no drugs policy and provides judgment-free trashcans in which to dump all drugs and alcohol before entering the festival.

3. **ROSKILDE FESTIVAL**

The Roskilde Festival in Roskilde, Denmark, aims to support charities benefiting children and humanitarian work. Northern Europe’s largest music festival is run by the Roskilde Festival Charity Society, which means all profits made from the festival are donated to nonprofit organizations around the world such as Doctors without Borders and Save the Children. This year’s lineup will showcase major names including Disclosure, Muse, Florence and the Machine, Pharrell Williams, St. Vincent, and G-Eazy from June 27 to July 4. Visitors can hang out in skate parks, dabble in graffiti workshops, or play board games when taking a break from jamming.
4. OPPIKOPPI FESTIVAL

For the ultimate hippie festival experience – think Woodstock – check out the Oppikoppi Festival in Northam, South Africa from Aug. 7 to Aug. 9. There’s no other way to describe the festival than as a big dance party in the middle of a dusty desert. The event features rock ‘n’ roll bands, jazz, and kwaito music, which is essentially a South African take on house music. Last year’s promotional video for the festival issued an ominous statement: “Don’t die on the first night.” Think you can handle it?

5. MTN BUSHFIRE FESTIVAL

If you find yourself in Africa at the end of May, hit up the MTN Bushfire festival in Swaziland. The festival, which is held on the farmlands of the Malkerns Valley, hosts an eclectic group of international musicians that concertgoers will have a hard time finding anywhere else. Bushfire is a great place to explore Australia and South Africa’s biggest indie pop and urban artists, like the Black Jesus Experience. The only thing that the festival asks its listeners to do is “bring their fire,” because the energy is nothing but high for three days straight.
Looking to improve her Arabic, one student stayed with a group of Bedouins in Wadi Rum. The lessons she learned proved to be unforgettable.
Footsteps on the patio outside wake me up every morning. Through the lopsided window frame, sun spills onto the sprawling expanse of Wadi Rum. Coffee brown mountains speckle this desert valley that stretches approximately 450 square miles across southern Jordan. Sand and rock blanket its terrain.

Tourists are shuffling through the front gate and into the house. From my mat, I hear Arabic and English mingling in the hot, dry air. On other days, Russian, Mandarin, French, and other languages drift into the mix. Reluctantly, I leave this little room attached to the outside of the house. I cut through the side yard to the back door, passing hanging clothes and a tank that holds our weekly allotment of water. In the kitchen, I collect several small, chipped glasses of sweet tea and go to greet the tourists.

After studying abroad in Amman, Jordan, the semester before, I had trekked south to live with Bedouins to improve my Arabic. I landed in this tourist camp run by a young Bedouin couple, Attallah and Minal, who promise foreigners “the real Bedouin experience.” The tourists who flock

FROM MY MAT, I HEAR ARABIC AND ENGLISH MINGLING IN THE HOT, DRY AIR. ON OTHER DAYS, RUSSIAN, MANDARIN, FRENCH, AND OTHER LANGUAGES DRIFT INTO THE MIX.
to the camp today are sprawled on the couches and chairs in the front room, which serves as the office. The business equipment consists of an iPad, one weathered laptop, and spotty access to the only source of Wi-Fi in this half-mile village nestled in the center of the spanning valley. While Attallah and other employees plan and prepare the tourists’ day, I serve them tea in traditional Bedouin fashion. Although Bedouin populations across the Middle East and North Africa have dramatically diminished in the past century, they continue to exist in smaller numbers, and their presence as a cultural force remains strong. Bedouin values are accepted in muted forms as the norm in larger cities. Bedouin language is considered the best Arabic dialect. Their poetry is revered as among the best literature. They form the basis of Arabian culture and society.

Before the collapse of the Ottoman Empire, when Turkish rule still loosely controlled in this region, Bedouin tribes shifted their tents in large numbers along the vast stretches of harsh land between Morocco and Iraq. These nomadic people often flexed their militaristic prowess in inter-tribal raids, which served as a worthy livelihood and means of survival. They moved within familial and tribal units across the desert with their camels, sheep, and goats in herds. The children move in herds, too, throughout the squat, squalid village. While visiting Attallah’s family one afternoon, I play soccer with a few of his 28 siblings. His many brothers and sisters come from his father’s four wives.

In the Muslim faith, to which many Bedouins ascribe, some believe a man is allowed to have up to four wives as dictated in the Quran. But this is only if a man can treat them all equally. Minal’s father has only two wives, and he alternates days spent with his two families. I ask Attallah about polygamy one night as we drive back from the tourist camp. We lurch through the
sand as I try to shift gears on the car. Attallah.yells out instructions as he rolls a joint of
hashish on his lap.

“Slowly lift your foot off the shift as you
press on the gas. No!” Attallah shouts. “I said
slowly, Azhar.” He uses my Arabic name, which I
was given upon arriving to the village. It means
flower, just as my English name, Heather, is a
type of flower.

Attallah smokes as I jerk the car through
the desert. His white tunic hugs his slight frame,
but the fabric tightens around his belly. His red
and white “kaffiyeh” is wrapped around his head
in traditional Bedouin style. In between drags,
Attallah compares the prevalent polygamy
in his Bedouin village to premarital sex in
America. He says that just as many Westerners
are repulsed by polygamy, many Bedouin see
premarital sex – widely accepted in the U.S.
– as similarly immoral. Conversations like this
help me to to burrow deeper into this culture.

Daily, I feel less detached from their paradigm
and values.

As a pocket of light emerges from the
black abyss ahead of us, Attallah makes me
switch seats with him. The lights of the village
look like the Milky Way surrounded by the dark
space of desert. As we coast onto the paved
village roads, Attallah tells me not to tell Minal.
Don’t tell her that he let me drive. Don’t tell her
that he smoked weed.

Attallah parks the car, and we enter the
house to find Minal waiting in the living room.
Her 21-year-old body immediately springs
from the mat as we enter. In her cheerful
manner, she pours Attallah tea and brings out
a tray of food. Their conversation ebbs and
flows continuously as they ignore the censored
American films flashing across the flat-screen
TV. Minal’s loud, husky laugh erupts often.
Attallah’s quiet chuckle follows.

“CONVERSATIONS LIKE THIS HELP
ME TO TO BURROW DEEPER INTO
THIS CULTURE. DAILY, I FEEL LESS
DETACHED FROM THEIR PARADIGM
AND VALUES.”
Minal and I spend many nights stretched across the mats lining the living room floor. I ask how to pronounce Arabic words, and she teaches me new ones. I explain American expressions, and she asks what the word f*ck means. We both have questions about each other’s families, dreams, and cultures.

Minal always dreamed of working in a hospital. She used to attend a university in a city an hour away. After only a year of school and marriage, Minal gave birth to her son. She tried being both a mom and a student for a while, but she missed her baby whenever she left him in the arms of a sister for the day. She eventually dropped out.

Minal appears happy with her life filled with laughter, food, and family. However, when she talks about her faded dream, her usually animated voice slips into a whisper. The perpetual brightness in her expressive eyes flickers momentarily.

Minal avoids the office during the day when it is frequented by tourists and employees, since only women and family can glimpse her uncovered face. She remains in the back rooms and knocks on the door to the office when she wants Attallah or me. Minal says she is a princess. She gets to remain in the protected enclave of her house and never go out to work in the camp, she says while extending her arms to gesture at her beautiful home. Before leaving the house to visit family, she carefully adjusts her “niqab” in front of the hallway mirror. Only her dark, brown eyes peer out from the thin, black veil that cloaks her entire body. In public, I am the only unveiled woman.

The worlds of the sexes are distinctly divided here. While men almost exclusively dominate the public realm, the women rule within the cement homes. In these rooms and their adjacent yards, the women clean, make food, drink tea, chase children, and wait for their men to return for the day. In the evenings, Attallah and his Bedouin employees entertain the tourists in their cozy “Bedouin camp.” While the food, music, and dancing presented to these travelers might reflect Bedouin reality, other amenities at the camp lack authenticity. The tourist area has Western toilets and toilet paper. Only squat toilets and bidets are available in the nearby village, where I pee on my own feet four times the first day I arrive. On the few nights that I go to the tourist camp, I immediately rush to the porcelain throne and just lounge there. I also shove wads of toilet paper in my bra or in my underwear, which I ration in the following days when I return to the village.

When World War I ended, Bedouin reign lost clout and prestige as colonial powers shuffled
into the region, chasing national interests and carving chunks of land from the carcass of the Turkish kingdom. Bedouin warfare, which had previously blunted invasions with seasoned success, now bent under new Western equipment and force.

With the subsequent development of nation-states and centralized governments in the region, the era dominated by Bedouin people roaming freely and ruling fiercely eroded. Colonization, modernization, and other factors led to an exodus in the last century, as much of the nomadic population transitioned from desert dwellers to citizens living in villages and cities.

Many of the Bedouins I met in Wadi Rum are considered semi-nomadic. They flit in and out of the village, often depending on whether they need access to the schools or healthcare services.

One evening, Minal and I visit some of her family in the village. Their home is a few detached rooms, which all open into a sandy courtyard. A herd of goats and some chickens are cordoned off in a separate part of the compound. A brown dog roams between the bleating animals as the women wrestle the goats for milk to serve with tea. The scene plays out as the setting sun creates red and purple streaks from behind the looming mountains.

The next afternoon, Minal and I return to the village. The courtyard stands barren. Silence lingers where barking, clucking, and laughter whirled yesterday. I ask Minal what happened. Nothing, she replies. They just decided to return to the desert. They might be back soon.

They might not.
Diverging from the beaten path can be more rewarding than sticking to an itinerary.

Written and Photos By
Eden Lapsley
I decided to go to Porto because the round-trip flight cost a grand total of 84 euros with the famously inexpensive airline: Ryanair. I had never heard of the riverside city in northern Portugal until I began my stay in Europe. I didn’t know what to expect. When I got off the plane, I took the subway to get my hotel, a little 26 euro per night sliver of a place squeezed in between two other buildings. I rang a buzzer on the side of the door and it opened up to a narrow flight of stairs. I dragged my bags up to the top where a little woman sat behind a desk.

“Olá,” she peeped quietly.

I smiled and responded by handing her my information. She took my bags and motioned for me to follow her as she muttered to herself in Portuguese. She teetered up two flights and showed me to my room. I thanked her, she nodded and closed the door, leaving me alone in the room that had one window eight feet high to the right of the thinly blanketed bed, a cheap dresser up against the wall to my left, and no bathroom. Instead, the bathroom was in the hall outside the actual room. There was an odd smell permeating the entire building that was a cross between cigarette smoke and musty floorboards. The odd quietness of my room was unsettling and it reminded me how alone I was. I had to distract myself from the sounds of the empty hotel hallways.

With no reason to stay in my hotel any longer, I threw my messy hair up and headed out, even though I had no destination in mind. I hopped on the subway and took it to the center of the city. I began to wander around with Google Maps as my only guide. The city felt forgotten. Everything was a fading shade of something once beautiful. Storefronts consisted of pale facades shedding ridged pinks or blues that had at one time been sharp cherry-reds and deep shades of cerulean. All the rooftops were a rust-colored orange, each shingle trimmed with furry, green moss. There were a lot of windows with metal bars or broken glass. I passed dozens of murals and painted images on all sorts of surfaces. Street art was one way the people of Porto kept their city alive. From seemingly animated images of cats playing Fado-music to pointed messages like “Tanta casa sem gente. Tanta gente sem casa,” which translates to “So many houses without people. So many people without houses,” adorned the city walls like brightly colored tapestries.

I eventually found myself on Rua de Santa Catarina, a main shopping street that sloped down a fairly steep incline ending at the doorstep of a centuries-old cathedral with a looming tower that could be seen from the other end of Rua de Santa Catarina. The Clérigos Church seemed like the only building in Porto that wasn’t crumbling. Its sturdy stone blocks held up much better against time and weather than the creaking wood and chipping ceramic tiles that canvassed the rest of the city. It had more experience wrestling with erosion than the abandoned homes and vacant shops that failed to survive the massive spiral that gripped the city. After climbing to the top of the Clérigos tower and enjoying the panoramic views, I decided to find my way to the one specific place in the city I had planned on seeing: Livraria Lello & Irmão, a bookstore in the center of Porto. When I walked inside, I felt as though I had stepped into one of the books that had slipped off of a shelf and fell onto the floor. It was easy to see why it was named one of the best bookstores in the world by multiple
The curving red staircase and ornate carvings that adorned the stained wood of the interior looked like they were inspired by a fairy tale. The rows of countless multicolored spines begged to be browsed, pursued, and pulled off the shelves. The only downside was that all of the books were written in Portuguese. Still, I wandered around until I came across the poetry section. I pulled out a book with a title I recognized: Ariel, a collection of poems by Sylvia Plath. I opened it and saw that in addition to a Portuguese translation of each poem, the English original mirrored the translated text on the opposite page. It was perfect.

