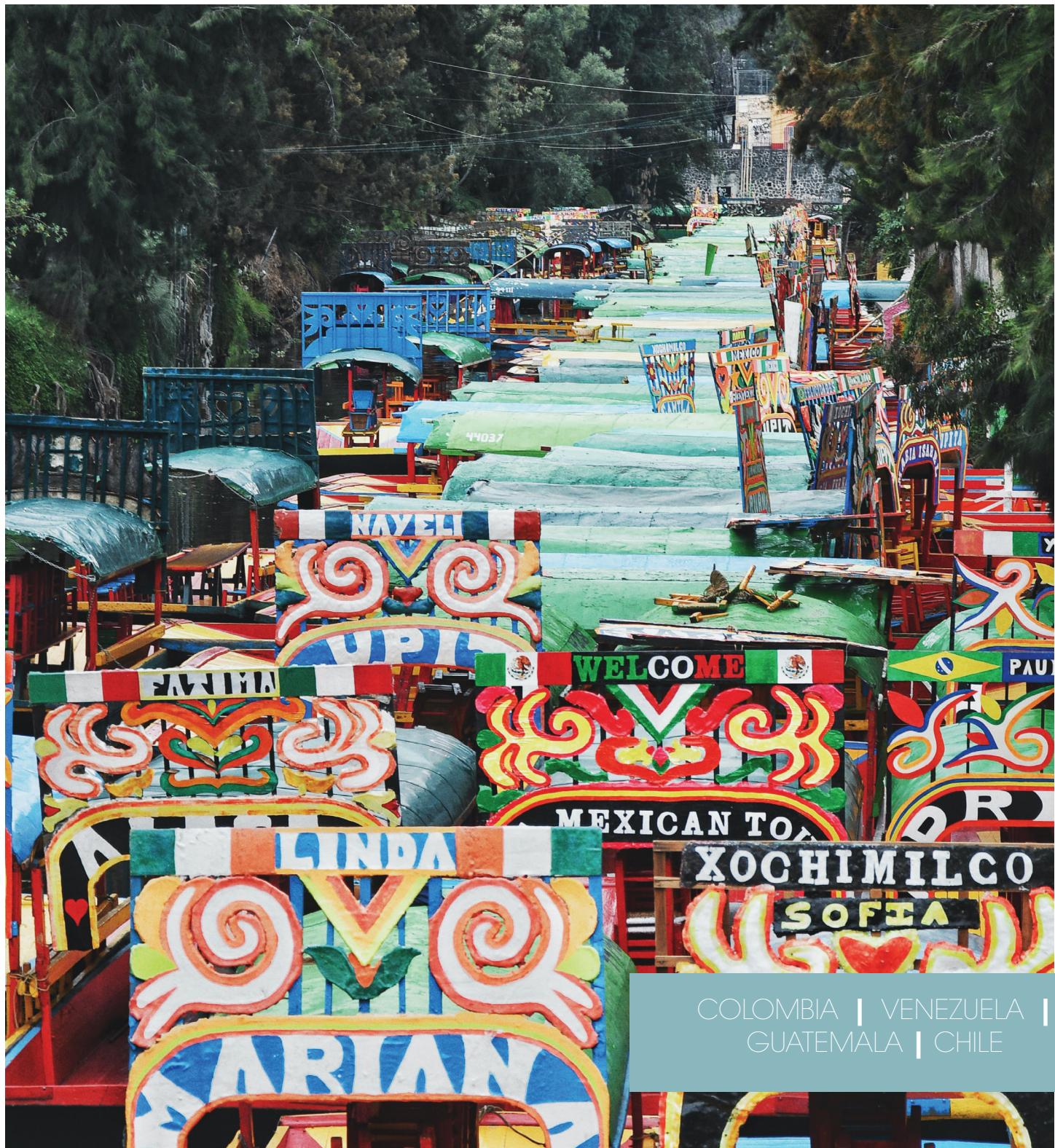


Art & Culture

Hispanic Heritage Month Spotlight | October 2020



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OCTOBER
2020



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Guatemala: The Heart of the Mayan World

By: Lucy Sheriff

Alive, magical, mystical and ancestral. Its history goes back to four thousand years, when the Mayan civilization emerged, whose legacy remains today with the traditions and culture of its people, Guatemala is a country of extraordinary cultural and natural richness and with a privileged geographical location.



