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ISLAM RELIGION BEING EXERCISED AND PROFESSED WITHIN MEDELLIN

{ Alejandro Isaza Duque
{ Cindy Yulianna López Gil

Audio ►

Islam is one of the largest religions in the world as it hosts many people in different continents. This religion has been harshly criticized by the western world, because the vision that people have on this side of the world is different from the beliefs that are professed originally by Muslims. Critics of Islam affirm that this religion promotes violence in the world through terrorist acts, or also that it violates woman rights regarding equity gender. Commonly, this vision has been presented by the media in different western countries.

Contrary to the opinion of the western world, we should mention that Islam is a religion that professes three important concepts that are: peace, submission and obedience. Muslims practice their religion based on five pillars that are: 1). Recognition of God as the whole, and Mohammed as the main prophet, 2). To pray five

times daily, 3). To fast in the Ramadan month, 4). To pay the tax for the needy people, 5). To make a pilgrimage to the Mecca once for the person who has limited resources. (Naby, 2011) (Universidad del Rosario, n.d.). These pillars are the essence of their beliefs and, regardless of the place in the world in which religion is professed, they have not changed.

In fact, Islamism is being expanded in the world, and daily there are more people that accept this religion as a lifestyle. And according to this, our objective with this article is to understand some beliefs held by people who profess this religion and the way in which they adapt them in Western culture, more specifically, in the city of Medellín. In the case of Colombia, our country is not exempt from the expansion of the Islamism.

In this country, according to researchers, there are 10,000 Muslims located in various cities as: Guajira (with the greatest number of followers in the country), Bogotá, Medellín, other cities in the Colombian coast and the cities close to the Pacific Ocean. (Universidad del Rosario,

n.d.). Specifically, there is a small Muslim community of 300 followers in Medellín who profess their devotion to the will of Allah. Some of them, meet daily in a mosque located in Belén neighborhood. This community is made up of people from Arab countries which profess Islam since birth and by Colombian people who have found a way to spirituality in this religion. (Buitrago, 2013).

The look of their mosque is like a typical house, but inside the appearance changes. For example, the floor of the living room, the hallway and the kitchen are covered by a green carpet decorated with different decorative figures. The women's room where they pray is separated from the men's room, and in the patio there is a washbasin in which the participants can wash up their feet, hands and face before praying.

Regarding their beliefs, Friday is the day selected by Islamism to celebrate the most important sermon during the week, as it is Sunday for the Catholic church. During the prayer, the women must be in their room and the men in the living room, later the participants sit down

creating a line, looking East, towards the Mecca and look at an image of the Mecca exhibited there. Next, they leave enough space between themselves to kneel and lean their foreheads on the carpet, while the imam (person responsible for the prayer and pronounce the sermon of the day) uses a microphone to start this sermon. (Dazuky, 2019)

Apart from this Friday celebration, Muslims also have another important event: Ramadan, the most important commemoration of the year for Islam; it is the name of the ninth month of the Muslim lunar calendar dedicated to fast. This celebration consists of not eating, not drinking, not smoking, being careful with saying bad words that hurt other people, not having sex, and practicing charity from before the sun rises until it is set. For the Muslims who live here in Medellin, they wake up at 4:30 a.m. to eat something before the first prayer of the day, and at this moment they fast until 6:20 p.m. (Buitrago, 2013). Then, they gather in the Mosque to have dinner and share their experiences during the day. This ritual is for one month. All the days of fast are to be observed, if a person stopped his/her fast before the Ramadan ends, he / she is obliged to finish the rest of days of fasting in another moment of the year. (Dazuky, 2019)

Another relevant ritual to mention seems to be strange for Islamism outsiders: the funeral liturgy. In the case of the Muslims and followers of Islamism who live here in Medellin, the liturgy begins with the cleansing of the body in a "laboratory" (Funeral company with which the Muslim community has an agreement here in Medellin). The closest relatives of the deceased are the only ones who can perform the process

of washing the body. If the deceased is male, the cleansing must be done by male relatives, and if it is a woman, her female relatives must do it. Later, the body is covered with three blankets, one of those covers the body underneath, another covers the body at the top, and the other covers the body completely to take it to the coffin for its ultimate destination, the cemetery. Finally, the body is then loaded in a coffin and taken to the "Montesacro" graveyard in Bello, where they have rented a piece of land to perform their burial ceremonies. Then, when they get to the cemetery, the corpse is removed from the coffin and placed on the ground to perform their burial and at this time the entire process ends. (Dazuky, 2019)

To conclude, Islamism is a religion that always professes a feeling of peace, submission and obedience, and for this reason, it should not be stigmatized as a religion that promotes terrorism. Due to the whole information provided here about Islamism, you should not be surprised if you ever encounter one of its followers around Medellin city. If so, you should foster religion respect and tolerance since all of us have the right to profess our beliefs differently. It is time for all of us to be open-minded concerning religion issues.

... there are 10,000 Muslims located in various cities as: Guajira (with the greatest number of followers in the country), Bogota, Medellin, other cities in the Colombian coast and the cities close to the Pacific Ocean.



Picture taken from www.eltiempo.com

WHAT IS THE REAL FLOWER FAIR LIKE NOWADAYS?

{Elisa Castro

The Flower Fair is a typical celebration in Medellin, Colombia. It's celebrated in August. People from Antioquia celebrate their identity with different events that include: silleteros parade, musical platforms, dog walk, old car parade, and others. The event has changed with time and has positive and negative aspects that are important to know about the fair. The aspects are concentrated in three topics: social, economic and environmental. It's important to talk about this for motivating the discussion and proposing solutions.

During our research, we found that the opinions are divided. People say that the positive aspects are direct jobs, so the economy of the city is benefited, and the fair also promotes

the city in the world. The negative aspects are related to social reasons like excessive liquor, inappropriate behaviour, fraud on prices in taxi fees, foods and other products and services and finally, bad logistics in different events. Also, some events were public and now they are private, very expensive and without police control. The environmental issues are the unreasonable trash and the horse fair which was known for animal abuse but is not currently a part of the festival.

Apparently, The Flower Fair has more positive than negative aspects. However, why can't it be better? How can we contribute to the solutions? Can it be the best Flower Fair in the world?... The discussion is open.

Source: <https://telemedellin.tv/buen-comportamiento-feria-de-las-flores/275298/>

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- Images were taken by Alejandro Isaza Duque

A HUG OR A KISS? GREETINGS, A GESTURE THAT REFLECTS CULTURAL DIVERSITY

{*Laura Marcela Palacio Palacio*



Picture taken from www.verywellhealth.com

Culture can be defined as the way of life, customs, traditions and beliefs of a group of people at a particular time. Culture is composed by religion, food, what we wear, our language, marriage, music, how we sit at the table, how we greet visitors, etc.

