

My International Trips

2025 (Switzerland and France)

February- Zermatt, Switzerland and Chamonix, France: This winter, I had the time of my life skiing in the Alps for a week. My friends and I spent three days in Zermatt and three days in Chamonix- the views were breathtaking compared to the Vermont skiing I did the rest of the season!

Highlights: Apres ski in Zermatt, Chez Vrony on the mountain, getting to ski all day every day, walking around Chamonix, dinner at Josephines in Chamonix



2024 (Mexico and Italy)

January- Mexico City, Mexico: I spent a week in Mexico City with a group of friends last January, and it quickly became my favorite city. I was in awe of how vibrant and full of life it was, and absolutely loved the walkability level. Of course, the food and art were the best parts.

Highlights: Going on a private guided food tour, hot air balloon ride during at sunrise, visiting the iconic Cafebreria El Pendulo bookstore in Polanco, Museo Nacional de Antropologia, canal cruise in Xochimilco, Lucha Libre



July- Italy: This trip started with five days on the Amalfi Coast- two in Positano and three in Maiori. After, I spent four days with my Italian friend's family in a tiny village in Umbria called Morre. We took a day trip to Florence and then spent three days at her family home in Rome.

Highlights: Boat day on the Amalfi Coast, Italian Fine Art Gallery in Positano, finding a 'secret' beach in Maiori, visiting Villa Rufolo in Ravello, talking to locals in Morre, the National Museum in Rome, seeing the Trevi fountain at sunrise



2023 (Chile)

February- Patagonia, Chile: I spent a week in Patagonia with a close friend exploring the outdoor paradise that the region has to offer. We started by spending a day in Santiago, and then flew to Punta Arenas. We visited the penguin colony on Isla Magdalena. We spent a day in Puerto Natales, and then spent the rest of the trip in Torres del Paine National Park.

Highlights: Museum of Memory and Human Rights, Penguin colony, Grey Glacier hike, Glacier boat tour



2022 (France)

March- Paris, France: In 2022 I spent a week visiting my friend who lives in Paris. She lived in Montmartre so I spent a lot more time there than I had on previous visits, which I really enjoyed.

Highlights: Centre Pompidou, Dali Museum in Montmartre, Rodin Museum, Parc Des Buttes Chaumont, Musée Rodin, exploring Le Marais, Palais de Tokyo, Foundation Louis Vuitton



2021 (St. Lucia)

December- St. Lucia: Over Christmas, when we were finally able to travel internationally again, my family took our first post-Covid (or so we thought, was right during Omicron) trip to St. Lucia.

Highlights: Hiking the Pitons, staying at Anse Chastanet, Diamond Falls Botanical Gardens, Sugar Beach, snorkeling

2020 (NOT International but Cross Country National Park Road Trip)

July- Cross Country Trip: Because international travel wasn't an option this year and I found myself with a free month, my best friend and I took a month long road trip covering 13 states and seven national parks (Rocky Mountain, Great Sand Dunes, Joshua Tree, Crater Lake, Glacier, Yellowstone, Grand Teton.) We spent the majority of the time camping, but stayed in a couple of cool hotels in between the parks in Santa Fe and Flagstaff. I loved planning this trip and getting to explore so much of the U.S. in such a short time.

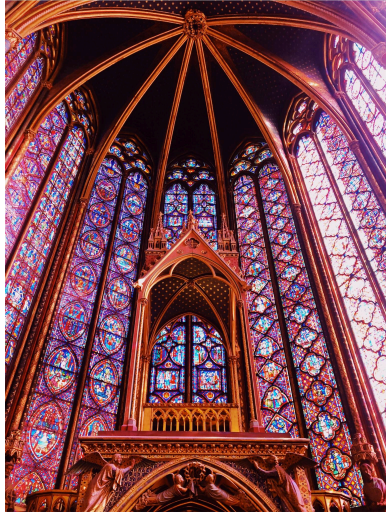
Highlights: Seeing bears in Grand Teton National Park, surfing the Colorado sand dunes, sunrise at Joshua Tree, our boutique hotel in Santa Fe, swimming in a glacial lake



2019 (France)

March- Paris, France: I took this week-long trip with my family over Spring Break. I spent a lot of time exploring St. Germain and, as always, going to as many museums as possible.