I took my newly purchased book with me on my next search for the city’s best francesinha, a traditional sandwich dish that originated in Porto. I had previously consulted the omniscient resources of the Internet for the best place to try it. It seemed like a restaurant called Café Santiago was the most favorably reviewed. I put the address into Google Maps and off I went. A half hour later, after walking 15 minutes to Rua de Passos Manuel and another 15 lapping the street about five times, I was convinced it didn’t exist. Hungry, irritated, and tired of listening to my screaming feet, I walked into a small, quiet, nameless café and ordered an espresso and a little cup of cold peach mousse that was the color of a ripe cantaloupe that the waitress recommended to me. Both the coffee and dessert were heavenly. I sat there for the next hour relaxing, watching people walk by the window, and reading the lovely words of Plath.

On the way out I looked through a few stacks of random flyers by the door. I picked up a yellow piece of paper that advertised “The Worst Tours.” Intrigued, I leafed through it and saw what it was all about. “The Worst Tours” was an “agency for anyone who really doesn’t want to be a tourist while getting to know Porto, the coolest city in Portugal.” I decided to look it up. On the website exciting graphics and unique fonts claimed that the tours were run by “three architects facing sudden economic destruction,” and displayed a promise that “we’ll probably get lost.” It sounded perfect. I booked a tour that night and the next morning I met Pedro in Marquês de Pombal Square. He was a thin man with short legs and a smile that made his balding dark hair and wire-framed glasses seem affable. His awkward gait was somehow friendly as he approached me with an accordion folder under his arm.

“Eden?” He asked with a native accent that gave the sound of my name a foreign flavor.

“Yes, that’s me,” I answered.

“Wonderful, are you ready to get lost then?”

“Of course.”
With that we began our trip through the winding hidden streets that weaved their way through the city. Every other building, home, and shop-front was abandoned and falling apart. Doors were left wide open so that stray cats could walk in and out of the rubble-filled ruins of vacant apartments and forgotten living spaces. Pedro explained the terrible state of the housing market in Porto. City laws and renovation bans make it extremely difficult to restore the dilapidated buildings in Porto, and the process of selling and renovating them is more expensive than they are worth. There were a handful of newly-tiled facades refinished with canary-yellow ceramic squares or instead given a new face with other popping colors ranging from candy-colored magenta to an almost-green aquamarine. These buildings were a small attempt by a few business owners to boost the ailing economy. The rest simply sat in their degradation waiting to collapse altogether.

“When I was a little boy there were over 40 movie theaters in Porto,” Pedro said seemingly out of nowhere.

“Really?” I replied.

“Guess how many there are now.”

“Um, 20?”

“Two.”

“In the whole city?”

“Yep.”

“Wow.”

I didn’t know what else to say. All the places that sat empty like broken dollhouses seemed sad. Still there was something beautiful about the neglected streets and deserted homes. The peeling colors and cracked ceramic tiles told stories of a once vibrant community. Intricately wrought iron window railings and hand painted exterior tiles referenced a time when care and attention made the city a brightly colored, sparkling place to live. As we walked, laundry hung from the balconies and windows of the homes that actually contained inhabitants. Suddenly the narrow alleyway ended at an abandoned courtyard that opened up from the crowded buildings with a view of the entire city, including the shimmering River Douro.

“What do you think?” Pedro asked.

“It’s beautiful.” I responded simply.

He smiled shyly, put his hands in his pockets, and looked at his shoes.

“I think so. Even the way it is now, I can’t seem to leave it.”

“I wouldn’t be able to either.”

I stopped scanning the expanse of orange roofs cut down the middle by the river and dotted with grey churches. You couldn’t tell how many of those roofs covered empty shells from so far away. I looked to my left and saw a pair of doors on the side of a shut-up building that stood on the side of the courtyard. They were painted bright red and green, the paint now cracked and shredded. I walked over to them and I looked at the windows, sectioned off into little diamonds by diagonal-running panes. All I could see was my own reflection, nothing of what could have possibly existed inside. I ran my fingers over the cold metal of a mail slot with the English word “letters” engraved over the front and the haunting phrase from the walls of the city ran through my mind, “So many houses without people. So many people without houses.” It wasn’t written in words on this wall but I could hear it in the cracks. I could see it in the broken glass.
Love is difficult. Combining two personalities, two lives, and two sets of friends and families is bound to provide some obstacles for any relationship. However, most couples do not have to face those tribulations thousands of miles apart. But when two people meet, fall in love, and happen to live across an ocean, what else is there to do?

Emily Visich, a senior communication design major, found herself in that exact predicament. Visich was out mid-semester one Wednesday night in downtown London at a typical American ex-pat bar. She was standing with her friends when, suddenly, a man ran into her. “I had no idea I had just met my future boyfriend,” she said. “He noticed my accent. Then we ended up spending the whole night hanging out.” They exchanged numbers, but Visich said she did not expect anything to come of it, especially since she left London to travel that weekend. However, upon returning to London, Visich could not help but smile. Her inbox was full of messages from Mike Copestake, the man she met that Wednesday. From that point forward, she saw him everyday.

Unlike most students studying abroad, Visich saw an authentic side of London, thanks to her new personal tour guide. Copestake took her on dates to find the best Greek food in London and bypassed the famous Shakespeare’s Globe theater in favor of smaller shows at hole-in-the-wall theaters not frequented by tourists. “It was one of the best parts about having a British boyfriend,” Visich said.

Marisa Bunis also loved exploring the city with her international boyfriend. The senior advertising major received an insider’s perspective on the entire city from her current boyfriend, Callum Horwood.

Similar to Visich, Bunis found her
romance during one of her many nights out in London. Love didn’t necessarily blossom at the bar right away, but numbers were exchanged and Horwood insisted they go on some “proper dates.” After several dates and hours of conversation, Horwood invited Bunis to his birthday party where she would meet his “mates.” It was then that Horwood asked how he would introduce her and both decided the relationship was official. “I always joked to my roommates about meeting British men while I was abroad, but I never thought I would actually end up dating one,” she said.

Bunis was able to visit Horwood at his home, about 25 minutes away from her flat. Horwood lives in a more residential area of London, a place not listed on the standard tourist map. “I got to very ordinary residential things, like schools and houses. Things you don’t get to see next to Big Ben,” said Bunis.

While falling into a new romance is wonderful, knowing that one partner will soon move thousands of miles away in a matter of months is not. Bunis said she was very concerned about staying together with Horwood after her semester ended, since the distance between them covered the entire Atlantic Ocean. Will they stay together? When would they see each other again? How would they communicate? Is this realistic? There were many questions. “He calmed a lot of my nerves about it, because he said he knew we did have something so special and that he couldn’t live with himself if we didn’t at least give it a try,” she said. When Bunis left London to fly back home, both agreed that their relationship was stronger than any time distance. Luckily, they had one silver lining waiting for them: Horwood had a trip to visit her in America. He spent a few weeks last summer in New Jersey meeting her family and friends and experiencing American life.
“At first my dad was like, ‘What do you mean you are dating a British guy?’” Bunis said. “But when my parents met him, they saw why I loved him.” Bunis found a serious dose of motivation in maintaining her long distance relationship by having a specific date they would reunite.

Long distance relationships aren’t all sunshine and daisies, however. These types of relationships often breed loneliness and stress, as trust plays a big role in them. Jacky Xu, a junior communication and rhetorical studies major, has been in two long-distance relationships in a relatively short time span. Xu, originally from Hong-Kong, met his German ex-girlfriend at a boarding school in Vermont. The relationship lasted into his sophomore year of college, when Xu came to Syracuse University and his ex-girlfriend returned home to Germany. After much consideration, their plans for the future were just too different to be realistic and the relationship ended. However, this past semester, Xu took the long-distance plunge again when he met an international student from Korea. Once the semester ended and she went back to Korea, their relationship was put to the test. “It is definitely difficult,” said Xu. “Every weekend you go out or they go out. You need to have a lot of trust.” Xu believes that while communication is key, suffocating your partner by always texting or talking can be overwhelming. Trusting your partner is essential. While giving space in a long-distance relationship may seem counter-intuitive, Xu said it is very important to find the right balance.

Long distance provides a unique set of relationship struggles with which most couples don’t have to cope. Bunis feels the negative impacts of her relationship the most during her sorority’s formal season. “I really miss him in those moments,” she said. “Especially when I am surrounded by couples.” However, for their one-year anniversary earlier this semester, Horwood still found a way to make Bunis’ day special from across the world. “It sucks that we couldn’t be together, but he completely surprised me with flowers, balloons, and chocolates,” she said. “He is the sweetest person ever.”

Horwood, Bunis’ current boyfriend, also has plans to move to the United States to finish up his schooling in spring 2016. Even before Bunis left London the first time, the pair had discussed the long-term future of their relationship. Bunis’ strong attachment to her family made moving to London out of the question, but Horwood had always dreamed of living in America. They plan to stay together.

But unfortunately, not all couples end up with a happy ending to an abroad romance. Visich and her boyfriend, Copestake, had fallen in love in London, but translating that love into a long-term relationship proved difficult. Copestake made his first trip to America one month after Visich left London, and spent five weeks with her in Philadelphia. “After he went home, we didn’t have a set date of when we would reunite again,” said Visich. “It is unsettling being 3,000 miles away permanently. It is not fun to schedule when you are available to talk to your boyfriend.” It took many conversations, but ultimately staying together grew too hard. “We figured out we wanted to be in each other’s lives, but dating wasn’t the best option,” she said.

While Visich and Copestake still speak regularly, she said transitioning from romance to friendship has been hard. But even though a trans-Atlantic relationship did not work out, Visich has no regrets. “It was a great experience, even if it didn’t work out in the end,” Visich said. “Long distance is hard, but I would never say it was not worth the experience.”
A review of four brews imported from across the globe, available here in New York.

words Kara McGrane
You spent a semester studying in a foreign city where you became enamored with an international brew. But since you’ve been back on the Hill, the most variety in your alcohol has been Faegan’s Tuesday night World Beer Tour. That’s no bueno. If you’re longing for an international label, try Beers of the World, an upstate distributor with imports from 55 countries. Located a short trip away in both Rochester and Batavia, Beers of the World boasts a selection of 1,500 beers from Australia to Vietnam. Here are four of the selections.

1. **JAMAICA**

**DRAGON STOUT**

Sold in 9.6-ounce bottles. $2.45 each/$10.95 for six. 10% ABV

Dragon Stout XXtra has a deep brown shade with vibrant cherry undertones. The foam head is not as creamy as local stouts, and it went down quickly. The beer smells faintly sweet, with a hint of coffee. With the first mouthful, it becomes sickeningly sugary with an aftertaste that goes from coffee to malt. The feel of the beer is unexpected for a stout. It’s very watery, and there’s little carbonation after the initial sip.

2. **BRAZIL**

**PALMA LOUCA**

Sold in 12-ounce bottles. $2.39 each/$10.95 for six. 4.6% ABV

Palma Louca is a flowery lager from Heineken Brazil. It has a warm yellow color with a very light head. The aroma is sweet, but the lager doesn’t taste as sweet as it smells. The flavor is crisp, with a hint of sweet corn. It’s a stark comparison to the feel of the beer: smooth, buttery, and creamy.
This India-imported beer has a light amber color with a light, foamy head that doesn’t last much longer than the initial pour. It has a bitter aftertaste, with no sweetness. The feel of the Maharaja Premium India Pilsner is creamy, but the carbonation gives it a crisp taste. The beer is basically a full-bodied version of a Natty with a pretty label – the packaging alone will up your next kegger exponentially.