Greetings are a cultural feature that is not the same in all parts of the world, and depends on local customs, beliefs and traditions. Every culture has a unique way of greeting people. The greeting is an act that indicates the beginning of the interaction. Body language during the greeting gives us information about the relationship between people. There are formal greetings such as the handshake, greetings between distant acquaintances such as a simple “hello” with the hand and others where we squeeze in a hug and a kiss showing a more intimate relationship.

The most accepted greeting in the whole world is the handshake. Nevertheless, in some

countries it is only used to deal with foreigners, and it varies according to the culture. For example, in the Western culture it is normal to shake hands and stare in the eyes as a sign of confidence, but in the Asian world is accompanied by a small bow in respect.

In most European countries they like to kiss. For example, Italians usually greet their relatives and friends with two kisses from right to left and their respective “Ciao”. In addition, in France they are not limited to “Bonjour”, as they can give two, three and even four kisses according to the region. While the Spaniards, the Italians and the French are more effusive in their greetings, the Germans do not usually give physical contact, unless they are young people; it is more normal to shake hands. The British also usually greet with a handshake, so if they give them two kisses, they will realize that the person is a foreigner.

In North America, both in the United States and in Canada, the usual greeting is generally the handshake both socially and at work. At the family level the kiss is used usually with the wife, children, brothers and other people. In South America besides the handshake, the kiss is used in a very similar way to the countries of southern

Europe. It is not usually two or three, but one, mainly between men and women, or between women, but it is also possible among men. However, it is worth mentioning that men embrace both socially and professionally, although it is clear that a greater sense of closeness is transmitted to the person who is greeted.

If we talk about Eastern countries, we can highlight Japan for its values and traditional ceremonies still in force today. Greetings without physical contact prevail; the most usual greeting is a nod of the head as a sign of respect for the other person. Greater respect will be shown by the inclination you do.

In addition to the greetings mentioned above, there are other curious ways of greeting, such as the Eskimo greeting, in which people who greet each other rub their noses as a courtesy. Some Indian tribes raise their right palm as a sign of greeting another person and as a sign of their good intentions not to carry weapons in their hands.

Finally, it is important to bear in mind that all greetings usually have a cultural component. This implies that there are variants in the way people greet depending on the country, area or region because of their customs, beliefs and local traditions, and it is also necessary to differentiate between a family, personal or an intimate greeting.

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Picture taken from www.viajala.com.co

COLOMBIA, A MATTER OF TRADITION

{ *Yedison David Valencia Granada - Laura Daniela Builes Barrientos*
 { *Leidy Tatiana Tangarife*

Culture is a set of ideas, traditions, customs and knowledge that characterize a society. Each culture is identified by customs inherited from their ancestors remembering their roots every day; they are forms of behavior assumed by a community that distinguishes it from others. These customs promote the dialogue, create feelings and mark an identity in the people of a region, generating over time habits that are transferred from generation to generation.

Celebrations in Colombia are a common denominator; they spin around music, joy, dance and artistic manifestations. Besides, there are events such as festivals, carnivals, fairs and parties that fill the annual calendar, infecting locals and visitors with the rhythm and joy that characterize this land.

In some of Colombian cities, customs have been developed to preserve the history and culture among its inhabitants, such as the following:



- Take a "tintico" or a cup of coffee: To have a cup of coffee in the morning, or when visiting relatives and friends. People offer a cup of coffee as a courtesy. Colombian coffee is considered one of the best in the world for its quality and exquisite taste.



- The "arepa": Gastronomic custom in Antioquia, this is the region where more "arepa" is consumed. It is the perfect company for each dish.



- Colombian pot's journey: This is a custom practiced in different regions of Colombia. It is a

journey people make with their family or group of friends to any river away from the city. The goal is to get to the place, enjoy a sunny day, prepare lunch and bathe in the river.



- "Vueltaio" hat: It is a typical hat in the Caribbean region and the main handicraft piece from Colombia. It is made by expert weavers and is a representative symbol of Colombia abroad.

A Colombian knows that a celebration is more than happiness and party. Colombian people feel happiness when they come to celebrate. They live and enjoy celebrations from beginning to end, whether is a party, good news or just to celebrate the triumph of athletes, singers or characters that awake their Colombian pride. These characters represent a whole country and unite us as Colombians. They go from being the "cafetero" pride to being the reason why we celebrate and share with each other.

Celebrations in Colombia are a common denominator; they spin around music, joy, dance and artistic manifestations.

Among Colombian people, it is a common feature that no matter what kind of celebration is taking place, it can be a birthday, a weekend party, or just going to a bar to have a "pola" and get together to watch a Colombian national soccer team match, we stop being strangers to oth-

er people and become friends at the end, and in the future we can even become “parceros”.

Colombian people know that to celebrate they must have a good company, although they know that if they are not with any of their friends or acquaintances, in every street, in every corner of every store they can meet different people. In a few words, anywhere in Colombia you

can make new friends to celebrate and share, even if it is just a pleasant time.

Undoubtedly, Colombia is a country whose cultural diversity is really varied, resulting in a great variety of customs where the joy of Colombians can be strongly felt. In spite of the years, these Colombian traditions and customs have been preserved from generation to generation.



Picture taken from www.verywellhealth.com

MEDICAL TOURISM IN MEDELLIN

{ Ana Gómez
Pablo Fernández
Yaison Giraldo

Medical tourism means traveling outside one's residence to receive medical assistance. Currently, people worry about their physical appearance, increasing surgical procedures. That is why there are three main causes for foreigners choosing Medellin as a Medical Tourism destination: lower costs, high quality care and variety of medical procedures.

The confidence in Medellin as a medical destination has increased due to the change of security policies and economic and political stability. As a result, the city is a destination that offers a variety of medical procedures. The most common ones are liposuction, breast enhancement surgery, rhinoplasty, and blepharoplasty. This is possible because of the city's highly qualified, trained and experienced plastic surgeons graduated from the best universities in the country.

Besides the human resource, Medellin has different health institutions possessing cutting-edge technology. These medical institutions have medium and high-care complexity and

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modern infrastructure. It is important to mention that Medellin has a transportation system that allows easy access to hospitals. Moreover, tourists can encounter certified hospitals with the highest standards of quality determined by the Joint Commission International (JCI) such Pablo Tobón Uribe hospital.

The legislation on the provision of health services is scarcely known by local and foreign citizens. It is essential to know about the conditions and the available resources, especially for foreigners who look for medical assistance in Colombia: For example, the kind of health

Besides the human resource, Medellin has different health institutions possessing cutting-edge technology.

plan that guarantees treatment in case of complications derived from the procedures; the requirement of an international insurance and the coverage or the need of an affiliation to the local social security system.