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Perez Art Museum: Latin Culture in Miami

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Visit Miami's flagship art museum, and learn about modern and contemporary, international art at Pérez Art Museum Miami (PAMM). Exhibitions highlight Miami's diverse community and pivotal geographic location at the crossroads of the Americas.



A Peek Into Colombia

By: Margarita Rubies

In Colombia, rhythm runs through the country's veins. It's a country that will thrill you with a huge range of destinations catering for all tastes. Each of the country's regions offers a different rhythm so you can do what you like most.



San Pedro de Atacama, Chile

By: Sofia Tomas

Explore the town of San Pedro de Atacama, which is set on an arid high plateau in the Andes mountains of northeastern Chile. Its dramatic surrounding landscape incorporates desert, salt flats, volcanoes, geysers and hot springs.



Carlos Cruz Diez & Venezuela

By: Jorge Ramos

Get to know Venezuela's most famous artist of the 21st century, Carlos Cruz Diez. Learn about Venezuelan art while also exploring the geography and culture of the beautiful country.



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Mexico City is the nation's capital. Vibrant, multifaceted and always on the move. It is the political, economic and cultural core of the Mexican Republic. Explore Mexico City with the help of Interjet, the leading airline of Mexico.

Guatemala



Antigua, Guatemala
A portrait of the famous bridge
Photographer: Angello Pro

The Heart of the Mayan World

By: Lucy Sheriff

Cobbled streets, colonial Spanish architecture, nearby volcanoes and perfect weather all year round make Antigua, Guatemala, a jewel in Central America's crown.

The city, granted UNESCO World Heritage status in 1979, is a culturally rich travel haven for architecture lovers, food fiends and coffee aficionados.

With streets lined with vivid purple blooming jacaranda trees, plaza corners commandeered by marimba-strumming musicians and alleyways dotted with colorful parasols shading street food stalls, Antigua is crying out to be explored.

What To Do:

Antigua brims with enticing local shopping, whether it be Nim Po't, a local artists crafts shop; Mercado de Artesanías, overflowing with colorful textiles, blankets, woven purses and jewelry; or Mercado de Carmen, which sits adjacent to the ruins of Iglesia El Carmen, selling pottery, blankets and jade at excellent value.

But the crowning glory is the Mercado, a fruit, veg, fish, meat and everything-you-could-possibly-need market. Half indoors, half outside, the winding walkways will have you marveling at the vibrant stalls for hours.

It's where the locals go to shop, and it does not disappoint. The maze can take all day to navigate, but when you can stop for nourishment at the hot food sections, that's not a bad thing.

The most iconic spot in Antigua is the Santa Catalina Arch. Built in 1694 as a walkway for nuns, the cloisters are now private property, owned by a local family. Get up extra early to snap a picture of the bright yellow clock tower, with the Agua

Volcano in the background, before the crowds descend.

For expansive views over the city, the hike up to Cerro de la Cruz (Hill of the Cross) is a winner. It also offers a glimpse of the three volcanoes that stand guard over Antigua. The entrance is easily accessible via 1a Avenida.

The city has numerous churches worth exploring, particularly Antigua's oldest, San Francisco Church, which dates from 1542. La Merced Church, with its yellow facade, is also worth a look, although tourists have to pay around Q15 (just under \$2) to enter.

Guatemala is well known for its jade, and Casa del Jade on 4a Calle Oriente is not to be missed. Learn where jade can be found in the country and admire some of the rarest stones in the world.

After the short tour, the jewelry on offer begs to be perused. Jade Maya on the same street also offers an impressive selection of stones. As Antigua is known for its volcanic activity, it would be a mistake not to climb one. Pacaya is the easiest, and you'll still get the excitement of seeing lava spew from the volcano's mouth, as well as getting the opportunity to buy lava jewelry from the isolated gift shop near the summit.

Side Trips:

As Antigua is known for its volcanic activity, it would be a mistake not to climb one. Pacaya is the easiest, and you'll still get the excitement of seeing lava spew from the volcano's mouth, as well as getting the opportunity to buy lava jewelry from the isolated gift shop near the summit.

OX Expeditions and GetYourGuide offer reasonably priced tours. Don't forget to bring marshmallows and a stick -- there's

an opportunity to roast them on volcano heat pockets once you get there.