Highlights: Musee Marmottan, Shakespeare and Co, Sainte Chapelle, staying in St. Germain de Pres, L'Orangerie, Sacré Coeur, walking in Jardin du Luxembourg every morning



2018 (Scotland, Ireland, South Africa)

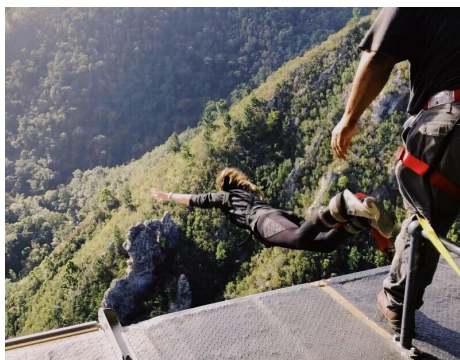
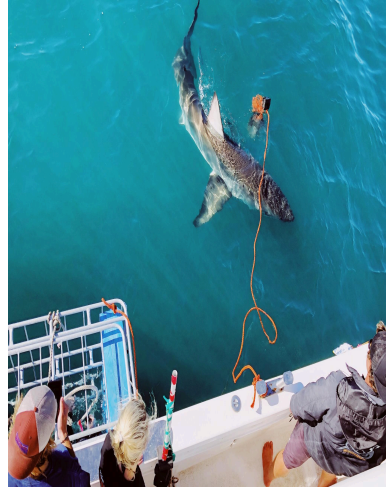
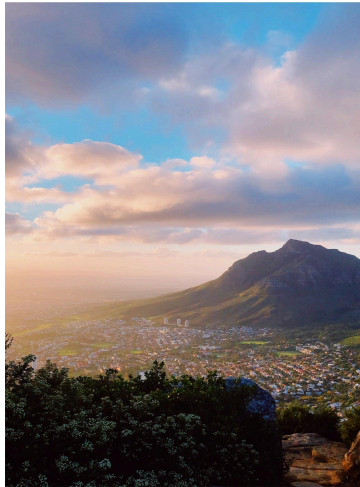
March- Edinburgh, Scotland and Dublin, Ireland : For spring break this year, I visited my friend studying abroad in Edinburgh. After a few glorious days in Scotland, we traveled to Dublin, Ireland to celebrate St. Patrick's Day.

Highlights: Arthur's Seat in Edinburgh, National Galleries of Scotland, Dean Village, trying haggis, Trinity College in Dublin, St Stephens Green, exploring pubs



July/ August- Study Abroad in South Africa: I spent two months living in Cape Town while doing a study abroad program with Lead Abroad. We took history and leadership courses for credit and immersed ourselves in South African culture. It was the perfect mix of outdoor adventure and art, culture, and history. It was an incredible summer, and Cape Town remains my favorite place to this day.

Highlights: Hiking Lion's head at sunrise, high tea at Mount Nelson, exploring good food in Camps Bay, paragliding off of Signal Hill, the Old Biscuit Mill, learning South African history, wildlife tours along the Garden Route, Bungee Jumping off of Bloukrans Bridge, Stellenbosch wineries, shark cage diving



2017 (Spain, Portugal, Switzerland, Netherlands, Norway, Sweden, Denmark)

May/ June: Before starting my summer internship this year, I went on a four week backpacking trip with my friend Caroline. We started in Barcelona, then went to Lisbon, Geneva, Amsterdam, Copenhagen, and Stockholm, ending in Oslo.

Highlights: Sintra palace in Portugal, taking a Jeep to the ‘end of Europe’ in Cabo da Roca, Picasso Museum in Barcelona, staying at a hotel right on the canals of Amsterdam, fjord cruise in Norway, the bus ride through the Alps, walking around Oslo, National Museum in Oslo, Louisiana Museum of Modern Art, ABBA museum in Stockholm

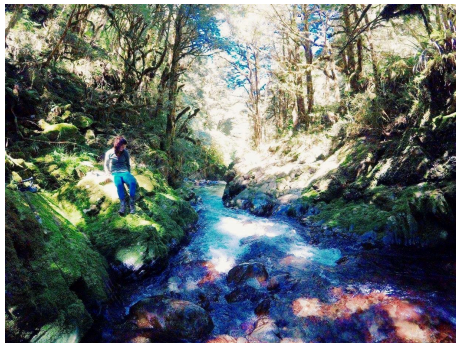
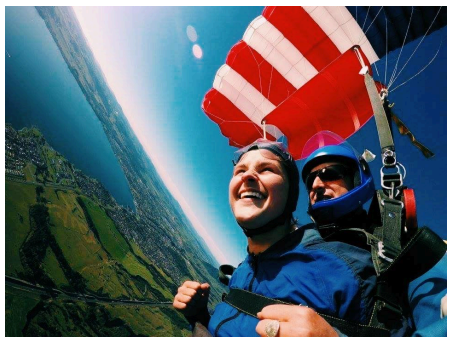