The Colombian peso is devalued so plastic surgery is cheaper here than in other countries. The low costs attract people from other countries to undergo these procedures; this is one of the reasons why for-

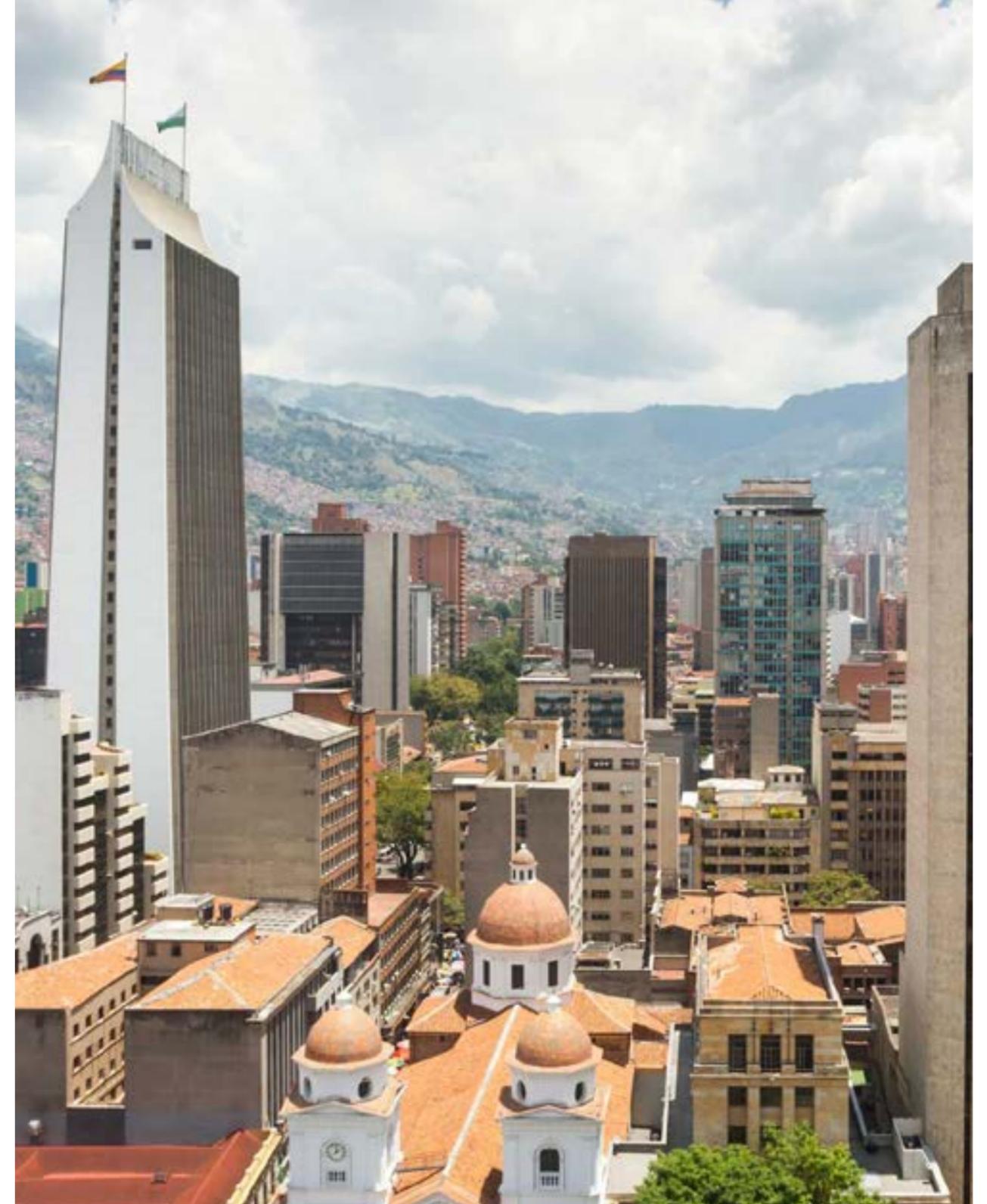
eigners choose Medellin. In 2017, the cost of a plastic surgery in Colombia was two to four times lower than in the United States. A liposuction of five body parts costs now 19 million pesos in the northern country; the same procedure costs 6 million pesos in Colombia.

As in all medical procedures, there are risks of infection, hemorrhage, venous thrombosis, re-interventions, allergic reactions to medications, asymmetries, unexpected results, and an inadequate healing. Many of these complications are related to the patients' personal history. As a result, it is important to inquire about medicines and drug use because these factors will impact the result. The surgeon is obliged to inform about all these complications, to answer concerns. At the end, it is the patient who authorizes, under a written consent and without any pressure, the performance of the surgery.

In conclusion, in an esthetic surgery the risk of death is latent, but if human resources and technology are appropriate, such risks are minimized. Medellin is a reliable place that meets the highest quality for people's medical care if they want to undergo surgical procedures offering a wide variety of these, at low cost and safely.

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MEMORY TOURISM: A HOPE FOR PEACE



Picture taken from www.avianca.com.co

{ **Natalia Gaviria González - Elizabeth Aristizábal Carmona**
Zoraida Ospina - Sara Daniela Cardona Agudelo

“Lo innombrable es lo que se debe gritar más fuerte porque es precisamente lo que otros quieren que se olvide”

(Lucila Vanessa Navarro, a conflict victim)

For any city, memory is fundamental for the construction of its identity because it allows people not only to remember the different processes and social conflicts it has gone through, but also it permits to re-signify the present of those who have experienced them. Therefore, for several years, experiences about people's resilience have been implemented through art in Medellín and they have become what we know today as Memory Tourism.

This particular offer of tourism allows us to reconstruct the violent situations that took place in Medellín during the 80s and 90s. That reconstruction is based on the narrations of those who lived these events through missing people, threats, attacks in the city, and deaths of thousands of young people. These tragic events have been trapped in the memory of those who suffered them and people have not yet been able to find an explanation for what happened. Consequently, it makes sense to think of *memory devices*¹ that allow realizing the past within the political, social, individual, symbolic and artistic context.

Memory tourism is a possibility for social reconciliation and community revitalization. In Medellín, it seeks to show the city internationally as a transformed and resilient place which has been able to overcome its violent history and has positioned itself as one of the most innovative cities in the world.

Through the city's inhabitants' stories, along with art and music, some tours are carried out to different places, sharing many memories, stories and experiences. It is a form of tourism where

the post conflict comes out like a Phoenix bird to offer the best of itself for all those who want to know about the subject.