An overnight trip to the magical, mysterious Lake Atitlán may seem like a long way, but the enchanting beauty of the water, which sits in a volcanic crater, is well worth it. It's about 2½ hours by shuttle bus or you can catch the local "chicken bus" from the bus station at Calle Principal.

There are more than a dozen Mayan villages to stay in, but your best bet is Panajachel, a bohemian haven. It's big enough to provide everything a visitor needs, but not so big that you can't experience local culture.

If you stay at Selina in "Pana," as locals call it, the hotel can help arrange transport



Guatemala
A woman in a local market
Photographer: Perry Grone

to and from Antigua, as well as village tours on the lake. Hiking, kayaking, swimming and sampling local art, chocolate and Mayan wool weaving is all part of the fun.

Where to Eat and Drink:

Breakfast is a big deal in Guatemala. Samsara, a vegetarian and vegan cafe in Antigua with a hippie vibe and gluten-free options, is a great spot for making the most of your morning meal. Scrambled eggs tossed with kale, spirulina and turmeric and served up with guacamole and plantain is one of the standout dishes, or try the black corn tortilla with organic eggs and jocón -- a traditional Guatemalan green salsa. Guatemala is known for its outstanding coffee, and an excellent start to the morning awaits at Cafe Condesa -- sipping your coffee on the beautiful patio out back. Want some culture with your midday cerveza? Rainbow Cafe is a bookshop serving up traditional sopas (soups),



Discover



Explore

Photographer: Julio Reynaldo



Bulevar Villa Deportiva, Guatemala
View of the volcano from Antigua streets.
Photographer: Clovis Castaneda

organic salads and plenty of vegan and gluten-free options. They also hold regular lectures by NGOs to encourage visitors to get involved in volunteering.

Rincon Tipico is one of the best known lunch spots in the city. It's cheap, cheerful and traditional, and you can watch as your food is roasted on the wood fire right before your eyes. Plus, all the meals are served on traditional Mayan pottery.

For something more upscale, Saberico is an organic deli delivering comfort food with a healthy twist and Guatemalan takes on international dishes. The shakshuka and chile rellenos are superb.

If you're after more traditional fare, Los Tres Tiempos is a fun, relaxed restaurant with ceviche, pepián (a meaty stew) and chuchitos (Guatemala's take on tamales) on the menu. It also has a beautiful rooftop brimming with bougainvillea.

La Fonda de la Calle Real serves up traditional home cooking in a colonial setting, offering a variety of specialities from regions across Guatemala. Order the plato típico, a medley of local delicacies, including chile relleno -- roasted stuffed bell peppers -- plantain, refried beans, farmer's cheese and pupusa.

For a special dinner, Mesón Panza Verde is one of Guatemala's most acclaimed restaurants. Here, the chefs are challenged to come up with weekly food specials using only local and seasonal produce. Ask for a seat in the picturesque garden to dine under the stars. Scrambled eggs tossed with kale, spirulina and turmeric is a classic.

Samsara
6 calle 7 avenida #33, Antigua, Guatemala

Cafe Condesa
La Casa del Conde, Parque Central, 5a Avenida Norte, #4 La Antigua, Guatemala

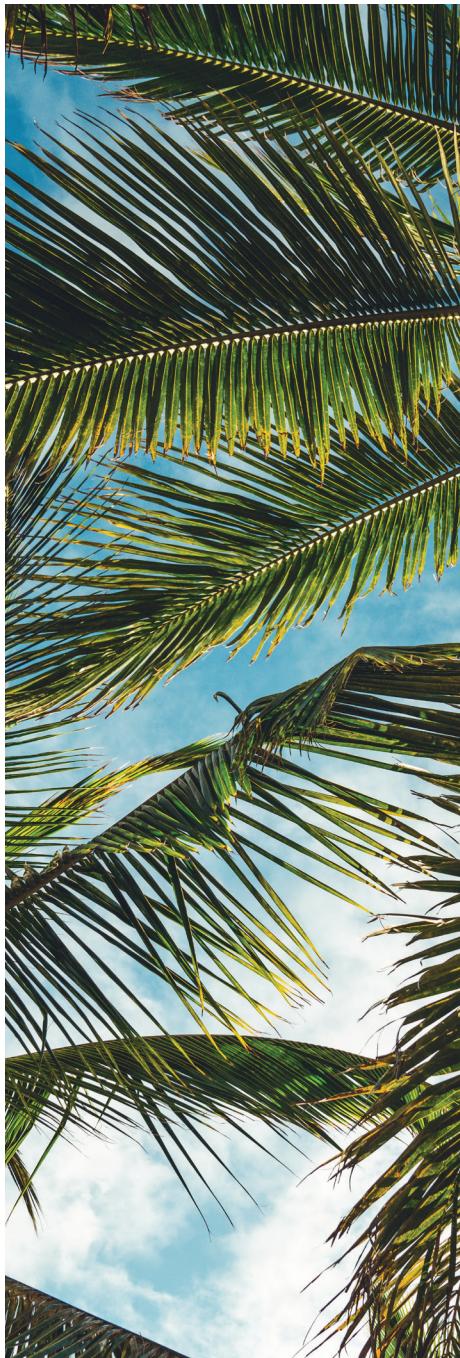
Rainbow Cafe
7ma Avenida Sur, No. 8
Antigua, Guatemala