With a dark chocolate color and a rich caramel head, this beer looks exactly like I remember it from our few nights at the Red Emperor Hostel in Tallinn, Estonia. The doppelbock smells strongly of licorice and molasses, and slightly of plums or figs. Despite its heady aroma, a mouthful is quite smooth. Although it’s a touch diluted, Saku Tume has a full-bodied taste, like a bold cup of coffee.
The average student traveler collects endless memories that depict a beautiful montage of picturesque landscapes and cityscapes, Kodak moments with friends both old and new, and great life lessons learned along the way. But for every Kodak moment, there’s inevitably going to be some moments you won’t want to Instagram. It’s not uncommon to do some pretty embarrassing things while adventuring overseas in unfamiliar territory. Zest asked several SU students to share their most humiliating travel stories, and the results are definitely cringe-worthy...
“I fell overboard in Vietnam last fall. I entered a small boat in Halong Bay, getting ready to leave the island. It was a relatively tiny speed boat packed with about 20 people. I tried to balance a big roll-on backpack, a duffel bag, and a sombrero (don’t ask why I had a sombrero). To get to our seat, we had to shuffle around the side of the boat and hold on since it was so narrow. I had too much stuff with me and I lost my balance. I fell over the boat’s railing in slow motion and face planted the water with all of my personal belongings: clothes, laptop, phone, and camera. Everyone burst into laughter and I was mortified. Nothing was dry so I had to travel back six hours on buses and boats in soaking wet clothes, bruised and bleeding."

“When I was in the Philippines, my friend and I went cliff jumping for the first time in our lives. There were several different cliffs ranging in height, and I chose to front flip off the tallest one. I backflipped off the top of boats all the time during that semester, so I didn’t think anything of it. But I didn’t judge the height right. I only flipped one-and-a-half times instead of two and ended up landing right on my face and stomach, from 40 feet high. It was the ultimate belly flop and everyone was watching and videotaping it because I was the “crazy one who flipped off the highest cliff her first time.” They were all either laughing or panicking about my safety when I got out of the water. I tried to smile through it, but really, I had never been in more pain. My whole side was bruised and bleeding from the impact. Ouch.”

“After hiking a waterfall in Jamaica, a local helped me change out of my water shoes. When he held out his hand for a tip I thought he was asking for a low-five. So I did it. I gave him a low-five and walked away. He didn’t say anything, he just kind of gave me this look. I was really embarrassed afterwards. I should have known, we were tipping everyone left and right. I mean, that’s what you do when people help you. I just wasn’t thinking.”
“I went backpacking through Amsterdam, Berlin, and Paris over my fall break while studying abroad in London. I only know how to speak English so naturally I was really nervous about communication barriers. When we got to Berlin, we decided to try this amazing chocolate place that was recommended to us because their hot chocolate is otherworldly. When it was my turn to order, I tried to pronounce what I wanted but I psyched myself out so much because I didn’t want the waiter to hate me for butchering his language. So I gave up and just pointed at the item on the menu. He looks at me like I’m probably the dumbest American he’s ever met and says, ‘Do you mean tiramisu?’ I have never been more embarrassed in my life. By the way, tiramisu is spelled the same way in both German and English.”
dear readers,

Our generation is often called the social justice generation. In fact, college students have bucked another popular label for us — the “apathetic generation” — thanks to increased activism in many areas, including gender and racial inequality, environmental preservation and LGBTQIA+ rights. This heightened social awareness correlates to America’s expanding study abroad culture and reinforces the important role travel can play in a college student’s education.

College is the perfect time to explore the world beyond your front door or your residence hall. When you’re surrounded by people who look, talk, and dress like you, it’s harder to empathize with those who reside outside of your cultural bubble. Travel, conversely, possesses the power to unravel our prejudices, and through its privilege it elevates our empathy and tolerance. This is not a new idea. Mark Twain wrote: “Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one’s lifetime.” Aziz Abu Sarah, a Palestinian activist, also expressed this idea of travel’s ability to teach tolerance in a 2014 Ted Talk. In it, he shows how, in his words, simple interactions with people in different cultures can erode decades of hate. Living with a Peruvian host family or sharing an apartment with Lebanese college students will create a bond and humanize people often dehumanized in mainstream American media.

Zest exists to support this idea and seeks to inspire you to explore. We want to prepare you for these journeys, so pick up some tips on how to prepare for your time abroad in Embark’s going abroad checklist (page 04). Zest also exists to support and promote the travel of all interested student travelers, regardless of their gender, socioeconomic, racial, and ethnic identities. The state of racial and ethnic diversity in study abroad culture on a national scale is abysmal, but SU Abroad boasts significantly higher numbers than the national average; let’s talk about that (page 33). Afterwards, flip to page 36 to read Gulnaz Khan’s personal essay about bucking stereotypes in regards to traveling alone as a woman.

Do everything in your power to make that study abroad semester happen. When you’re successful, make sure to talk to the locals; immerse yourself in your host country’s culture. Break away from your American group and walk the El Camino like Jay Camody (page 20); spend time with the Bedouins of Egypt or the Luo people of Kenya. Whatever you choose, just go out and do. You’ll uncover this truth: You can find yourself by finding everyone else.

We’ll be here when you get back.
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Whether you’re traveling to Thailand for an action-packed adventure or journeying home for a cozy holiday, this carefully curated selection of books will act as the perfect companion for your travels.

By Mellanie Perez
Photos by Bryan Cereijo

The Art of Racing in the Rain
Garth Stein
Not all books need to teleport readers far away in order to pass on some of life’s biggest lessons. This book is about family, love, and hope. “The Art of Racing in the Rain” tells the story about a family, with all its absurdities and nuances, as only a dog in the eve of his life could tell it. Catch this novel if the most traveling you’ll be doing this year is going home.

Best for: Domestic flights of 4+ hours

The Geography of Bliss
Eric Weiner
If questions about finding happiness and leading a better life plague you at night, “The Geography of Bliss,” an entertaining novel laced with many philosophical insights, will invigorate your soul. The author set out on a journey of research to find the happiest place on Earth - whether that is the streets of Singapore or Afghanistan.

Best for: International flights of 5+ hours

Beautiful Ruins
Jess Walter
A beautiful book about what it means to cling on to hope, “Beautiful Ruins” teaches readers how to learn to live with questions. It tells the story of an elderly Italian man who spends most of his life searching for a woman he met at his hotel when he was younger. The story spans generations, telling the stories of other people.

Best for: International flights of 8+ hours
The best part of a vacation happens after your plane lands among the foggy rain of London or the rolling hills of Austria, but properly planning for a trip is just as important as booking plane reservations. As your flight to a foreign destination approaches, skip unnecessary time worrying about packing and prepping. Save yourself some stress and follow our checklist, compiled with the help of Jennifer Horvath, SU Abroad’s marketing and communications manager.

**JUST THE FACTS, MA’AM:**
1. Your first step should be making sure you have a valid passport. Stash your real passport away once you get to your homestay, and carry photocopies of your passport with you at all times.
2. Meet with an academic advisor before headed overseas for a semester. “It’s great to go abroad, but we don’t want anybody to fall back on their track to graduation,” Horvath says.
3. Obtain information about a visa if you’re staying abroad for an extended period of time. Often, your study abroad program will provide this information.
4. Know what you’re going to do about cell phone service. Many students bring their iPhone abroad to use while connected to Wi-Fi, and then buy a cheap phone to use when calling or texting other study abroad students.
5. Check with your bank to ensure you can withdraw money from your credit cards or an ATM abroad. Research the international transaction fees for your destination.
6. Stock up on enough medication to last your entire duration abroad, since your local pharmacy won’t be available overseas.

**WE’RE HERE TO HAVE A GOOD TIME:**
1. Mental and emotional preparation is an important step for preparing to go abroad. Say goodbye to your friends and family, and consider throwing a going away party to leave on a good note.
2. Prepare yourself for culture shock. The food, etiquette, transportation, daily schedules, and even teaching styles will differ greatly from your normal routine at Syracuse. “Everything is not going to be 100 percent amazing when you go abroad,” says Horvath. “You need to make adjustments.”
3. Plan a time to chat with friends and family, since time differences complicate phone calls and Skype sessions.

**PACKIN’ IT:**
1. Be mindful of what you stuff into that oversized, beat up suitcase you got for your high school graduation. Many foreign cities, especially in Europe, have cobblestone paths and sidewalks. Store away a pair of comfortable walking shoes to prevent foot and leg soreness from the unusual terrain.
2. Research what toiletries and feminine products are available in the country and plan accordingly.
3. Bring plug adapters! Different continents have different outlet shapes. There’s nothing sadder than going to plug in your laptop for a Skype session with Mom and realizing you can’t.
4. Check the weight of your suitcases since some counties charge a lot of money for overweight bags. Save room to bring back souvenirs. No one wants to deal with overseas shipping costs.
5. Pack extra clothes in a carry-on item in case of travel delays. Luggage can get lost en route and arrive late to your destination, so remember the Scout motto and always be prepared.
introduction

Pebre, a condiment usually served on bread, is a staple in Chile. Many study abroad students can look forward to a basket of bread with a side of pebre at restaurants. Pebre can also be mixed into salads, thrown into soups, and spooned over meat. The result is a tangy, spicy salsa that adds a punch of heat to any dish.

The best part of this recipe is its flexibility -- you can easily increase or decrease any of the ingredients for different flavors, so it never becomes a dull dish. While pebre doesn’t usually have palta, the Spanish word for avocado, in it, the common fruit gives the recipe a different texture.

INSTRUCTIONS

Combine all ingredients in a large bowl and stir until well-mixed. Mixture should look like salsa but have a more liquid-like consistency. Add more hot sauce or red pepper if extra spice is desired.

Serve with bread, rolls, or tortilla chips.

INGREDIENTS

1 tomato, finely chopped
2 avocados, cubed
1/2 small red onion, finely chopped
1/2 bunch of scallions, finely chopped
1 bunch of cilantro, finely chopped
3 to 4 cloves of garlic, minced
3 tablespoons of red wine vinegar
2 tablespoons of olive oil
1 to 2 tablespoons of hot sauce (preferably tabasco)
1/2 tablespoon of crushed red pepper
salt and pepper to taste
Noodles have become a staple of the American appetite as the average American consumes around 20 pounds of pasta annually. The earliest mentions of noodles date back to the 5th century in Jerusalem, where stringy itrium was made out of semolina — a coarse, dried wheat that was then boiled in water. Zest has rounded up a list of different noodles from around the world that any foodie and traveler should enjoy at least once in their life.

THAILAND
Thailand’s now famous pad thai was actually invented in the 1930s when authorities made a push to Westernize their country and promote their cuisine to other cultures. The recipe was heavily inspired by Chinese-style noodles because the 1930s were a particularly difficult era for Thailand’s economy and rice noodles were both cheap and filling. Pair that with inexpensive protein like chicken or beef, bean sprouts, and vegetables and it makes for a perfect cheap meal. Now, pad thai can be found on the street and in casual diners all over the country.

ITALY
For better or worse, pasta is a staple in Italian homes. Usually part of the first course in la cena, dinner, there are many different types of pasta that Italians prefer, from linguine to manicotti to risotto, an arborio rice-based pasta dish made with wine and Parmigiano Reggiano cheese. Many Italians make their pasta fresh, using old school pasta makers to crank out perfectly shaped noodles for a fresh, family-style dish. The process involves hand kneading eggs, flour, and olive oil and then, thinning and stretching the pasta through a crank. Preparation can take hours, but when the pasta is paired with sauce made from fresh tomatoes and basil, the effort is worth the wait.

CHINA
In China, noodles are a symbol of longevity and are served as long as possible — the longer the noodle, the more hope for vitality. The noodles can be thin or as thick as a pair of chopsticks and made with wheat or mung bean paste. Served hot or cold, steamed, fried, piled high, or floating in soup, there’s something for everyone to enjoy. The noodles, which take from one to five minutes to cook, are made quickly and might be dyed with food coloring to create a yellow tinge. Of course, the best way to eat Chinese noodle dishes is to mix the noodles with the broth until all ingredients are evenly distributed.
Noodles in Japan are more of a snack than an actual meal, and can be served hot or cold with dipping sauces. Noodle stands are scattered on most street corners in Japan, and ramen, the most famous Japanese style noodle, doesn’t necessarily look like the packaged brick most college students are familiar with. Instead, these noodles can be served with vegetables, chicken, beef, and hard boiled eggs. Additionally, udon noodles, another popular dish, are served cold or frozen, and Nabeyaki udon consists of nabe (a heatproof bowl) filled with udon, kamaboko chicken and vegetables, green onion, and tofu.

It might not be feasible for the average college student to whip up beautifully crafted, handmade noodles in a dorm room. Yet, you can still treat your tastebuds to a culinary delight. To eat like a champion and experience a little zest in your dinner, take a package of ramen and cook it according to directions, putting the seasoning aside. While it’s in the water, add chopped up scallions, baby spinach, and frozen peas or corn. Dice a hard boiled egg or stir in pieces of cooked chicken. Spices like white pepper, chili flakes, and a quick squeeze of lime really brings out the flavors of the dish.