That is the reason why the **Casa de la Memoria Museum** was created. It is a place located in Medellín's downtown, from there, the change and the transformation of the city is built through the recognition of history. It is an excuse to find a space where citizens meet to review our history and are able to make the transit from the darkness of death that crosses our streets, to the light of hope for living. In a city that is built with new spaces for its life, the museum is a spot to know the corners of Medellín, its stories, tragedies and experiences of resistance without even leaving the museum. It also allows the interaction of the victims, where their voices are heard and they turn their pain into the seed for the construction of a future based on hope and reconciliation. This is shown to the world through oral and written narratives that seek the restoration of peaceful relations and the revision of the city's historical memory.

Another offer related to memory tourism is named “Graffitour”, a tour to comuna 13, an area of the city that was hit hard by the armed conflict and was the center of military operations such as Orion. The tour is a journey on the transformation of a community and the role of urban

This particular offer of tourism allows us to reconstruct the violent situations that took place in Medellín during the 80s and 90s.

regeneration, street art and hip-hop music in order to transform the city and the lives of those who live in it. It also permits the possibility of the construction of peace from the word and art.

The murals from the comuna 13 are samples of resistance and memory that can be linked with art, creating a different look of history. They also give color to the neighborhoods' environments. Throughout the tour, stories are told about the places connected with the murals and the graffiti.

Memory tourism is a cultural and tourist activity which gives us the opportunity to show the world the real Colombia, particularly, the

events Medellín went through years ago. Nowadays, it shows itself as a city that has managed to overcome this period of violence and is more strengthened, transformed and resilient. Through the families' victims' stories, music, art (graffiti and poetry) and journeys to the once violent places, government entities and local tourist representatives allow the promotion of a new modality of tourism in the city.

With memory tourism, we pay tribute to people who died to avoid their oblivion. Besides, we should use this kind of tourism to raise awareness, develop culture and avoid repeating what happened in the city some decades ago.



Picture taken from www.uber.com

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- Students: Natalia Gaviria González - Elizabeth Aristizábal Carmona - Zoraida Ospina - Sara Daniela Cardona Agudelo



Picture taken from www.videoblocks.com

COLOMBIA, A DESTINATION TO THE STARS



Picture taken from www.tenerifenature.com

**Luisa Fernanda Yepes Taborda - Julieta Henao Perez
Paula Andrea Valencia - Sebastian Marin Henao**

Do you know or have you heard about astronomical tourism? Would you like to have a special experience with the darkness? The darkness is not only our companion at night, but also our celestial vault that lights up Earth's night through the stars, planets, galaxies and constellations. Raising your eyes and looking at the sky in the middle of the night with the hope of discovering a cloak of tiny points of light, is known today as astronomical tourism, whose objective is to contribute to protect the dark sky as world heritage.

Around the world there are uncountable natural observatories to contemplate the universe wonders due to the cloudless sky without light pollution. Among them, are Amesbury (England), Tromso (Norway), Canary Island (Spain), Atacama (Chile) and California (USA). However, in Colombia, also there are places with clear skies of artificial light, where it is possible to practice stargazing. This new trend is slowly getting a lot of demand among starry night fans that seek to relax and enjoy little things. What is more, astronomical tourism allows people a connection with a beautiful landscape that inspires freedom, tranquility and produces the most supernatural sensation that you can feel (Rodrigues, International Journal of Tourism Research).

Some of these places are unknown as tourist destinations. However, with the astronomical tourism practice, they are becoming more recognized nowadays by Colombians. One example is Villa de Leyva in Boyacá. In this town people can enjoy its colonial architecture and

lots of astronomy-related activities such as conferences, looking at the sky and stars, camping, strolling, visiting planetariums and astronomical monuments. It is also possible to participate in the famous astronomical festival held during February.

Other places in the Colombian territory to promote the astronomical tourism are Tatacoa Desert in Huila, in which there is an observatory where it is possible to look at 88 constellations. Besides, there are some tour guides that offer workshops and different activities to interact with other cultures while discovering the universe. Cavo de la Vela in Guajira is undoubtedly

The darkness is not only our companion at night, but also our celestial vault that lights up Earth's night through the stars, planets, galaxies and constellations.

the most amazing destination because it has a perfect landscape where the infinite sea meets the stars.

All places have hotels where it is possible to enjoy a countryside experience and taste the typical food of the region; or if you want an experience inside the city, Bogota, Medellin, Manizales and Barranquilla are the most appropriate cities for you to find many options while you are there:

Bogota: *The interactive museum Maloka* promotes learning through technology, science and innovation.

Medellin: *The Explora Park and The Planetary Jesus Emilio Ramirez* provide interactive experiences.

Manizales: *The mobile Planetarium* offers some astronomical activities the last Monday of each month.

Barranquilla: In *The Planetarium Combaranquilla* the main objective is the interrelation with the cosmos and divulgation of astronomical knowledge (Melo, 2018).

The astronomical tourism, beyond providing a different experience, is a way to learn through research and innovation. Besides, it consists of improving social culture and fostering awareness about protection of the environment, specifically of the darkness; for this reason, all people are invited to explore new places and magical experiences that not only give knowledge, pleasure and rest, but also contribute to reduce the light pollution and to save the planet.



ADDICTION TO AESTHETIC SURGERIES

{ Sandra Yulenny Peña Mosquera - Marisol Bastidas Builes
Clara Inés Carvajal Henao - Cruz Elena Espinal Pérez

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There is a difference between cosmetic and plastic surgery: Cosmetic surgery is entirely focused on enhancing a patient's appearance and it can be performed on all areas of the head, neck, and body. Since the addressed areas work properly, cosmetic surgery is elective. People expect to look better. For this reason, symmetry and proportion are the main objectives. These are examples of cosmetic surgery procedures: breast enhancement, facial contouring, facial rejuvenation, body contouring, liposuction, skin rejuvenation or vulvovag-

inal surgery. Cosmetic surgeons are a good option for those who wish to modify their natural appearance.

According to the American Board of Cosmetic Surgery, plastic surgery is defined as "a surgical specialty dedicated to reconstruction of facial and body defects due to birth disorders, trauma, burns, and disease. Plastic surgery is intended to correct dysfunctional areas of the body and is reconstructive in nature". These are examples of plastic surgery procedures: Breast reconstruction, burn repair surgery, lower ex-

tremity reconstruction, hand surgery, scar revision surgery, mastectomy scar repair, trauma surgery or congenital defect repair. Plastic surgeons are more specialized in addressing birth defects, repairing damage from accidents, and other medical reasons.

Colombia is recognized by the quality of its plastic surgeons and offers cheaper procedures than other countries. Many foreigners have traveled to cities like Bogota, Cali and Medellin to undergo different plastic and aesthetic procedures, but due to the lack of laws about this subject, your surgery could end in the hands of false surgeons. The number of deaths has increased by the practice of surgeries “in combo”, for example, in a single procedure a patient can have a liposuction, breast implant and hip aesthetics. The number of surgeries in Colombia have increased and been performed in many clandestine places. The surgeons’ union highlights that to perform a surgery which lasts less than one hour, there must be at least 3 professionals: an anesthesiologist, a surgical nurse and a physician’s assistant. And for surgeries that last more than one hour there must be a surgical assistant in the operating room.