Rincon Tipico
3a Avenida Sur
Antigua, Guatemala



Semuc Champey, Coban, Guatemala
Located within a jungle near the town of Lanquin.
Photographer: Christopher Crouzet

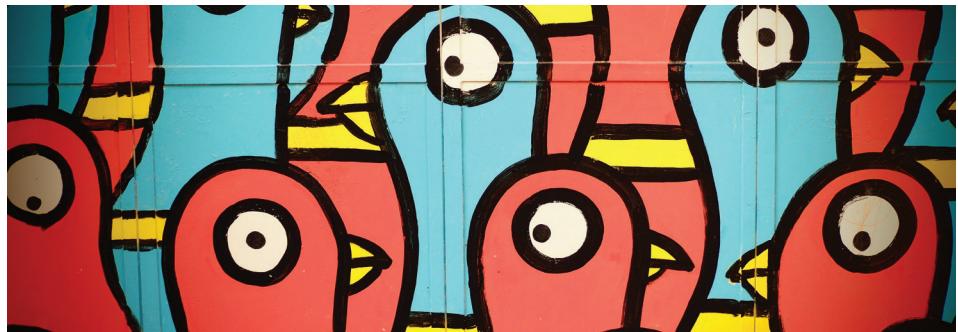
Perez Art Museum *Miami*



Visit Miami's flagship art museum, and learn about modern and contemporary, international art at Pérez Art Museum Miami. Exhibitions highlight Miami's diverse community and pivotal geographic location at the crossroads of the Americas. In addition to exploring the galleries, visitors can: enjoy waterfront dining at Verde restaurant; shop a unique selection of art books, furnishings and handmade items at the museum's gift store; and take in the spectacular views of Biscayne Bay and the elaborate hanging gardens. PAMM provides an educational and civic forum for the County's residents and visitors alike.

VISIT

1103 Biscayne Boulevard
Miami, FL 33132



Like many Latin American countries, Colombia offers a rich hodgepodge of ethnic influences, most of which date back to the 16th century conquest by Spain. Along with the country's magical natural wonders, International Expeditions' Colombia tours also expose you to the region's rich culture.

As indigenous native populations (primarily the Muisca, of what is now the country's Eastern range, and the Tairona of the Sierra Nevada de Santa Marta region) mixed with the Spanish criollos, slaves brought over from Africa, and European-born whites, a distinctively Colombian culture gradually began to emerge.

By the end of the era of regional isolation and racial segregation in the late 19th century and early 20th century, the rise of mixed-race zambos coincided with the increasing popularity of pan-cultural Carnival celebrations to create a thriving Colombian arts scene.

Colombian Art

Archaeologists believe ceramic art was produced on Colombia's Caribbean coast earlier than anywhere else in the Americas outside the lower Amazon basin, with relics dating back to 3100 BC. The Piartal culture (750-1250 AD) created vessels with patterns inspired by animal and snake-skins, which were used in burials to hold relics and jewelry.

The San Agustín culture (200 BC-800 AD) were stonemasonry artisans, erecting anthropomorphic and zoomorphic monoliths up to five meters high. Gold ultimately played a pivotal role in luring the Spanish to Colombia, and the Quimbaya and Zenú people were both masters of intricate gold work. To see stunning examples of their ancient craftsmanship, visit the Zenú Gold Museum in Cartagena.

After the Spanish invasion, 16th to 18th century Colombian art was largely devoted to Baroque-style religious depictions. But by the early 20th century a more distinctive style of modern art had begun to emerge.