From dorm food to five-star restaurant dishes, noodles continue to be a main component of many cultures’ cuisines. Whether stir-fried or stuffed with ricotta, you’re sure to enjoy a bowl from any corner of the world.
THE BEST PLACES TO EAT IF YOU’RE VEGETARIAN

Being meat or dairyfree while traveling doesn’t have to be daunting. This guide showcases vegetarian and vegan options worldwide.

WORDS BY CAROLINE BARTHOLOMEW
Traveling to new places brings all kinds of excitement and adventure. While monuments and museums are important and informative, one of the best ways to discover a place’s real culture is through their food. One can tell a lot about a country from their traditional foods. Travelers, however, might be hesitant to visit certain places if they follow dietary restrictions like veganism or vegetarianism. In today’s modern world, many countries are adapting, so fear not, travelers, many countries that vegetarian-friendly with a little digging.

**ISRAEL**
Falafel and hummus are common Israeli foods that come to mind, but Israel has many more vegetarian options to offer. 75 percent of the country’s population is Jewish, and most follow a kosher diet. Kosher laws prohibit dairy and meat from being served together, and many restaurants simply refrain from serving either. According to The Times of Israel, eight percent of the population is vegetarian and five percent are vegan. Although vegetarianism and veganism began as secular movements in Israel, it has become popular among religious groups because Adam and Eve were said to be vegetarians.

**ETHIOPIA**
For Ethiopian Orthodox Christians, every Wednesday and Friday are meatfree, and during Lent they follow a completely vegetarian diet. Throughout the entire year, Ethiopians enjoy a popular dish called injera. Injera is similar to a savory crêpe filled with lentils, peas, beans, and traditional berbere sauce. Another common dish is bayenetu, a large plate with aterkik alitcha, atkilt wot, gomen, and misir wot. These traditional dishes include a variety of ingredients like yellow peas, cabbage, carrots, potatoes, and collard greens, all in a wide array of sauces and spices. In Addis Ababa, Ethiopia’s capital, there are cafés and juice bars that serve organic fruits and vegetables, vegetable pizza, and other healthy options.

**TAIWAN**
Buddhist countries, like Taiwan, have large vegetarian populations. One in ten people in Taiwan are vegetarian, and there are over 1,500 registered vegetarian restaurants. One Green Planet, an eco-conscious organization, says, “Taiwan is known as the vegetarian paradise.” While Taiwan is its own self-supporting island, China has claimed sovereignty since 1949 and many residents of Taiwan are of Chinese heritage. Traditional Chinese food doesn’t use dairy, so many dishes are already vegetarian and vegan. Activists work hard to get the government involved in the vegetarian movement, and now 93 percent of secondary schools have a once a week meatfree policy.

**ITALY**
Since 2013, the amount of vegetarians in Italy has increased by fifteen percent, making the total vegetarian population 6.5 percent. Some popular options include bruschetta with basil and tomatoes, pizza, pasta, ravioli, stuffed shells, and eggplant parmesan. Travelers visiting Bolzano, a city in northeastern Italy, should make a trip to Punto Vegetariano, one popular vegan Italian restaurant. To inquire about vegetarian options, simply say sono vegetariana which means “I am a vegetarian.”

**JAMAICA**
Jamaica is home to the Rastafarian movement. Rastafarians follow the Ital diet, which is free of processed foods and red meats because it is supposed to increase one’s life energy. While they do not make up a large portion of the population, around 24,020 people, there are plenty of vegetarian dishes available throughout the country. The idea behind the Ital diet is that foods should come directly from the earth, and the tropical climate allows Jamaicans to utilize the fresh fruit and vegetables as much as possible. Jamaican food is influenced by Chinese, Middle Eastern, African, and European cuisines, and uses a lot of spices. Popular Ital staples include callaloo, a leafy green vegetable — either amaranth or taro, and Jerk seasoning, which is a blend of many spices like cinnamon, red pepper, and cumin.
2015 brought a sea of change to our island city. The year marked our nation’s 50th birthday as well as the passing of our first Prime Minister, Lee Kwan Yew, who was considered by many as the father and architect of modern Singapore. The events of 2015 led me to question what it means to be Singaporean — I personally think our country can be summed up by the mantra “EAT, EAT, EAT.” Add a couple of more verses to “EAT, EAT, EAT.” and it describes my daily itinerary when I visit home. Born from the humble origins of Chinese, Indian, and Malaysian immigrants, Singaporean food, like its people, is a product of a blend of diverse regional cultures. These dishes are practical to make at home, uses cheap ingredients found regionally and is served in generous portions to be eaten family-style.

Chinese immigrants brought with them dishes like Hainanese chicken rice and char kway teow. Chicken rice is made with melt-in-your-mouth chicken accompanied by fragrant rice cooked in chicken stock. The tangy, spicy chilli sauce is a key part in bringing the dish together — without it, the meal is just chicken and rice. This dish can be easily prepared at home, and with mock chicken, it’s a favorite for vegetarians as well. Pow Sing Restaurant has a long-standing tradition of being one of the best chicken rice restaurants in the country and it is a go-to for many multi-generational families. Char kway teow is smoky, chargrilled flat noodles stir-fried with spicy shrimp paste, seafood and char siu. A dash of lard gives this dish its flavorful kick. It’s probably one of the unhealthiest dishes you’ll find in Singapore but it’s worth every ounce of cholesterol.

When Chinese immigrants married local Malay women, their marriage gave birth to Peranakan food. One of the most popular Peranakan dishes — laksa — is the piña colada of food. It’s mouth-wateringly rich and filled with coconut flavor. Laksa consists of rice noodles in a pool of creamy, nutty, or spicy coconut broth. Hailing from the other side of the border, the Malays brought with them their own tradition of food — perhaps their most cherished contribution is nasi lemak. Consisting of several different elements, nasi lemak is a complex dish that cannot be whipped up at the last minute. It consists of aromatic rice cooked with coconut milk and pandan leaves typically paired with salty, crispy anchovies, a plain fried egg, spicy sambal and fiery grilled fish cake. This highly adaptable dish may
vary according to the chef or diner’s preference but is always recognizable due to its signature coconut rice and crisp anchovies.

South Indian immigrants brought with them a staple breakfast, lunch, dinner or supper item beloved by all Singaporeans: Roti prata. It’s a flour-based savory pancake served with curry or sugar. Much like French crepes, this dish has a lot variations like egg prata, cheese prata, onion prata and even ice cream prata. For a light meal after a long flight, stop by Jalan Kayu, a 24-hour joint just twenty minutes from the airport that specializes in roti prata.

If you do manage to take a one-day flight across the globe to visit Singapore, you will find that most of these local dishes are found in hawker centres across the country, the most famous of which are Chomp Chomp, Newton Food Centre and East Coast Lagoon Food Centre. Even if you can’t make it all the way to Singapore, New York City boasts a couple of hidden gems perfect for a full-blown Singaporean food coma — my personal favourite is Laut, a Malaysian, Singaporean, and Thai restaurant on 15 East 17th Street. Quite the popular establishment, reservations are highly recommended as waiting times can easily creep up to an hour and half at dinner. For an authentic Singaporean meal on a budget, check out NYONYA restaurant and its three branches sprawled across Brooklyn and Manhattan.

“EAT, EAT, EAT.” may be our national anthem but Singapore is more than its religious devotion to food. Our love for food speaks volumes of our love for our country — a local blend with a spicy twist. 😊
MIND YOUR MANNERS

Brush up on table etiquette from around the world to avoid committing a major cultural faux pas.

 mighty

Place the fork to the left of the plate. Lay the cloth napkin on your lap before eating. Chew with your mouth closed. If you’re native to the United States, these are most likely table manners you know. However, other cultures have different table manners, and it’s in good form to know what’s what when it comes to how to act at the dinner table overseas.

GHANA

In Ghana, some rules at the table are fairly similar, such as not placing your elbows on the table and waiting for everyone to finish the meal before being dismissed. However, there are also some traditions unique to the region. “You serve people that are older first,” Anita Karimu, a sophomore architecture major and Ghana native explains, “If I were with my parents, my dad would eat first and then my mom and finally me. It’s tradition to eat in order of age out of respect for the elderly.” Additionally, it’s taboo to leave food on your plate when you’re a guest at someone’s house. “If you don’t finish the food people serve you, then it’s a sign that [you think] they’re trying to poison you ... Never use your left hand either, it’s considered disrespectful.” Use of the left hand is highly discouraged, and lack of the use of one’s left hand is a fundamental part of their culture.

INDIA

Eating with the left hand is taboo in India, too. While the table manners vary depending where you go, remember not to use your left hand for anything. Also, expect the host to force food on you. “It’s seen as a norm to try to coax the guest to eat and have another helping,” says Dr. Prema Kurien, sociology professor at Syracuse University and a native to India. “The host will even place food on your plate to try to get you to eat. It’s seen as good manners from the host, demonstrating they want you to eat heartily and not hold back.”

It’s tradition to eat in order of age out of respect for the elderly.
THAILAND

When visiting Thailand, mealtime etiquette centers around age and status. “When eating out at a restaurant, the older ladies at the table order on behalf of the entire group because it’s uncommon to order individual dishes,” Patrick Turner Jr. says, speaking from his experiences when he lived in Thailand. Once the food arrives, make sure not to eat until the person at the head of the table begins eating. “It’s essential to wait for the person at the ‘seat of honor.’ This is a tradition dating way back in Thai history,” Turner says. Lastly, be aware of the amount of food on your plate. “If you finish your rice, it’s a sign you want more food. If you don’t eat the extra food you are given, it’s an insult to the cook.”

CHINA

Similar to Thailand, there aren’t different courses of the meal in China; rather, all of the dishes come out at once. Moyan Dong, an international student from China, says most food at dinnertime are often placed on a circular rotating piece so everyone can reach. Tables are typically round, and multiple conversations can happen at once rather than one large conversation. Chinese citizens also have particular table etiquette when eating rice dishes — for one, don’t stick your chopsticks straight up into your bowl of rice. Dong explains why: “It is inappropriate towards your ancestors and suggests you are making a sacrifice. Always choose your food from the top of the pile and don’t be selective.”

SPAIN

Contrary to Chinese culture, dining is a relaxed, social event in Spain that is meant to be shared with friends and family, according to Catherine Nock, a Spanish professor at Syracuse University. The most important tradition is the sobremesa, which occurs after dinner. “The sobremesa is a chance to have coffee and sit around, discussing things together. To this day I still can’t eat that fast because I’m used to dinner taking two hours where we just sit and relax,” Nock says. “The mindset is that you’re going to have an event and enjoy your food, enjoy the company, and maybe talk about politics, art, or movies.”

Regardless of where you travel, it’s important to take notice of the different mannerisms of the culture you’re visiting. From Ghana to Thailand, keep an open mind and allow yourself to dine as the locals do.
You’ve always dreamed of that Europe backpacking excursion. We’ve laid out the essentials. It’s up to you to take that next step.
Backpacking through Europe seems like it’s the absolute college student’s dream—the sentiment uttered when final exams get to be too much, the post-graduation goal, the jealous muttering after hearing other students’ backpacking success stories, and so on. However, backpacking through Europe, no matter where you go or for how long, isn’t something you can just do without careful planning. It requires a lot of research, budgeting, and a willingness to change plans at a moment’s notice.

**BUDGETING**

1. For the flight, use services like Kayak and Skyscanner (and use private browsing!) to get the best deal.
2. Get used to not living in absolute luxury—when booking accommodations, use Hostelworld or other sites to book dorm-style rooms that cut down on costs or consider skipping the room and buying a pass on an overnight train to avoid paying for lodging altogether.
3. The time you go can make or break your budget. USA Today says you can backpack on $50 a day by going during off-season vacation times, such as early spring. Remember that sometimes plans can go awry—you miss the train, the hostel was overbooked, or worse—so be sure to squirrel some extra cash into your budget just in case.