Plastic surgery is a behavioral addiction characterized by psychological compulsions to continuously alter one’s appearance with cosmetic surgery. Many people who develop an addiction

to cosmetic surgery struggle with severe and debilitating insecurity. They are preoccupied with how they look, but in a negative way, seeing themselves to be ugly, malformed, misshapen or hideous. This intense insecurity is often caused by body polymorphic disorder.

This mental obsession for altering the human body involves a desire to look according to fashion and it’s a cult of beauty which is imposed by marketing. The media promotes and distorts the concept of beauty and innocent people get into the business of surgeries: beauty as a commodity. Cosmetic surgery obeys beauty models’ impositions. People who practice this type of procedure on themselves run the risk of damaging their health. In Colombia, the poor people often make a lot of economic sacrifices to satisfy their desire to have a body molded according to the criteria of aesthetic fashion. Consequently, they resort to surgery in inadequate and dangerous conditions, and this situation has resulted in numerous deaths, especially of poor women. In conclusion, this procedure has become a complex social problem of public health and an illegal business of aesthetic surgeries.

People expect to look better. For this reason, symmetry and proportion are the main objectives.



Picture taken from www.medibank.com.au

RUNNING, STEP BY STEP

{ Isabel Cristina Pérez - Alejandro Hoyos
Luis Fernando Rugeles - Erika Atehortúa

“Why run?
- Newsman: Sir, why are you running?
-1st Reporter: Why are you running?
-2nd Reporter: Are you doing this for world peace?
-3rd Reporter: Are you doing this for women’s rights?
-Newsman: Or for the environment?
-Reporter: Or for animals?
-3rd Reporter: Or for nuclear arms?
-2nd Reporter: Why are you doing this?
-Forrest Gump: I just felt like running.”
(Forrest Gump is a 1994 American comedy-drama film based on the 1986 novel of the same name by Winston Groom.)

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The Word Reference Dictionary defines *Running* as the act of a person, animal, or thing that runs. In fact, running is to go quickly by moving the legs more rapidly than walking. In general, this discipline can be practiced by anyone and it is usually done outdoors. For this reason, the act of running is one of the most common and inexpensive exercises.

The objectives of this article are to introduce running as an easy daily routine, because it has a lot of physical and psychological benefits; to suggest some techniques and routines for beginners; to learn what to eat for running, and of course, how to run a short race like a professional taking into account that you are a beginner.

Step 1. Why. Benefits of running

Running has a lot of environmental, cultural, social, physical and mental benefits. It is an effective way to keep both your mind and body in great shape. Some of the most important physical and psychological benefits of running are:

- Strengthens our muscles, including our heart
- Increases our oxygen intake
- Improves our blood circulation
- Lowers blood pressure
- Helps to control healthy cholesterol levels
- Increases bone density
- Improves our metabolism
- Increases our endorphins
- Reduces the production of stress hormones
- Delays the aging process; you look younger
- Running under the sun, reduces mood swings
- Improves our immune system
- Running is good to prevent cancer
- Reduces the risk of chronic diseases

It is a well-known fact that a study in the Journal of American College of Cardiology (2014) found that running with low-intensity between 5 to 10 minutes every day is enough to extend life for several years, compared to no running at all, says Daniel Pendick in Harvard Health Publishing (2014).

Certainly, you do not have to wait for months to see the benefits. Your daily dose of running will start showing the benefits almost instantaneously.

Step 2 How. Techniques and routines for beginners and for advanced runners.

If you are a beginner in this kind of physical activity, you may follow some suggestions which describe how to do it the right way, how long it takes for getting an athletic routine and which are the techniques to start. However, there is some piece of advice for advanced runners who want to improve their skills and practice different ways of running.

In this part of the section, a person that is thinking about starting running and hasn't done it, can design a workout program of 8 weeks to get the routine of a running person. Above all, you have to design a plan which lets you adapt to a tough physical activity.

Specifically, each week you have to train at least three times alternating days, with the main objective to increase the minutes running without stopping.

Warm-up

Before every workout, you have to warm up your body with a 10-minute stroll, so your body can prepare for a demanding work-out session and avoid an injury or disease. Also, when you finish working out, you must do it again in a lower rhythm and walk for 10 minutes to recover, as you were before the running routine.

Routine to start running

- Week 1: Monday-Thursday-Friday: Walk 6 minutes and run/jog 1 minute. Repeat three times
- Week 2: Monday-Thursday-Friday Walk 5 minutes and run/jog 2 minutes. Repeat three times
- Week 3: Monday-Thursday-Friday Walk 3

minutes and run/jog 4 minutes. Repeat three times

- Week 4: Monday-Thursday-Friday Walk 2 minutes and run/jog 5 minutes. Repeat three times
- Week 5: Monday-Thursday-Friday Walk 2 minutes and run/jog 7 minutes. Repeat three times
- Week 6: Monday-Thursday-Friday Walk 2 minutes and run/jog 8 minutes. Repeat three times
- Week 7: Monday-Thursday-Friday Walk 1 minute and run/jog 11 minutes. Repeat three times
- Week 8: Monday- run 25 minutes constantly, Thursday- run 30 minutes constantly, Friday- run 35 minutes constantly.

Step 3 Diet. What to eat when people go running.

You know how to run, now it's time to energize.

Eating properly can increase the performance and reduce the pain after exercising.

As a runner, most of our calories should come from carbs. But proteins are also important, especially after running and during the recovery.

Eat only a small snack like a fruit or a handful of dried fruit, 30 minutes before running: it is enough to keep your blood sugar level ("The ultimate runner's guide," n.d.). You must avoid fried food. If you are ready for a long race, the last meal should be 3 hours before, so it is not too heavy for your stomach.

During a short race, you should only drink water or isotonic drinks in sips, in order to keep you hydrated (Wikipedia, n.d.). Isotonic sport drinks contain similar concentrations of salt and sugar --as in the human body- that you lose during a physical activity. In athletes, sports drinks may improve performance in various types of exercise, "with the clearest benefits

being seen for prolonged exercise without rest" ("The ultimate runner's guide," n.d.). However, during a long race, as a marathon, it is necessary to consume 30-60 grams of carbs per hour to recover your energy levels for all the race, such carbs could be bananas, "panela", peanut butter and specialized gels.

Do not forget getting your energy back after a run ("The ultimate runner's guide," n.d.). Snacks with carbs and protein are the best option. For example: a homemade smoothie, a salad with steak and avocado or soy protein. Keep in mind to always eat protein as it is necessary to repair your muscle and reduce pain and soreness.

Always make sure not eat too much or you can upset your stomach.

...And how about a cup of coffee?