Cartagena, Colombia

Photographer: Ricardo Gomez Angel

A Peek Into Colombia

By: Margarita Rubies

Influenced by the Mexican muralists, painters such as Santiago Martinez Delgado and Pedro Nél Gómez fused neoclassic and Art Nouveau elements. Alejandro Obregón mixed Andean and European influences such as surrealism and Cubism, emerging in the 1950s as one of "The Big Five" Colombian artists. But perhaps the

most famous Colombian artist is Fernando Botero, who's known internationally for his large, exaggerated figures.

Cartagena, Colombia

A colorful street in Cartagena.

Photographer: Ricardo Gomez Angel



Visually, Chile may not look that different from other places you've lived or visited. Some spots in Santiago might remind you of the skyline from back home, for example. And with English-speaking hosts and guides it's easy to stay ensconced in that easily-accessible Chile. But if you've come with the idea of exploring the country, of digging a little deeper into Chilean culture, Upscape can help. To get a little deeper into Chilean culture, here are some easy-to-follow tips and guidelines that are sure to help you blend in like a local.

WHEN TO SHOW UP

If you're told to arrive at a certain time, it's good to consider who has invited you.

Tours generally begin on time, and if you are dealing with someone who has had a lot of international experience, that person is likely to be punctual as well. With locals that you have met or anyone else however, consider that showing up 15-minutes late is not unusual, and not considered a problem, or even worth commenting on.

GREETINGS

You may have noticed that many people kiss hello in Chile. In general, women kiss women, and men and women kiss, whereas unless men are very close friends, for them, a handshake is sufficient. The kiss is more of a cheek-contact, where you place your right cheek next to their right cheek, and kiss the air. It is a single kiss, and

does not then switch sides. Add an "hola, un gusto" (hello, my pleasure) and then say your name, for an even more Chilean touch upon meeting someone.

FAREWELLS

These are a repeat of the greetings, but without the "hola." Some people may hug, but you are not generally expected to. Unless there is a very large group of people or it is physically difficult to get to everyone (if people are sitting across the table), you should take



San Pe

Chile

By: Sofia Tomas

*San Pedro de Atacama, Chile
Alpacas in the desert.
Photographer: Alex Wolo*



edro de Atacama



care to say farewell to everyone, particularly the person that invited you.

CUECA

This is the national dance, which symbolizes the rooster's mating dance with the hen. Even around Santiago, and especially around September 18 (the national holiday), you may see women in Little House on the Prairie-type dresses (with shoes that look like tap shoes or Mary Janes) as well as men dressed in full regalia with flat brimmed hat and dress shoes with spurs. Though you are not expected to dance the cueca, you could watch some videos, including this one with instructions (in Spanish). In general, most people will value you knowing what the dance is and appreciating its cultural importance. Bring a white hanky if you think you'll be tempted to give it a try.

SEPTEMBER 18TH

It would be impossible to overestimate the importance of the 18th of September to the Chilean people. It's not only the national holiday, it often leads to up to a week off of work (this is decided by the government on a year-to-year basis, but there are almost always at least 4 holiday days per year). It is also the unofficial end of the winter and beginning of spring, kite-flying season and when many trees show off their best blooms. How to celebrate? At an asado (barbecue), or at a fonda, a type of party held just for the holiday where popular foods include empanadas de pino (meat empanadas), anticuchos (kebabs) and to drink, chicha (a type of local cider), or terremotos (a local drink made of unaged white wine, pineapple ice cream and sometimes a splash of Fernet). Many parties are held in public parks and are thematic. For example, the one at Parque Íñes de Suárez in Santiago is known for being family-friendly.

DINNER

For Chileans who dine (as opposed to just taking once, which is a sort of evening tea), the meal would never start before 8 PM, and often not until 9, or even 10, when out at a restaurant. This is why eating a sizeable lunch is important. It's very common for restaurants to offer a pisco sour (the unofficial national drink) as an aperitif. You can try one of the strongly-flavored bajativos (digestifs) after the meal as well. Manzanilla (chamomile) and Araucano (a

bitter liquor made of several local plants and said to be good for the stomach) are popular choices, but the latter especially is an acquired taste.