**PACKING**

1. If you want to have the real backpacking experience, pack light, because you’ll be doing a lot of walking. Limit yourself to around 20 pounds of weight in your luggage, or you’ll be hit with overweight fees on budget airlines like RyanAir.
2. Bring only around a week’s worth of clothing that match each other so you aren’t wearing the same outfit every day. Some things, like toiletries and accessories, can easily be purchased abroad.
3. Invest in a good, sturdy pair of shoes that can take a beating, and buy nice socks that wick moisture and eliminate odors.
4. Buy a good lock for your backpack, and never leave it unattended, especially in a hostel.
5. Leave the bulky guidebooks at home along with any precious valuables. Much of what you have now can be bought in smaller, more portable and replaceable forms, but if your valuables are lost or stolen, you’re never getting them back.

**THE TRIP**

1. Once you’re in Europe, enjoy it! While it’s nice to go with friends, if they want to go somewhere that will absolutely bore you, it’s okay to go off and do your own thing—or the things the locals tell you to do. They do know best.
2. Sometimes, things might sound expensive, but know the difference between being frugal and stingy—it’s okay to splurge on that €60 Tuscan steak that Florence is famous for, but spending that much on dinner every night won’t be helpful.
3. Don’t be glued to anything—friends, your guidebook, your camera, or your laptop. Let your travels take you along for the ride and allow yourself to enjoy the journey.
4. Keep a journal. You’re going to want to remember what you did when you’re old and grey. You’ll thank yourself (and us) later.

**COMING HOME**

Backpacking through Europe makes you appreciate home much more. Scientific research has shown that our happiness elevates when we take any kind of trip, regardless of the length. Upload those photos onto Instagram, tuck that journal away for a gloomy, rainy day, and look back on how much travel changed you. Reverse culture shock might hit you for awhile, but even planning a trip through Europe is worth the happiness you’ll feel. And that’s really all that matters, right? ✌️
Cross-country road trips allow travelers to see the iconic sight of America through car windows. Whether the journey lasts for a few days or a few weeks, roads provide the driver great opportunity to control their route and stop where they see fit.

For Drew Osumi, a senior commercial photography major, the drive from his home in San Francisco to school at Syracuse University allowed him to soak in the diversity of the continental United States.

Driving down Highway 138 in Oregon, Osumi makes the drive part of the experience in order to make the trip more memorable. Osumi arranged his route to make stops in Arizona, New Mexico, Chicago, St. Louis, Detroit, Colorado, and Oregon, and he captured his memories through photography.
1 There’s no real way to truly capture the Grand Canyon in all its immensity, according to Osumi. He captured this squirrel atop a rock formation at this stop at one of the Seven Natural Wonders of the World.

2 Osumi and his traveling companions said the Silver Saddle Motel in Santa Fe, New Mexico, offered local hospitality with a Southwest charm.

3 Osumi’s flexible travel itinerary brought him to the Mojave Desert in California, which isn’t on the direct route to Syracuse.

4 Osumi and friends stopped off at the Route 66 Diner in Albuquerque, New Mexico.

5 Right off of Highway 138, Osumi took a brief reprieve to get lost in the trees of the Oregon National Forest. His traveling partner, Sam Maller, a senior photojournalism major, and their truck, Humphrey, stand deep in the Oregon National Forest.
Traveling isn’t always about crashing in a dirty hostel. Sometimes, the best memories come from unique accommodations.

BY BENJAMIN MEADE

In all the excitement of planning a travel journey, one often overlook detail is planning where to sleep. With a dash of creativity, where you stay can be just as exciting as what you do. Try to stay somewhere unique the next time you plan a trip, such as a sailboat in the Virgin Islands or a tree house in India. Spending the night somewhere completely different can make a trip you won’t forget.
Africa: The Santos Express, South Africa
Located on the coast of South Africa, The Santos Express is a restored train that has been converted into a hotel. This locomotive offers a variety of rooms with incredible ocean views; a restaurant serving fresh seafood, traditional meals, and South African barbeque; and has a bar known for its view and pleasurable atmosphere. Room rates range from $10-$30 per night depending on the type of room. These rates are hard to beat this close to the shore, making The Santos Express not only a unique place to stay, but a great deal as well.

Asia: TreeHouse Hideaway, India
Every child dreams of living in a treehouse, and now’s your chance. Consider spending a night at the TreeHouse Hideaway in India. Secluded in the middle of a tiger reserve, visitors can stay in one of the five tree houses available on the vast 21-acre property. Treehouses here go for $200-$250 a night, but that includes breathtaking views and an incredible wildlife experience. Guests are able to get up close and personal with many species of birds, reptiles, and large mammals. Sleeping in a tree house in a wildlife park makes for an unforgettable night’s stay.

Australia: Arts Factory Backpackers Lodge, New South Wales, Australia
Tucked away only a five minute walk from the beautiful Australian beaches is the Arts Factory Backpackers Lodge in New South Wales, Australia. This “five-acre subtropical haven” allows guests to stay in dorms, private rooms, teepees, or even go jungle camping. Prices range from $20-$60 a night and sharing a teepee or pitching a tent with a group of your friends can make this a great travel memory. On site, there are many facilities including a pool, various sports courts, a café, and juice bar. This place offers a lot of entertainment to make your stay a memorable one.

Europe: Attrap Reves, France
The Attrap Reves in France can make your dreams of spending a night sleeping under the stars a reality. Here, guests rent plastic bubble rooms that range from $120-$330 a night, depending on the size. Spending the night here is a “cosmic and poetic experience.”

North America: Sailboat Ragamuffin, St. Thomas, US Virgin Islands
Hit the high seas and spend the night on a sailboat in Virgin Islands. For $150 a night, you and five guests can enjoy all that this boat has to offer, such as sunbathing on the deck or reading a book in your private cabin. Guests can also enjoy complimentary snorkeling while out on the water.

South America: Magic Mountain Lodge, Chile
Tucked away in the heart of the Andes Mountains is the Magic Mountain Lodge. Visitors are completely surrounded by nature, including a stunning waterfall that the lodge resides under. This modern yet rustic lodge offers rooms starting at $220 a night, which provides complete access to all spa facilities and tickets to nearby activities. The Magic Mountain Lodge is situated in a perfect spot for exploring all that Patagonia has to offer. This place offers guests the feeling that they are actually sleeping inside a mountain.
THE LAST DAY

Jay Carmody recounts the final stretch of his month-long journey walking the 800-kilometer expanse of El Camino de Santiago. Walking this trail in Santiago, Spain, is considered a wholly spiritual experience as it once hosted one of the most important Christian pilgrimages of the Middle Ages.

BY JAY CARMODY

29 days, 680 kms and dozens of barras of bread into El Camino de Santiago, I found myself in the Albergue de Portomarin.

Lying 89 kilometers away from Santiago de Compostela on El Camino Frances, the “French way” down this Spanish trail, Portomarin, a Spanish municipality located down the stretch, is crowded with pilgrims. Some of us had been walking for a month and the effects started to show on each person; others had started somewhere else along the way and still walked with a spring in their step. As I looked around the albergue, or pilgrim’s hostel, I realized that the remaining journey would be full of touregrinos, or people who came not to reflect but to vacation. It was then I decided to finish the last stretch of El Camino the very next day.

Up until that point, my longest day on El Camino had been 33 kilometers, but now I faced a daunting 89-kilometer day. This final push would take me through roughly three days of Camino time in only one. I didn’t realize the implications of this decision until I hit my first marker, Palas de Rei, which is 66 km away from Santiago and 23 km away from where I began.

I arrived in Palas de Rei around one in the afternoon. I encountered few pilgrims, none of whom I recognized until I stumbled into the first restaurant I encountered, looking for a bocadillo. Inside I ran into a group of pilgrims I recognized and immediately we greeted each other warmly and conversed about that time we had spent away from each other. At the end of the meal, they invited me to join them for the final two days. I decided against it, expressing my desire to complete the journey that day, uninterrupted. Once we said our goodbyes, I continued trekking.

Somewhere down the path I began to wonder if choosing to continue on alone had been a wise decision. Was it wrong of me to leave my traveling companions? I pondered over whether
arriving at the Cathedral be the same alone. These thoughts troubled my mind until I heard the patter of rapidly approaching footsteps from behind me. I turned around to see Cristof, an Austrian accutherapist who I had just eaten lunch with, jogging up behind me.

“I thought about your idea to walk all the way this evening and I liked it. May I join you?” He asked.

“Of course!” I replied as he pulled out a Camel cigarette and lit it.

Cristof had been there at when I began and now at the end, but in between had been as unique as if we were on different roads. We bantered about the differences in our journeys until we arrived in Arca, the final major stop on the way located 19 kilometers from Santiago. It was late into the evening, our calloused feet starting to sprout blisters, when our conversation died away. Exhausted yet invigorated, we changed socks, donned our headlamps, and continued, determined to arrive to Santiago that night.

We journeyed from Arca to Monte de Gozo (Hill of Joy) in silence, both of us lost within our own thoughts. The trail was empty; the small stores were closed. Silence boomed within the forest of eucalyptus trees surrounds Santiago. It was 2 a.m. and we had five kilometers to go. There was no cathedral in sight, no group of pilgrims anxiously walking towards to end. We were at the final mile marker in a race and we didn’t even notice it.

Soon, we heard the faint wisps of club music thumping in the distance. We were nearing Santiago de Compostela. Santiago, while steeped in El Camino history, is also home to a major university and several nightclubs. The pounding house music grew increasingly louder as we followed the yellow conch shells which had indicated the route to the Cathedral for the last 800 kilometers. Upon reaching the city limits, our tired eyes lost track of the conch shells and we realized we were lost with only one kilometer left. At 3 a.m. on a rainy, cold Galician night, no less.

At that moment, however, a drunken Spanish couple stumbled out of an alleyway and gave us directions to the Cathedral. Within minutes we stood in the main plaza facing the Baroque Facade of The Cathedral of Santiago de Compostela. All of the albergues and hotels were closed, but that didn’t bother us as we had arrived at our destination.

For what felt like an eternity, we stood in the rain staring at the prize we had craved since our first steps a month prior.

Eventually, we separated, and I moved under the canopy on the far side of the cathedral plaza and sat down, placing my backpack between my head and the wall. There I slept until sunrise.

When I woke, I ventured over the pilgrims’ office to receive my Compostella, an official documentation of the pilgrimage. From there I sat, and promptly slept through the noontime mass in the cathedral. “El Camino is over,” I thought to myself in a daze as I watched the giant incense burner scrape the canopy atop the cathedral at the end of mass. I had nothing left to do now but rest, so I walked to the nearest hotel on my tiptoes, in hopes of avoiding my newly-acquired blisters, and slept for 20 hours.

El Camino, for me, was a spiritual journey that showed me I could push myself to my physical and spiritual limits on The Way and come out with an unparalleled level of catharsis. ❖
wardrobe on the street

TIPS ON HOW TO STAY FASHIONABLE IN THE WAKE OF FASHION WEEKS AROUND THE WORLD.

By Dayna Dioseph
Illustrations by Kelly O’Dowd

At certain times of the year, people flock to New York City, Milan, Tokyo, and Sydney for the cities’ respective Fashion Weeks. These places are known as meccas for style and their respective fashion weeks spark trends of seasons to come. Many attendees look to the runways for the hottest pieces of the year and incorporate trends into their own wardrobes.

Looking at street style, the connection between clothing and culture is evident as trends transform across geographic boundaries. However, the connection that links the world of fashion to the mainstream shows that trends can persist with some adaptation to suit local styles.

“Fashion Week Street Style” is a combination of everyday looks with designer pieces and up and coming fashion trends. A look at some of the world’s hottest fashion weeks:

AUSTRALIA
Every year, people of the fashion world gather in Australia for the presentation of the Mercedes Benz Fashion Week Australia, which takes place in May. In 2015, laser cutting, fringe, and embellishments were common elements of texture often layered with simpler pieces to create the feel of a statement piece. Bright shades of red, blue, and green alluding to the warmer climate of the land down under were also prominent, adding pops of color to otherwise neutral garments. As for silhouettes, longer hemlines and loose fits were trending. Long, flowing duster coats and tea length skirts were two of the most popular choices.
Throughout February and September, fashion month begins with New York Fashion Week. This February showcased street style trends of layering, texture, and silhouette. Part trend, part dressing for the cold and snowy New York winter, layering blouses, shirts, and jackets were common among fashion week attendees. Fur was the most prominent element of texture from Fashion Week and could be seen sewn on collars, jackets and accessories both in natural fur tones and artificial, bright colors. As for silhouette pants, culottes, and jeans, pants were styled and often cuffed at the ankle to show off statement shoes.