Many athletes use a high dose of coffee previously to a race; that is because the caffeine is what gives coffee its kick. The substance stimulates the nervous system and decreases the perception of tiredness. Coffee reaches its maximum effect about 30 minutes after consumption. On the other hand, this effect is only perceived when you are not a habitual consumer.

Remember, 70% exercise, 30% nutrition, 100% attitude. You're ready, now's the time!

Step 4: Race. How to run a short race like a professional if you are a beginner.

There is a very useful key when you are in a resistance competition. A lot of professional cyclists follow it. It is a simple instruction: "If you feel good, attack, if not, try to regulate your pace".

At the beginning of the race, it is better to start jogging or running slowly. While your body is warming up, you can increase the rhythm. This is particularly important because if you start too fast you could spend all your energy and maybe you will not be able to finish the com-

petition. Remember, if you feel good, try to go faster, but take care of your heart rate. Anyway, you should not exceed the permissible heart rate according to your age, for instance: if you are 30 years old you should never exceed 190 beats per minute.

Some professional runners do a short race (10 Km) in 30 minutes. If you do a quarter marathon (10 Km) in 50 minutes, you will have a good performance; complete the first 5 or 6 kilometers in 25 minutes (The Run Experience, October 2, 2017). If you feel tired or weak during the race, try to go slower or just jogging, never stop. But if you feel really bad, walk to the control place and inform the medical staff about your

situation and leave the race. The most important thing is your life and your health.

Conclusions

Running is an easy, fun and cheap daily routine; if you have good eating habits, hydration and proper techniques, you may not only be in shape, but even with the possibility of running in a race. The great athletes started as rookies.

Running has a lot of health benefits, both physical and emotional. Running a few minutes every day will extend your life. Think about yourself!

Cheer up!



Picture taken from www.uhdwalls.com

IMPACTS OF THRILLER FILMS OR SERIES IN THE BEHAVIOR OF PEOPLE

{ *Giovanna Andrea Carmona Valencia - Carlos Eduardo Giraldo Londoño*
{ *Paola Andrea Góez Vásquez - Ana Milena García Pérez*

For some “*Films can be a powerful educational tool*”¹. For others they can entertain us. A movie can make us laugh, cry, fear, feel bored or displeased and so on. Who has not cried or laughed watching a movie? But the truth is that the impact of movies goes beyond the simple fact of making us feel emotions; movies can affect our behavior.

Since 1933, Blumer and Hauser asseverated that motion pictures have considerable influence in the delinquent or criminal careers and

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behaviors according to surveys applied to high school students (Blumer & Hauser, 1933). This affirmation may look excessive, but other studies found changes in children's behavior and attitudes because of exposure to movies; these changes persisted in a period of five months (Peterson & Thurstone, 1933). According to studies, the effects of the movies depend on the genre, happy movies can produce optimistic people, whereas aggressive films can produce negativism. In the case of thriller or horror films, they make levels of dopamine raise.

Thriller Films

According to the **Filmsite**, "*Thriller and Suspense Films promote intense excitement...The tension usually appears when the main character is placed in a menacing situation. Life itself is threatened, usually because the main character is unsuspectingly involved in a dangerous situation. Plots of thrillers involve characters which come into conflict with each other or with outside forces*"² Some of the most famous thriller movies and series in the last years are: Psycho, Fight Club, A Clockwork Orange, Black Mirror and Dexter.

This type of film allows us to feel fear as the characters in the film, but at the same time we have the control of the situation. Therefore, we can feel both excited and relaxed. Psychological films show us a plot, then invite us to investigate the hidden meanings, so we can find unusual endings. Movies like Psycho changed the film industry and currently includes other types of content, such as Psychological Suspense like Fight Club by David Fincher, which illustrates *how social forces can promote alterations in the personality of people*.

When we talk about movies or horror series, films such as The Exorcist or Bates Motel usually come to mind. But this is not the only way to generate this kind of sensations in the viewers. On the one hand, psychological films are able to pose scenarios, often futuristic that break schemes to which the universal dramatic has ac-

customed us. This is the case of series such as Black Mirror that shows us a combination of the somber aspects of life and scientific advances in the not too distant future. Concerning the most important aspects, it is worth highlighting how the lack of empathy and the loss of basic humanity are evident throughout the 18 chapters of the series. On the other hand, the interactive Black Mirror film Bandersnatch questions whether we really own the decisions we make and whether free will is real or, on the contrary, we are only individuals manipulated by beings or entities from a higher reality.

Continuing with the same psychological line of Black Mirror, the Altered Carbon series, based on the novel of the same name, also builds its argument in a futuristic scenario in which human beings can virtually live forever through the transfer of consciousness. All the information accumulated throughout life is transferred to a digital format which can be installed in any human body called "sheath". The development of the plot shows how the wealthiest people have a long and boring life so they must appeal to aberrant behavior to have some fun to the detriment of everything that makes us human.

Point of view

The cinema becomes a way of projecting oneself. Since, once the film is seen, whoever receives the message must experience the emotional contents through the actors, their feelings and conflicts. These are transferred to these characters. Due to the above, we enter into the cause-effect relationship (rational level) and the association and transfer dynamics (emotional level). This cinematographic sub-genre emphasizes the emotional and mental states of the characters, in a look of mystery, suspense and psychological terror, creating a certain tension and marveling the audience

Who has not cried or laughed watching a movie?

with unforeseen turns through one or several perceptions during the narration. Anxiety, fear, repulsion and traumas are elements that this type of film contain, which can remain in the consciousness of those who see it in the medium and long term.

The psychological thriller examines the processes of the mind such as hallucinations, visions, dreams, fantasies and illusions, in order to create subjective realities. These realities are integrated within a subjective world, and they recreate a sense of restlessness and insecurity, because we are not certain about reality and imagination.

Conclusion

The impact of films on people goes beyond the simple fact of creating emotions. It can be asserted that films can affect our mood, have an important role in our behavior and influence our actions. For example, psychological films create scenarios, often futuristic, that break traditional schemes, focus on the mental and emotional states of the characters, create tense environments and astonish the audience with surprising twists that occur throughout the plot. To sum up, these films incite dark emotions and memories that stay in the consciousness of the viewer for long time.

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WHY ARE SOME MUSICAL INSTRUMENTS EXTINGUISHED?



Picture taken from www.pmrpressrelease.com

**Ricardo Patiño - Kelly Marcela Valencia Jiménez
Santiago Acevedo Sánchez - Yulieth Bedoya Mejía**

The first musical instrument probably appeared by accident, because humans noticed the properties of some materials used in tools or weapons. Subsequent human generations have redesigned various tools to produce a broad range of musical instruments as we know them today. However, numerous musical instruments had disappeared a long history because of modifications or oblivion taking with them a part of our culture. The main factors causing this loss includes the lack public interest, technological changes, commercial reasons, and eco-friendly considerations among other things (1).