ASADOS

If you have the good fortune to be invited to a Chilean asado (barbecue), do not think of the saucy ribs and hamburgers from back home. There are two main stages to the Chilean barbecue, which are the choripán, in which small sausages are served in toasted marraqueta (a local roll similar to French bread), and then the grilled steak portion. While Chileans are generally loath to eat with their hands in public, if the host comes around with a cutting board full of cut-up meat, this is one place where decorum goes out the window, and nearly everyone will take a piece of meat with their bare fingers.

PEOPLE

The Chileans are ethnically a mixture of Europeans and Indians. The first miscegenation occurred during the 16th and 17th centuries between the indigenous tribes, including the Atacameños, Diaguitas, Picunches, Araucanians (Mapuches), Huilliches, Pehuenches, and Cuncos, and the conquistadores from Spain. Basque families who migrated to Chile in the 18th century vitalized the economy and joined the old Castilian aristocracy to become the political elite that still dominates the country. Few Africans were brought to Chile as slaves during colonial times because a tropical plantation economy, common in much of the New World, did not develop.

CULTURAL INSTITUTIONS

The country, and Santiago in particular, is rich in museums of fine arts; modern, folk, colonial, and pre-Columbian art; natural history; and Chilean national history. The Museum of National History is of particular note, and others include the Museum of Fine Arts, the Museum of Contemporary Art, and the Museum of Natural Science, all in Santiago. The main library, the National Library of Chile, ranks among the largest in Latin America.

*Las Torres del Paine National Park, Chile
An onlooker takes in the glacier at a national park
Photographer: Peter Winckler*

Atacama Desert, Chile

Panoramic views of the desert and glaciers.

Photographer: Diego Jimenez



Bahia Inutil, Chile

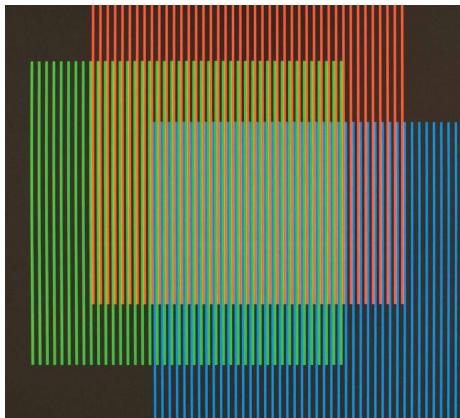
A group of penguins near the shore.

Photographer: Hector Marquez

CARLOS CRUZ DIEZ & VENEZUELA

By: Jorge Ramos

The career of Carlos Cruz-Diez was defined by a single-minded focus on the liberation of color from form and material. In his art, color was an entity constantly in flux as it intermingled with light. Color facilitated events that were driven by time and place above shape and line, interfacing as such with the human sensorium and psyche. The refinement and distillation of these events was a lifelong, research-based



Carlos Cruz Diez
Serie Semana - Lunes, 2013
Print

process for the artist that employed numerous aesthetic and technological developments in service of his ultimate goal.

Cruz-Diez was born in 1929 in Caracas, Venezuela. While he had always held an interest in art, the relative isolation of Venezuela at the time hindered his ability to fully engage with the western canon beyond the scope of Venezuela's academic painters. His access to artwork outside of his home country came through art books from Argentina and Chile that—ironically—only featured black and white reproductions of foreign work.

He would only have the opportunity to see art in color upon enrollment in La Escuela de Artes Plásticas, Caracas, where he studied with fellow Venezuelan masters Jesús Rafael Soto and Alejandro Otero. The school's faculty were primarily landscape painters who held the Impressionists, with their commitment to capturing how light shapes an environment, as being of primary importance. By 1943, however, Cruz-Diez was overcome with frustration

at his work, leading to his decision to drop out of the school and focus primarily on cartooning and graphic design.

The artist's frustration and doubt were directed toward the Venezuelan academy's reliance on European work as a basis for its methods and the consequent ignorance of Venezuela's social inequities. This initially resulted in Cruz-Diez—like many of his Venezuelan contemporaries—turning to a figuration informed by modernism and social realism. These paintings were unsuccessful at capturing the attention of both the Venezuelan and international public, driving Cruz-Diez to seek out an entirely novel method that could be both internationally recognizable and socially accessible. This would ultimately push him towards a form of abstraction that emphasized viewer participation, transforming a typically cold and inaccessible style into one that was engaging and meaningful. As Cruz-Diez described it, "instead of using my painting to show them how miserable they are, I decided to give them the chance to expand their spirits."