After “Fashion Month” wraps up, many cities around the world host their respective Fashion Week to showcase their local designers and fashion styles. Tokyo Fashion Week takes place in March and October, and neutral tones and darker colors were common elements in many street style looks of 2015, ranging from head to toe black to white and grey pieces mixed with colorful accessories. Many fashion week attendees added depth to their outfits by layering multiple pieces such as styling a cropped top styled over a long silk shirt. Additionally, fur and leather were the most prominent elements of texture both as accents and staple pieces. These texture elements were often paired together giving multiple dimensions to many street style looks.

Also showing in February and September, Milan Fashion Week follows almost immediately after NYFW. For its first showing of 2016, designers and models brought elements of color, silhouette, and texture to the streets. From pops of color to all-encompassing vibrant looks, red, blue and pink were standout color trends. Long-line silhouettes were prominent in the forms of duster coats and midi length skirts. These were often layered to add depth to street style looks, and fringe, fur and embellishments made appearances in many accessories and garments.
Even though time travel has yet to be explored, Americans now have the opportunity to step into a 1960s time capsule when visiting Havana, Cuba. For the past four decades, Americans have not been able to travel directly to Cuba after the United States enacted a trade and financial embargo in 1962 following the Cuban Missile Crisis. Recently, restrictions on the embargo have changed under the Obama Administration and Americans are now able to travel directly to Cuba. Since the United States has not been able to trade with Cuba, many of their technologies have not been updated since the 60s.

Cuba’s 60s-style capital, Havana, is located on the northwest corner of the island. Havana, originally built in 1519 and now accommodating around two million inhabitants, maintains its original layout and the oldest parts of Havana are called Havana Veija (Old Havana). Old Havana offers short pastel-colored buildings and the mix of neoclassical and baroque architecture with an ensemble of private homes, sweeping arches, and balconies that provide an aesthetically-pleasing overview for travelers.

In regards to food, Azucur Lounge, a sophisticated yet eclectic lounge located on the second floor of a recently renovated building in Old Havana, has a wide range of foods and drinks. The best part about this cozy spot is the spectacular view looking out over Old Havana. The lounge overlooks a plaza full of soft yellow and pink colored
buildings as the sun kisses visitor’s skin, and from pasta to Caribbean food to diversified cocktails, Azucar Lounge creates an intriguing yet relaxing atmosphere.

Cuba also boasts sandy coasts such as Baracoa, a beach town on the eastern side of Cuba. These natural beaches don’t have any resorts or giant hotels sprouting from the sand and haven’t changed much since Christopher Columbus landed there.

Beyond the sandy beaches, Cuba flaunts a thriving coral reef in Jardines de la Reina. The marine preserve is loaded with vibrant aquatic life. However, with its location on the east side of the island, Jardines de la Reina may be too far, but La Aguja and Marimar, two prime scuba diving sites in Havana, give you the opportunity coral fields, sponges, fish, small caves and shipwrecks. To stay dry, try visiting Ernest Hemingway’s home in Finca La Vigia where he wrote, “For Whom the Bell Tolls” and “The Old Man and the Sea”. After Hemingway’s death in 1961, the Cuban government bought the house and turned it into a museum.

Other homes that are worth visiting are the Cuban Paladares. Cuba once had food shortages and a diminished economy until Raul Castro loosened business laws. These new laws allowed the paladares — private restaurants run out of people’s homes and apartments—to flourish. The restaurants vary from homey to sleek, spacious, and polished dining areas. Some paladares worth trying are La Guardia, Paladar Fontana and Café Laurent. Outdoor gardens, live music and chic views that overlook the most developed part of Havana and the ocean, make these bohemian bistro’s unique to Havana.

End your trip by visiting Malécon for plenty of souvenirs. Malécon is a road along the northern coast that has hidden markets like Almacenes de San José. These markets are transformed warehouses where artists display their work, and from clothes to little Cuban trinkets, everything is handmade. Entrance to the warehouses is free and there are more than enough options to find a piece of Cuba to remember.

Cuba, a country that hasn’t been touched by an American presence in around 40 years, has a rich history and unique dining experiences. The memories and the souvenirs will be with you forever even if the Cuban cigars you can finally (legally) buy won’t last long.
WHEN IT COMES TO ACTIVISM AROUND THE WORLD, SOMETIMES YOUR EFFORTS COULD BE HURTING MORE THAN THEY’RE HELPING. CAROLINE COLVIN OFFERS HER OPINIONS ON INTERNATIONAL ACTIVISM.

Whether your spring break contains mission work, margaritas, or a bit of both, it’s undeniable that international travel widens the scope of your global footprint. If you’re passionate about righting the wrongs of the world, it’s likely that you sign up for charity work abroad to make sure that your international touch is a healing one. Many charity organizations big and small make a difference in alleviating the effects of war, poverty, natural disasters and post-colonialism in other countries.

However, when it comes to participating in this form of activism around the world, you have to be sure to set aside your own cultural perspective and go in with a fresh set of eyes. As an outsider, it’s difficult to determine whether a foreign community is thriving socially and economically. It’s especially difficult to draw the line between cultural difference and human rights violation.

For better or worse, people in Western nations have their hands all over global social justice.
issues. Westerners travel to places like Tanzania and Vietnam to give back to those living in “underdeveloped,” Third World countries — essentially, any territory whose indigenous people were those who were colonized instead of those doing the colonizing. Largely Western financial organizations like the the International Monetary Fund and the World Bank give Third World countries financial loans and trade agreements, often at the expense of social programs and legislation that protects the poorest in society.

Under the guise of “developing” an “underdeveloped country,” there’s a prolonged social, political and economic struggle that ends up with Italy and Belgium as the center of the global stage instead of Nigeria and Laos. Today, exploitative economic relationships — like the banana industry in Central America, sweatshop labor in Mexico or factory work in Taiwan — ensure that companies in developed countries pocket the most profit at the expense of the developing countries’ people and economy.

The combination of a flawed system of aid and the intention to deliberately rip off financially-struggling countries complicates things. Yet any keen social justice advocate, Western or not, would be itching to find a solution to the world’s problems.

“So, how do you keep yourself in check?” asks Pedro DiPietro, an assistant professor in Syracuse University’s Women and Gender Studies department who specializes in decolonial, Latina and Chicana feminism. “By understanding that you’re part of that history and by understanding the legacy of that history. And the legacy of that history is that we tend to assess the non-West according to a criteria that has been put together by the West.”

Awareness of colonial history can help balance a Western cultural background and the concern that reaches beyond borders. As you go into postcolonial spaces, you have to recognize the Western or Eurocentric ideas that have been normalized in your society and how they affect your perception of other cultures.

“You look at the criteria, and you understand that the criteria that you bring with you is not universal, that [this] is provincial,” DiPietro says.

Concerns about country’s development and its people’s welfare might come from good intentions, but they may also cause you to hold other communities to an unrealistic standard and hurt them in the long run. DiPietro mentions Bolivia’s water crisis, which offers a prime example of the importance of keeping yourself in check. In order to provide cleaner drinking water in the Andean mountains, some non-governmental organizations introduced water pipes in some communities. Yet what these NGOs did not realize is that bringing those resources eliminated the social and networking opportunities of the women originally responsible for bringing water to the community.

In hindsight, if the NGOs had gathered qualitative data as well as quantitative data — not just altitudes, terrain details and the cost of pipes, but interviews with Andean people, observations of Andean culture — there could have been a happy medium between the two methods. The water system would be an even better idea had the NGOs preserved the role of Andean women as water porters.

“The question is not whether now, ‘Oh, OK, so now they will never have running water?’” says DiPietro. “The question would be how to introduce a remedy that speaks to all their needs -- and not only to the needs that the westerners thinks is the need -- and the best solution to the need.”

The events that occurred during Bolivia’s water crisis lays out one way social justice advocates can make the best possible impact with their activism: conducting research first. This happens before takeoff, by diving deep into the Internet and hitting the books. When traveling to vacation hotspots like Costa Rica, be sure to examine the negative aspects of summer’s influx of foreign tourists, such as sex trafficking. Once you arrive, foster good relationships with the people that you want to help, as it can help break down unconscious prejudices and help reach the best solution.

While there’s much to fix in the world, never forget to leave your narrow ideas of progress at the door. It’s the best way to ensure that all the hands on deck are helping ones.
For those living in the United States, celebrating the coming of spring and summer may seem like a foreign concept. However, in many countries, especially European ones, these activities are common and traditionally celebrated in late April or May. Many festivities have Pagan roots — for example, Easter, traditionally associated with rabbits and eggs, come from Ostara, the Pagan goddess of fertility, which the Pagans worshipped Easter in conjunction with the new season, not as a religious holiday. If you’re abroad for your spring semester and miss out on SU’s biggest upcoming summer celebration — Mayfest and Block Party — you’re not out of luck. Mark your calendars for these holidays that worship the turning of the seasons around the world.

COOPER’S HILL CHEESE ROLLING AND WAKE, GLOUCESTER, ENGLAND
This Year: May 30, 2016

Every year near Gloucester, England, locals start their holiday break on the last Monday in May by chasing an eight pound wheel of Double Gloucester Cheese down the extremely steep Cooper’s Hill. Thousands of people watch participants risk their limbs chasing the cheese, and the potential for sprained ankles and broken bones are apparently nothing compared to winning the rolled cheese wheel and year-long bragging rights.

The tradition once took place on Whit Monday (Monday of the Holy Spirit), the day after Whitsun, a holiday that celebrates the birth of the new year after winter. An old custom holds that throwing food down the hill encourages fertility for the harvesting season. Locals suspect that the tradition reigned from when food — cheese among them — had to be rationed. At the very least, the tradition these days is about throwing caution — and cheese — into the wind and celebrate the new season with a little whimsy and a lot of courage.

WALPURGISNACHT (WALPURGIS NIGHT), GERMANY
April 30

Walpurgisnacht is a good second option for Halloween lovers. On the eve of May Day, people from Sweden, Finland, Estonia, Latvia, and Germany gather in their respective communities for wood burning and witch-dressing to celebrate the Pagan coming of Spring. Traditionally,
people play pranks and create loud noises to ward off evil spirits. Its origins are in honor of Saint Walburga, an abbess or superior nun who was canonized on the first of May. The Pagan belief that witches meet in the high mountain to welcome weather and fertility rites and honoring Saint Walburga combined into this one, spectacular holiday. Although some countries celebrate the medieval holiday with singing and dancing; others, like Finland, celebrate with a carnival and mead.

**INTI RAYMI, ECUADOR AND PERU**  
June 24

The Inti Raymi, or Festival of the Sun, is the second largest celebration in South America and marks the beginning of a new year and the summer solstice. Although the festival lasts a week, the day of honor is on June 24, where actors selected are to play the coveted roles of Sapa Inca and his wife, Mama Occla. The deities are brought in on a golden throne and women sweep the streets to banish evil spirits. In a realistic stage act, a white llama is slaughtered in sacrifice to Pachamama, a goddess worshiped by the indigenous people of the Andes. A dusk, stacks of straw are lit on fire and locals dance to honor the Emperor of the Four Winds, Tawantinsuyu. The ceremony ends with high priests blessing the people for a good new year.

**HANAMI “VIEWING FLOWERS”//CHERRY BLOSSOM FESTIVAL, JAPAN**  
Late March to mid-May

Although America has become well acquainted with the cherry blossom festival in Washington D.C., Japan’s Hanami festival welcomes spring with picnics and barbecues around the sakura (cherry blossoms). It’s a celebration that regards the simplicity and beauty of life. Depending on the location in Japan, Hanami can begin as early as late-March and end as late as mid-May. The appreciation for the sakura persists each year because the color of the blossoms that last anywhere from a few days to a couple of weeks. Hanami is a literal translation of ‘flower-viewing’ and dates back to ancient times of poets and aristocrats creating songs, literary works, art, and dances dedicated to the sakura. The trees proved to be moving and inspirational, and are perfect to enjoy with some sake, tea, and hanami dango — a seasonal treat with green, pink, and white colors to echo the nature and meaning behind Hanami.
Turkish coffee is extremely bitter. The little white cup sat demurely in front of me as I contemplated its murky contents. I heard my friend sitting across from me laughing at my struggle, swallowing the earthy drink himself without hesitation. It was about 4:30 in the afternoon, and my classmates and I had just spent yet another incredible day exploring the city of Istanbul. After picnicking luxuriously by the Bosporus, sampling numerous Turkish delicacies, and experiencing the glorious chaos of the Grand Bazaar, our tour group had just settled down at a café for a breather.

“This is so strong,” I grimaced, wrinkling my nose after another failed sip.