Regarding the lack of public interest, the efforts to promote the use and learning of musical instruments are insufficient. Nowadays, there are less schools teaching music and musical in-

struments. According to research by the University of Sussex, the number of secondary schools offering music as part of their curriculum is in serious decline, and the few schools still teaching music are disappearing in a significant number around the world. In addition, knowledge about musical instruments is not transmitted from generation to generation as a common practice and, as if it were not enough, the public resources invested in this area are less every day (2).

In addition to lack of interest on music education, technological changes in the field of music and recording techniques has also contributed to the extension of some instruments. Technology used to be employed only to record songs, but now technology has ended up replacing not only instruments but musicians as well.

Innovations in music have become a revolution in the industry. The times of merely recording an album using musical instruments are gone. Now technology can replace the original sounds of a musical instrument for digital ones. For instance, a synthesizer can imitate the sounds of a violin and replace them in a track.

Consequently, evolution in the music industry inevitably makes recording processes easier, and producers and artists as lazy as technology and progress allow so. Musicians expect studios or computer packages to do things for them quickly. And you may say that is fine if the result sounds

Regarding the lack of public interest, the efforts to promote the use and learning of musical instruments are insufficient.

good, but a better sound is not really the case. Unfortunately, a study made by a music factory said that the 99% of the population now thinks highly distorted sounds are music, because it is how they learned to hear music. For instance, one in a hundred people can recognize what a violin, guitar or piano sound like. However, the sound of a lost musical instrument is never going to be replaced.

Nowadays, the expression “commercial music” has become common to refer to those songs that are easily “marketable” and normally, these songs are part of genres like pop, reggaeton and electronic. Analyzing in depth, these genres have in common the use of less real musical instruments bringing a little more digital sound. In this case, the need of artists to constantly create “hits” to stay in the music industry motivates

them to use these skills to improve “release dates” (3). Moreover, the logistics and the cost of hiring only one person with a musical device that can play any sound on a little stage is better compared to booking a big band with eight to ten instruments that require higher expenses, musical arrangements and other aspects that elevates the cost. It promotes the use of digital music over traditional music.

Additionally, the recent awareness of environmental damage produced by the use of materials employed in musical instruments becomes another cause for the extinction of musical instruments. Thus, actions have been taken to produce organic products that offer excellent results, without harming the planet. The substitution of conventional materials, for ecological reasons, contributes in an effective way to decrease the environmental impact (4); for instance, the small percussion instrument Chajchas, which is a rattle, was habitually elaborated with Andean goat or sheep hooves. Chajchas are used in traditional rituals and ceremonies and belongs to the folk music of countries such as Colombia, Bolivia, Peru, Chile, and Ecuador. Nowadays, this instrument has been replaced using ox eye seeds instead of animal hooves.

Some musical instruments have disappeared because of the insufficient demand, technological advances, commercial and environmental reasons, but our objective is to reflect on the importance of preserving the musical instruments. Conserving the unusual and non-conventional musical instruments becomes especially relevant to save an invaluable patrimony of the humanity because they represent culture in different moments and places in our history.

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PEOPLE AND ART

Cesar Lopera - Yolima Astrid Agudelo Isaza
- Freddy Zabala - Magnolia Zapata
- DUBY Catherine Zapata - Alberny Rincon
Osorio - Vicente Iván Pérez - Diego Jaramillo
- Mauricio Londoño - Jaime Trujillo

Introduction

Art has always been present in our lives; it has occupied a fundamental role to give people the opportunity to express their thoughts, feelings, and experiences. Art connects people's ideas with larger truths in a society, so we could say that besides entertaining, it has the role of educating, informing, and cultivating empathy in the audience. We could say that art is universal because it is accessible to all people worldwide and this is due to the expansion of communication media, which is one of the reasons why cinema music and literature are strongly related and have made great impact on human psyche. But let's talk a little about each one of them:

Literature

For many years, Literature has been used as a means of communication between people. Before it was used merely for learning processes, now it is art to enjoy life through the lyrics of music, movies, and of course, books. People enjoy literature because it has power to introduce us in different situations, both real or unreal. Literature is like a window to see all the universe through a book, thus, the writer can create a perfect or horrible life story. But that is not all; the reader has also the opportunity to believe, create and become a character of what he is reading. Literature gives us the tools to learn all kinds of cultures or different lives.

Music

People's way to enjoy music has evolved through time. We have been making music since the beginning of civilizations. However, we do not know what early music sounded like, because there was no way to record music in those days. Humans have figured out new ways to listen to music. People used to listen to music on radio, gramophone, long plays, audiotapes, compact discs, flash drives, etc. Nowadays, people enjoy music on the web by using streaming platforms like YouTube, Deezer, Spotify, among others.

Cinema

Since the first movie, people were captivated and interested by the projection of images that showed shapes, a person, an animal; then the sound came, and finally the color.

The numbers are more than positive for the cinema industry. In fact, the world is selling more tickets and every time more people are acquiring streaming platforms. Technologies are changing the way that we consume movies and the most important, we are enjoying movies in any place and at any time.

Knowing some facts about the cinema...

The story of cinema began with the invention of photography. The curiosity to create movement caused the creation of the roll film for a sequence of images, and after 1885 Edison and Dickson's Kinetograph arrived. At the beginning of the 20th century, the Lumiere brothers ap-

peared with their techniques and more elaborated stories, but still without sound and in black and white. In 1932 the film industry was consolidated, and technology led to introduce sound and colors. Then, after half a century, they created the first halls fitted with rows of seats with great capacity to watch movies (theaters). Since the end of the Second World War, cinema expanded considerably, and movies appeared in countries like France, Italy, Germany and England. However, Hollywood has been one of the most important producing centers of movies in the world.

Since the origin of the cinema there have been different movie genres such as comedy, horror, drama, action and Sci Fi. However, the preference over a genre or other has changed over time. Comedy is the genre that has remained stable, but other genres have increased or decreased with time.

At the same time, technology has evolved in the production of films and people have also changed their preferences for genres depending on the time. Nowadays, new ways for watching films have been created. New streaming platforms such as Netflix and Amazon prime, where the dynamics for watching movies are totally different and you can choose what to see at any time. However, we must bear in mind this does not mean the traditional form of cinema is dying. It means, the experiences are very different, and people choose them depending on the situation.

In a nutshell, Art is all about human activity ever since prehistory. It has changed through the evolution of civilizations and will continue to do so.

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HUNGRY FOR SURVIVAL IN A FORGOTTEN AND HOSTILE LAND

{*Laura Vanesa Hincapié Hernández*}



Audio ►

Our circumstances...