2016 (New Zealand, Australia, Netherlands)

January/May- Gap Year in New Zealand: I participated in a NOLS semester, where I lived in New Zealand for four months. During the semester, I spent a month sea kayaking, a month backpacking, and a month sailing. I was with a group of nine other students and two instructors per course section. Not only did we learn wilderness and navigation skills, but learned an incredible amount in regards to team building and leadership. After our program was over, my friend and I spent a month backpacking/ traveling all over the North Island.

Australia: For a week after my semester in New Zealand, my friend and I spent a bit of time in Sydney.

Highlights: Camping beneath a sky full of stars every night, hiking in Kahurangi National Park, sea kayaking in Marlborough Sounds, visiting Hobbiton, skydiving in Taupo, Waitomo Glowworm caves, staying at the Langham in Auckland after being in the backcountry for months, Bondi Beach, Bridgeclimb Sydney



July- Netherlands: In the summer of 2016 I visited my Dutch friend Marie (from my New Zealand semester) at her family home in the Netherlands for two weeks. Getting to explore Amsterdam and the surrounding areas with a local family passionate about their country was a really special experience.

Highlights: Rijksmuseum, being immersed in Dutch culture with a local family for two weeks, exploring the countryside, Anne Frank House, visiting Leiden, Moco museum, Foodhallen



2015 (Dominican Republic, Peru)

April- Puerto Plata, Dominican Republic: I traveled for a spring break trip to the Dominican Republic with my friends. Not exactly my first choice, but made the most of it!

Highlights: Ziplining, exploring waterfalls

June- Peru: I took this two week long trip with my mom, and to date it is one of my favorite trips I've ever done. We spent time in Lima, Cusco, and the Amazon rainforest, and were immersed in every aspect of Peruvian culture.

Highlights: Having a private tour guide for the whole trip, taking the Hiram Bingham train, learning Incan history, exploring dining in Miraflores, jungle night walks in the Amazon, exploring Amazon river by boat, being surrounded by alpacas, exploring vibrant markets in the Sacred Valley



****Unfortunately my camera roll stops here****

2014 (France, England, Haiti)

April- London, England and Paris, France: I went with my family this year to Paris and London, and also explored the Cotswolds and Loire valley.

Highlights: Victoria & Albert Museum, Tate Modern, beefeater tour at the Tower of London, shopping at Harrods, Musee D'Orsay, Versailles, spending time in French cafes, revisiting castles in the Loire valley

July- Haiti: During one summer in high school, I went on a two week summer community service trip with my school to Haiti.

2013 (Quebec City, Quebec, Canada and Costa Rica)

February- Quebec: During our school's winter break, I completed a week-long homestay exchange in Quebec City, Quebec with classmates from my French class.

Highlights: Developing a relationship with my homestay family, Hotel de Glace, dog sledding, ice fishing, Old Quebec food tour, Musee national des beaux-arts

June- Costa Rica: In 2013, I spent three weeks on a Wilderness Ventures program in Costa Rica revolving around surfing and community service. We primarily stayed in the surf town of Uvita, but also spent some time in San Jose.

Highlights: Sleeping in a treehouse next to the beach every night, learning to surf, exploring waterfalls, volunteering at a sea turtle reserve, zip lining

2012 (France)

June- France: Summer of 2012, I participated in a month-long Overland immersive French language program in Chamonix, Paris, and the Loire Valley. We took daily French classes taught by locals, and spent the month fully immersed in culture.

Highlights: Aiguille de Midi, hiking in the alps, every museum in Paris, Château de Chenonceau, Château de Villandry, biking along Loire River, making huge improvements in my French

2011 (Bahamas)

In the spring of 2011 I did a week-long trip on a sailboat in the Bahamas through my school. We learned all the basics of sailing, sailboat maintenance and navigation, and snorkeled daily.

Highlights: Going to Pig Beach, Abaco islands, learning to sail and take care of a sailboat, living on the ocean for a week