“It grows on you,” my friend replied, laughing. “Just give it another cup...or five.” The atmosphere of the café was equally as lighthearted, with mingled giggles of both abroad students and locals filling the air. Out of the corner of my eye, I noticed our group leader making his way over to our table, and I turned to ask him what the plan was, but his uncharacteristically serious expression made me hesitate.

“What’s up?” I asked. And then it all came crashing down.

“A peaceful protest was bombed in Ankara,” he said quietly.

I froze. Ankara was only hours away from where we were, which was right by Taksim Square, the hub of activism in Istanbul. He continued to speak, but I could only hear fragments over the frantic pounding of blood in my ears.

“80 people have already been reported dead.” Thud, thud, thud. “You need to message your parents immediately.” Thud, thud, thud. “We’re leaving in fifteen minutes.” Thud, thud, thud.

I knew that he meant to deliver the message in caution — we weren’t in any immediate danger — as long as we were smart for the next day, we would return to England without difficulty. But I still couldn’t stop the constrictive feeling that grew around my heart. My friends and I grabbed our phones and tried to use the café’s spotty Wi-Fi to contact home. How different the room seemed to me now; only moments ago a warm
coffeehouse with lively occupants, and now, a threatening, cold place where I was a stranger. But after a few minutes, I realized that my group and I were the only shaken ones in the building. The rest of the customers were going about their day quite normally. The panicked faces, cries of horror, and discord I had come to expect with terrorist attacks back home were absent. Where were the people calling their relatives, checking the news, or desperately asking others if they had heard any updates about the bombing?

As we prepared to leave, it seemed that we’d make it back to the hotel easily. The streets were calm as we filed outside, and our tour guide led us towards one of the main roads. My friend and I shared a hesitant smile, and the tension that was balled up in my chest began to dissipate. Then the chanting began.

To this day, the chants still ring in my ears. The guttural, anguished cries of people who were angry at a government that had failed them. Hundreds of civilians blocked the road ahead of us, mourning the senseless loss of life that had occurred only a few hours ago. The protesters moved unflinchingly forward with their voices growing stronger by the second, and I watched, mesmerized.

"TURN AROUND!" The tour guide had to shout twice before I heard her. Reality came rushing back...who was to say this protest wouldn’t be attacked as well?

moved unflinchingly forward with their voices growing stronger by the second, and I watched, mesmerized.

"TURN AROUND!" The tour guide had to shout twice before I heard her. Reality came rushing back. “Do any of you have your passports with you?” The guide whispered after we passed a policeman making inspections. There was silence in response. We had all left them back at the hotel.

Five minutes later, we were back on a main road that seemed untouched by the protests. Police officers stood at the ready in large clusters, riot shields out and tear gas visible at their hips. I shuddered, hoping there wouldn’t be any serious conflict.

Once we were decently down the road, we were set free. As our group leaders went off to meet with our satellite campus to discuss an exit strategy, our tour guide explained that we should be reasonably safe now, the danger several neighborhoods away.

“It’s up to you how you want to spend the rest of the day,” the guide explained. “Don’t go near Taksim Square, and definitely don’t be out after 7:00. That’s when the real protests will begin.” With that, we separated, some more willing to part than others.

I stuck close to my group of friends, although we didn’t speak, except for the occasional tense, “stay together,” muttered when one of us strayed too far ahead. We all simultaneously exhaled a sigh of relief when we reached the hill that sloped down to our destination.

Until, that is, we saw a familiar sea of red flags snaking up the path. This tide of protesters dwarfed the last one. They completely blocked out the street and were only about a hundred yards away, their heated voices rising easily above the din of traffic. Pedestrians stared as they went by, frozen on the sidewalks. It soon became eerily quiet as they advanced, their chants the only sound permeating the dead air.

With this, I could no longer stem my panic. It seemed to flow through every pore in my body, screaming you’re trapped, you’re trapped. I looked down and saw my hands trembling, startlingly white against the slate gray cobblestones.

“We need to get off the streets,” came a voice to my right. We ducked into a sweet shop on the side of the road, watching with bated breath as the swarms of marchers walked by. Our hideout turned out to be a Turkish Delight shop with friendly, comforting owners that let us sample any kind of dessert we liked. The promise of Nutella Sultan’s Delight, pistachio-dark chocolate rolls, and friendly conversation helped to soften the harshness of the voices outside.

An hour or so later, when the protest stopped, we hurried home with bags full of candy, extremely thankful of the shopkeepers’ kindness. Once safely on the other side of the river, we didn’t stray far from the hotel — even our dinner was only a few blocks away. But away from the chaos of Taksim Square, and surrounded by seemingly calm locals, I realized how much I had overreacted earlier. If the very people this attack had directly affected were functioning normally, why couldn’t I?
The next day was fairly uneventful. Airport security was tightened and we did have a minor and a (later proven false) security threat to our flight. But within hours, I was back in Heathrow airport at customs, the Turkish stamp in my passport the only reminder of the previous day’s events.

As I made my way home on the tube that night, however, I didn’t think of the country-wide social media shutdown following the bombing that, at the time, made me feel even more alone in Turkey. I didn’t reflect on how lucky we were the security threat to our flight hadn’t actually panned out. I didn’t focus on how terrified I was that they might not lift the no-fly zone in time for our trip home.

All I could think of was the remarkable resilience and bravery of the Turkish people.

When we experience acts of terror in The States, we internalize them. We let fear and anger overtake our mind and we freeze in the wake of tragedy. I myself demonstrated this idea in the aftermath of Ankara. But once I saw how the Turkish people refused to be shaken, refused to let their lives be disrupted, and immediately responded with bravery and passion made, I realized just how debilitating fear can be.

And now, I sit quite comfortably in an ordinary Starbucks. It seems all too familiar — the mélange of conversations, the scent of coffee, and seemingly harmless environment outside. At any moment, my world could be turned upside down. At any moment, I might be in a situation similar to Istanbul again.

But in this particular moment, I take everything as it comes. If disaster strikes, I won’t allow fear to paralyze me. Seeing the bravery of the Turkish people in the face of tragedy taught me to not internalize my fear, but accept it, move past it, and go forward. I now know that should a crisis come my way, I will be brave. Drinking another Turkish coffee, on the other hand, is another matter entirely.

“AT ANY MOMENT, MY WORLD COULD BE TURNED UPSIDE DOWN. AT ANY MOMENT, I MIGHT BE IN A SITUATION SIMILAR TO ISTANBUL AGAIN. BUT IN THIS MOMENT, I TAKE EVERYTHING AS IT COMES.”
The minute the 2015 Paris Noir group stepped off the plane in Paris, France, they were on their own. Professor Janis Mayes, an associate professor of African-American studies at Syracuse University and founder of the program, hopped in a taxi and whisked off, leaving behind little instructions for the 15 students to navigate their way through the foreign city to get to their hotel, leave their luggage in storage, and hop on a subway to get to Boteqium, an upscale, contemporary Brazilian restaurant. Few students spoke any French. A half hour later, out of breath but invigorated, the students arrived at the restaurant. Mayes leans on this idea of immersion to guide them into becoming more critical, culturally competent thinkers. “By the end of the week, everyone’s a pro,” Mayes says. “They can take anyone anywhere. They can order in a restaurant, give someone directions ... None of this was planned in classrooms. It was all in immersion.”

Mayes took the first cohort through Paris in the summer of 2000 with the goal of examining the historical influence of Black cultures on Paris — and, by extension, the world — in the realms of literature, art, and life in general. Over round table-style seminars at the Café de Flore, one of Paris’ oldest and most prestigious coffeehouses where influential writers such as James Baldwin spoke and dined, and through hands-on cultural immersion such as a guideless walking tour for the midterm examination, students analyze the lives and works of influential Black artists and thinkers, including Baldwin, Leroi Haynes, Josephine Baker, and Sally Hemings.

Senior communications and rhetorical studies major Markova Casseus initially heard about the program from her friend and fellow 2015 cohort member. Earlier that spring, her friend heard about the scope of the program and became invested fast, but ultimately struggled with the idea of leaving the country. Casseus realized she needed to talk her friend into making the trip a reality, and in the process, also found herself invested in the program. “Not enough people study abroad, especially people of color,” Casseus says. “If I’m going back to my own neighborhood in Brooklyn, it’s this idea that they think that it’s unobtainable. I was just really stressing to her that there really just is no other opportunity to do it like this.”

Less than 10 percent of the U.S. collegiate population studies abroad, or 304,467 students, according to the 2015 Open Doors report released by the Institute of International Education (IIE), an independent not-for-profit organization with a mission to advance international education predominantly through study abroad and foreign affairs. Of the 304,467 students that go abroad, 225,306 identify as white (or 74 percent). Conversely, only 17,050 students (or 5.6 percent) identify as Black or African-American. 25,270 Hispanic or Latin@ students (8.3 percent) study abroad annually;
23,443 students (7.7 percent) are Asian or Pacific Islander; 10,047 students (3.3 percent) of the population identify as multiracial; and 1,522 American Indian or Alaska native students (0.5 percent). Those numbers speak for themselves.

Syracuse University Abroad, one of the country's oldest abroad programs, however, has shown marked racial and ethnic diversity in the campus's study abroad culture. Within the university, students of color represent 25.6 percent of the student population, and 35.61 percent of the SU population of students that go abroad are students of color, in comparison to the national average.

Many celebrities recognize this problem and are publicly addressing it. In an April 5, 2016 talk in Hendricks Chapel, Anthony Anderson, executive producer and star of Black-ish, an ABC Network sitcom revolving around the lives of an African-American family living in a predominantly White neighborhood, spoke on a number of issues within the Black community. During the talk, Anderson spoke of his current work focusing on getting more passports into the hands of young students of color in order to allow them to cultivate long-lasting, international connections like many of their White classmates.

However, diversity does more than simply expand opportunity. It literally makes everyone brighter, according to an experiment done by two American professors, Sheen S. Levine and David Stark. In the experiment, Levine and Stark measured the accuracy in both homogenous groups and diverse groups to calculate prices for simulated stocks in two different geographic locations. The diverse groups’ answers were 58 percent more accurate. Individuals in homogenous groups were more likely to blindly and willingly accept what the others had to say; members of the diverse groups remained much more critical of one another. “Our findings suggest that racial and ethnic diversity matter for learning, the core purpose of a university,” Levine and Stark wrote. “Increasing diversity is not only a way to let the historically disadvantaged into college, but also to promote sharper thinking for everyone.”

The connection that exists among diversity, travel, and education played a key role in how SU transformed its abroad experience. Several years ago, Margaret Himley, current associate provost of international education and engagement at SU Abroad and SU professor, led a campus-wide initiative to move SU Abroad into the Office of Academic Affairs to signal travel's significance in SU academic experiences. Since that day, Himley has worked to shift the view of study abroad from a luxury to a necessity, and among the areas she has been tasked to address is the state of racial and ethnic diversity in abroad programs. Himley credits SU’s increasing success at closing the racial and ethnic divide between students abroad in part to curriculum-based programs like Paris Noir and Beyond the Beach: Sex Workers, Transnational Capital, and Tourism in the Caribbean, a one-credit course led by African-American studies Professor Linda Carty. For Himley, it's not only a matter of increasing ethnic diversity in students who go abroad, but also in the faculty who are interested in creating unique programs like these that attract wider groups of students.

SU Abroad joined 350 U.S. colleges and universities when it signed on to Generation Study Abroad, a national initiative to double the number of students studying abroad by 2020. GSA, an initiative led by Daniel Obst, deputy vice president of IIE's Center for International Partnerships in Higher Education, pinpoints three of the most prominent challenges students face when attempting to study abroad: cost, culture, and curriculum. Obst works to
mobilize universities and others to make study abroad accessible to everyone. “If you look at the marketing materials, it’s typically Caucasian young women who go abroad, and that could be part of what could make people look at a website and think, ‘Oh, that’s not really for me,’” Obst says. Additionally, programs like the Benjamin A. Gilman International Scholarship program, an IIE scholarship, offers grants to ease the financial burden of study abroad; 60 percent of the recipients are students of color. “What programs like the Gilman scholarship show us is that with targeted outreach and support, you can really change the face of study abroad,” he says.