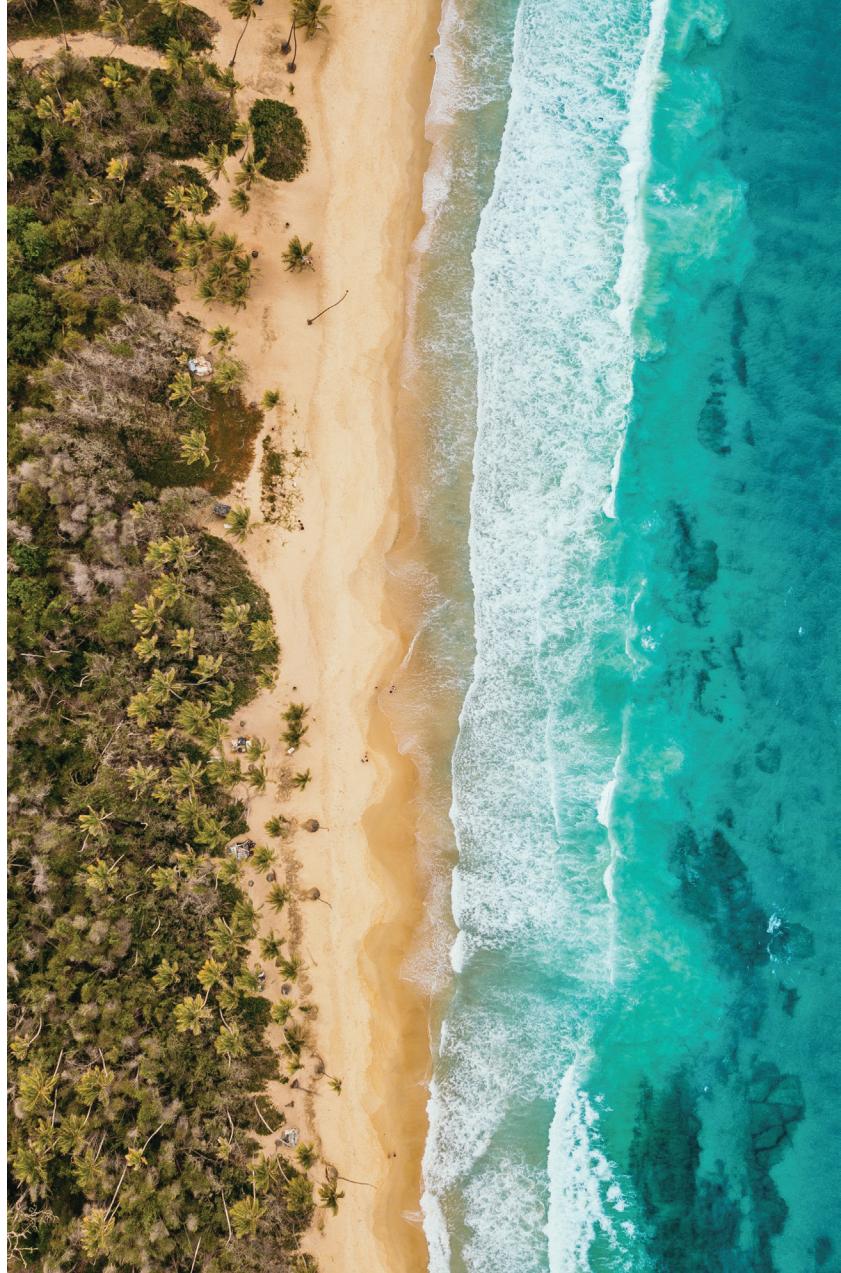
Caracas, Venezuela
Photographer: Jonathan Mendez

“Color is just a circumstance created instantaneously before our eyes.”

- Carlos Cruz Diez

by participating in art.” For the artist, this participation would come from a desire to showcase the dynamic potential of color.

While his academic confrontation with color sprang from his early study of the Impressionists, Cruz-Diez claimed that his interest in color first came about after a visit to his father’s bottle factory as a young boy. Looking at the stock of empty bottles, he saw sunlight filtered through them and experienced “exceptional pleasure.” After this experience, Cruz-Diez was memorized by the beauty of color.



*Carlos Cruz Diez Atelier,
Paris, France
Photographer: Lisa Preud*

La Playa

*Choroni, Aragua, Venezuela.
Beach shores in Venezuela.
Photographer: Lalo Hernandez*

explore mexico



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