Yet, Syracuse University’s numbers still have major room for improvement. It’s just a matter of accurately assessing the obstacles in place and make a concerted effort at change, according to Hub Brown, associate dean for research, creativity, international initiatives and diversity at the S.I. Newhouse School of Public Communications. “It’s difficult because you’re attracting a group of students, some of whom have a lot of resources to go and some of whom really don’t,” says Brown. “Students of color are going to be, statistically, bigger users of financial aid, (there’s a) bigger need of financial aid, so they’re fighting just to be here. And on top of that, we want them to go to Paris. That’s hard. That’s really hard.” If institutions care about remaining competitive amid a globally connected world, Brown believes these institutions should commit to raising the necessary funds — even if it’s difficult for universities in the short term. It’s especially important when looking at the cost breakdown of study-abroad programs in the U.S. versus other countries, he says, considering that everything from living expenditures to books are similarly priced across the board aside from tuition.

Brown suggests universities could cut down on costs by allowing students to spread out their semestery allocation of 19 credit hours. Currently, students pay for 19 credits a semester regardless of whether they are enrolled in that amount; Brown says SU Abroad could cut down on costs and promote summer-abroad programs if students were allowed to use some of those unused credits in the summer.

SU almost lost its abroad crown jewel in 2015 when the university quietly slashed the Paris Noir program one cold February day that spring semester. Students, faculty, and alumni responded with an immense backlash and expressed concerns over the ethnic diversity of study abroad programs. Eventually the program was reinstated. According to Mayes, there’s been a noticeable improvement in the commitment to both diversifying study abroad programs and encouraging the continued success of unique curriculum-based programs such as Paris Noir. “People are much more aware of what’s going on now,” Mayes says.

On the final night of the summer 2015 program, the cohort gathered one more time at Botequim to say goodbye. The group had grown strong together, exploring their respective cultural identities in a space many of them least expected. As Casseus stared around the table at her classmates, she felt happy. She recounted Mayes calling them “the cream of the crop,” and in that moment, those words reverberated through her. “It felt good to know that we were sitting there on this last day knowing what we had gone through to actually get here,” Casseus reminisced. “We spent many sleepless nights together, gathered in one room, trying to read the books and engaging with each other to make sure we knew the material. Being in that space knowing that we had gotten through it ... meant everything.”
My father’s plane fell from the sky like a burning comet in the summer of 1989. There were no survivors.

I think of my mother getting that phone call, and my heart aches.

These are the thoughts running through my head as I sit in the back of a four-seater airplane, preparing to fly over Peru’s ancient Nazca lines. Flights over Nazca have been marred by controversy — in the last five years, 17 tourists have died in crashes due to faulty equipment, outdated planes, and inadequate safety standards.

Time is a strange thing. By the end of the summer of 2012, the clock ruled every day of my life. I constantly wondered if those days of stagnant routine, trapped in an office, wearing sensible shoes, would be the rest of my life.

I packed my bags and headed to South East Asia for a year. Starting out in Thailand, I soon found myself in Laos, Vietnam, Cambodia, Malaysia, and Myanmar. The year after, I hit Europe (Spain, Italy, Turkey, and London) before heading to South America (Ecuador, Peru, and Bolivia).

My mother often calls me reckless — too eager to climb mountains and jump without looking. I wave her off and say, “anything can kill you.” But this time feels different. Again I think of my mother getting that phone call, and guilt consumes me.

The engine roars, and I try to steady my breathing. The shanty town blurs into a sandy storm of colors. We’re off the ground and it feels like a weight is pushing down on my chest. Fear and adrenaline pump through my veins, and it makes my fingertips go numb. Beads of sweat run down the back of my neck as we climb higher over the endless expanse of desert.

It’s hard to believe I’m the same girl who stood in a Philadelphia airport over a year ago, unable to let go of my mother. “It’ll be OK,” she told me, as tears seeped through the cracks between my lips and I tasted the salt on my tongue.

In the weeks leading up to my first solo trip abroad, my giddy excitement had been replaced by a cold dread. Friends, family, and strangers alike made it a point to tell me I was just a little girl walking into a world that wanted to hurt me.

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So I stood in mother’s arms, silently reciting all the news reports I read about the rape and murder of lone female travelers across the globe, my veins turning to ice.

What I actually encountered in Southeast Asia, however, was something very different from
the evils that were preached to me. I met people struggling without access to education, sanitation, clean water, or health care; people who had endured the atrocities of war and unimaginable loss, yet were still willing to share the food on their tables and the warmth of their homes.

Within the people of Southeast Asia, I discovered the incredible beauty of the human spirit that I hadn’t known existed — a beauty that the media chose to ignore in favor of scandalous headlines and colorful misfortune.

My well-meaning friends and family who feared for my safety never read any stories about the eternally smiling boatmen of the Andaman Sea who invited me to share their dinner when they saw me traveling me alone. Or the Cambodian boy who scaled a palm tree to offer me a coconut to drink on a hot day. Or the genocide survivor who relives his torture every day to raise money to support other survivors.

But these realizations didn’t come easily or immediately. In January 2013, five months into my South East Asian journey, I landed in Yangon, Myanmar. Cracked, moldy stones make up a patchwork of sidewalks that line a city in decay. Choked side streets are piled high with garbage and human waste. Peeling paint covers the exteriors of apartment buildings – brightly colored paint peeking through years of dirt and disappointment. Homeless women cry on the street with their emaciated children silently starving in their laps, while wealthy foreigners stay in $500 per night mega hotels on the same block.

I wandered the streets of Yangon for nearly an hour before finding a decently priced room, in a dark, rotting building. I sat on a small bed covered in tattered sheets. As I stared at the yellowing wallpaper, my mind traveled back to that Philadelphia airport and all my fears about lonely girls in foreign countries came flooding back to me.

I fled my nightmarish guesthouse early the next morning to explore the city properly. I immersed

“It’s hard to believe I’m the same girl who stood in a Philadelphia airport over a year ago, unable to let go of my mother.”
myself in crowds of Burmese men in longyis, a long rectangle of fabric tied around the waist, and women whose faces were smeared with thanaka, the cosmetic paste used for beauty as well as for sun protection. There was not a single tourist in sight. Women sat hand churning sugar cane juice, while street vendors threw spices onto crackling frying pans.

I sat on a shaded bench overlooking the Sule Paya, and within five minutes, a crowd of locals surrounded me, taking pictures of me on their cell phones and asking about America. They offered me cigarettes, cake, and even a marriage proposal. I laughed at the irony of my situation—it seemed the only spectacle on display today in Yangon was me.

Yangon taught me that appearances can be deceiving. I immediately equated Myanmar's impoverished streets with danger — something I had been taught since I was a little girl. “Never go out alone, don’t walk around unfamiliar places, don’t talk to strangers,” are all among a series of rules drilled into my head since childhood. But it was precisely in straying from the rules, while taking steps to minimize risks, that I learned how to live fully. Sometimes on my restless nights I am lulled to sleep by memories of the calm Andaman sea in Thailand, the midnight chorus of the Laotian jungle, and that weightless feeling of the endless Nazca Desert.

The pilot flips the plane on its left side, and I feel dizzy, like I ate clouds for breakfast. I’m laughing. The joy feels like bubbles in my lungs. In that moment, I understand that my father loved to fly for the same reason I love to travel — for weightlessness. For the freedom of the open road.

I imagine my father in those last moments, blissfully unaware of his fate. I think he must’ve been happy in those moments. I decide that’s where he is now — in the clouds with the summer sun on his face, wings beating for eternity. I think of how society tried to deny me these precious memories simply because I’m a woman.

If you’re never willing to fall, you’ll never learn how to fly, either. My father was no caged bird, and neither am I. 

"The pilot flips the plane on its left side, and I feel dizzy, like I ate clouds for breakfast. I’m laughing. The joy feels like bubbles in my lungs."


1 “In 2010, I went to Coco Grove in the Philippines. One day while I was trying to row a boat by myself I saw a beautiful lifeguard coming towards my way trying to “save me” even though I wasn’t actually drowning. From that moment on, he made my trip an unbelievable experience. We went on a date to a beautiful restaurant on top of a mountain that has an incredible view of the whole city, and afterwards, we sat on the beach looking at the stars.

I remember him holding my hand and saying, “if only I met you sooner, I could have fallen in love with you.” I spent the night listening to him play songs on the guitar and singing to me in Tagalog until the sun rose, and we ended our date with a kiss. Even to this day, he tells me he wants to visit the states. If he only knew I fall in love in every country I’ve visited so far.” -Amy, Philippines

2 “I remember leaving a crowded bar with a beautiful Italian man — Francesco — and getting into his car. We talked in a flirty mix of English and Italian — neither of us were very good at the other’s language, but we communicated mostly in gestures. He drove us up to Piazzale Michelangelo, a peak that overlooks all of Florence, lit up and unbelievably charming at night. He took my face into his hands, gave me the most romantic kiss of my life, and then drove me back to my apartment. I never saw him again. Sometimes, that’s all you get: one perfect night with a stranger in a foreign city.” -Madeleine, Italy

3 “Willie, from El Salvador, was a surf instructor and bartender who lived on the beach at the resort I was staying at. One night, I was sitting on the patio and we started talking about my surf lessons when he realized I was fluent in Spanish. That’s when we really started talking. We made a bet about surfing and after I lost the bet, I promised to go out with him the following night. During the night out, we clicked on a physical level. When he grew too emotionally invested, I had to distance myself from him, but I still remember him fondly.” -Georgia, El Salvador

4 “I booked a trip to Stonehenge and Bath from London pretty early in the semester and wound up sitting next to a stranger who I connected with pretty quickly. My friends and I wound up separated, so while I was wandering the streets looking for something to eat, I ran into my seatmate from the bus! We ate our buns back on the bus and ended up talking for the whole three-hour bus ride back to London, and made plans to meet up later.

The next day, we had an amazing date in Hyde Park. It was short-lived though, as she was a Canadian student studying in London during her winter break and I met her just on the last few days of her being here, but I enjoyed the time we spent together.” -Josh, London
Sipping on wines in Syracuse may not feel as exotic as a Barcelonan wine tour or a tasting class in Bordeaux, but there is a way to add an international flair to your drinking even after your semester abroad. Empire Wine, an Albany, New York, company that offers shipping of over 2,000+ imported wines by the click of a mouse. Located a short trip away from campus, Empire Wine can quench your longing for an international wine with its selection of wines from California to Israel.

A sampling, ranked by alcohol by volume:
**ISRAEL**

Golan Heights Winery
Merlot 2011
(14.5% ABV, $9.95, 750 mL)

Though this red has tastes of raspberry, cherry, orange blossom it is unexpectedly pretty dry. With a bit of a spice kick, there are some herb-y overtones to the merlot. The winery describes Golan as the coldest region of Israel, but it does produce many wines thanks to its chilly temperatures.

**PAIRING:** This merlot can go with almost anything, but why not break out the George Foreman and have a glass or two with a crispy Panini, unless you have some smoked goose breast laying around. In that case, go for the goose. Always go for the goose.

**MACEDONIA**

Stobi Winery Vranec 2012
(14.5 %ABV, $7.95, 750 mL)

Stobi Winery’s Vranec is intense. The Macedonian word means black stallion, and it is an apt name to signify this wine’s powerful punch. The deep red color matches the smell of plum and sour cherries. Yet, when you taste it, the wine mimics the grace and elegance of a horse: it is soft and pleasant while retaining its boldness.

**PAIRING:** Don’t worry if you don’t have any traditional Macedonian dishes in your cookbook. Vranec pairs well with veal and strong aromatic cheeses like limburger or muenster.

**INDIA**

Sula Vineyards Shiraz 2013
(14% ABV, $11.95, 750 mL)

From Nashik, India, this Shiraz brings the sights and smells of walking through a spice market to your kitchen table. The opaque purple tint is as intense as it tastes. Sula Vineyards serves this full-bodied wine with a mix of scents reminiscent of cinnamon, blackberries, and cacao. The taste lingers in your mouth for quite some time, but not as long as a trip to India and back.

**PAIRING:** This bold wine is strong enough to pair with spicy food and still hold its own. Try it with some spicy Korean barbeque.

**SOUTH AFRICA**

MAN Vintners ‘Steen’
Chenin Blanc 2014
(13.5% ABV, $6.95, 750 mL)

Chenin Blanc smells like warmth with scents like baked apples, but yet it has a zingy citrus acidity taste thanks to strong grapefruit overtone. This straw-colored wine puts all it has out on the table as a bold yet crisply refreshing wine.

**PAIRING:** It’s a very versatile food wine but Pair this wine with Southeast Asian food or herb goat cheese, like Boursin. If you want to branch out, try making a chicken salad with toasted sesame and a drip of chili oil, as advised by Wilfred Wong of Wine.com.