Her name is Magali. We met each other in Orito, Putumayo during my first job as an anthropologist. Her sunburned skin and strong hands told me about her life experience as a rural worker, but her big smile showed me her kind-hearted spirit and unbreakable humanity.

Since the first day, Magali and I became friends. We lived in a camp inside the rural school for one month and a half. There, Magali and Rosita were the chefs, very able to prepare the most delicious recipes with few ingredients. Cooking in the jungle is precarious. Of course, nature provides every type of food, but the process of matter transformation isn't possible for all ingredients. So, the reason for our limited

food was because we had to walk for two hours all through the path and we didn't carry many things or food.

Her resilience ..

When I was walking with the load of my bag, my feet hurt with each step in the hard floor, but the irregular and stony path didn't seem to affect Magali. I saw her much stronger than me, of course, one of the many advantages of rural life. But Magali isn't powerful just because of the environment; she has had to endure the hard blows of life. She has been a victim of the irrational violence. On the one hand, she had seen how some of her family members died and on the other hand, like many other families in Orito without choices and opportunities, she was part of the cocaine economy.

Just like the cocaine grower's kitchen, the gastronomic kitchens in the jungle are made resourcefully. Life there is necessarily basic because of the hard access: rivers, swamps, rains, broken bridges, wild animals and many other difficulties. But this is the magic of nature when she is indomitable, and we are the ones who need to adapt and respect her.

A warrior woman ..

Magali always preferred the gastronomic kitchens rather than the cocaine grower's or be a *raspachín* worker. Her wish is to be the best chef of Putumayo, or at least to be able to study Gastronomy and find a worthy job she enjoys, and not to abandon her children for a long time as she has done it before, missing their best times. But for now, she works in fam-

ily's houses as a homemaker for a miserable and dreadful pay.

But probably Magali will never make her dreams come true, not while the governments ignore the life conditions of Amazonian people and defend the arguments of the advancement and industrial innovation like life's solutions. They only want to exploit the natural resources through oil companies, hydroelectric plants, rubber tree companies, forestry development, mega-mining and now fracking. And they only believe in fighting drug trafficking with glyphosate fumigation as if this were a good solution and the only problem. So, once nature is removed and bled, the native people remain with serious environmental problems, sick and impoverished.

I can remember hearing the wood falling against the grass because of the deforestation, while Magali was cooking calmly in our camp. Maybe it was an analogy about how our world is falling apart when we try to get ahead, at the same time that we ignore nature's cries.

Just like the cocaine grower's kitchen, the gastronomic kitchens in the jungle are made resourcefully.

THE ETERNAL UNCERTAINTY OF THE CERTAINTY OF DEATH

{ **Álvaro Sergio Lopera - Grisel Costa**
{ **Laura Cristina Castro - María Adelaida Galeano**



Salvador Dalí - Escenografía de la muerte para «Don Juan Tenorio»

What happens with human beings at the exact moment of death? What can we expect after death? Is there life or anything beyond that moment? Are other dimensions real or different to life in Earth? Could we come back someday after we die? Will there be a place or a state for amending what we do wrong in our life?

These and other similar questions have always been addressed and tried to be answered from different cultures, religions and scientific knowledges, even from personal experiences and beliefs; for that reason, there is not a unique or a true answer about it. Just as there are some concepts and studies that approve the existence of life after death, there are also those ones disapproving it. Who will be right?

This article does not intend to consider any option or theory as the only truth; instead, its aim is to outline some points of view, an approx-

imation to the topic, in order to encourage the reader to seek their own conclusions.

Scientific explanation

The principal difference between humans and animals is **consciousness**, and this one has a particular relation with death. In other words, consciousness is what makes people think and ask themselves things like: “*when will I die?*” or “*how much time do I have left to live?*”, “*how will I die?*” or “*what situation or reason is going to lead me to death?*”

In any case, the human thinking is based on the uncertainty of consciousness and that is why some people look for specific answers in science; for example, the American cosmologist, physicist and university professor Sean M. Carroll says that it is impossible to find anything after death. He claims that it would be possible only if consciousness was separated from our body

but, based on physics concepts, consciousness is a chain of atoms and electrons in our mind that ceases when the heart and the brain stop emitting waves, and when people finally die.

However, other studies indicate that consciousness is maintained for three more minutes after death. One of them is the one made by scientists from the Southampton University, which evaluated patients that suffered heart attacks but survived and that declared they were aware along that experience. The most relevant case was that of a social worker who assured that he remembered every detail of how the doctor returned him to life. He said how many people were in the room and which medical methods were used to revive him. Also, he told that he came out from his body and from a corner, he could see everything. The people who were in the room could not explain what happened in a medical or scientific way.

Other theory that approves the life after death of consciousness is found in the publication “*Biocentrism: How life and consciousness are the keys to understanding the universe – 2009*”. Its author, Robert Lanza, considers the physical theory of parallel world. He says that death is the awareness travel to another dimension of the universe. From his point of view, life is something circular. Like him, there are several studies that support the idea of consciousness in connection with the universe such as, “*Aware-Awareness during resuscitation. A prospective study*”, by Sam Parnia (2014) and “*Consciousness in the universe: Neuroscience, quantum space-time geometry and orch OR theory*”, by Hameroff and Penrose (2011).

Religious and spiritual believes

On the other hand, there are some beliefs that humans are composed of the physical body

and the spiritual soul; the first one is finite but the second is eternal. Therefore, all the attention is aimed to the eternal side because for religion it is not logical to restrict everything around us to biology. Life is deeper; we all have a final destination. Christian religion has the concept that when people die, if they were good and kind they can go to heaven with God; "... then Jesus said to him: I assure you, today you will be with me in Paradise" (Luke 23:43). In this quotation is the concept of paradise/salvation and hell/condemnation; in fact, life exists after dead and, for Christians, has the name of "Eternal life".

... other studies indicate that consciousness is maintained for three more minutes after death.

This concept has many perceptions from the Bible and many interpretations too. Some people think that paradise is a better place to be after death and immediately they go there, while others believe dead people are in a deep dream waiting for the moment Jesus Christ comes and then he will lead good people to paradise. The Bible's promises make people have a good behavior to be worthy of

eternal life; however, the people that are bad in life cannot enter to a positive and beautiful eternal life; they will be punished forever. In other words, the body will die forever but the soul will be still alive, for both good and bad men.

Other explanations

Nowadays, there are many testimonies of people who assured that they have had contact with dead relatives, listened to strange sounds, seen ghostly figures or objects move spontaneously, felt that their body is separated from their soul or have experienced other situations that many times cannot be explained by conventional scientific or religious doctrines. The current growth of followers of paranormal phenomena has resulted in a big number of legends and movies and books of science fiction but also in many investigations and studies that try to give lights to those "apparently" inexplicable phenomena.

With all of the above, what do you think is the answer to the eternal question of "what is there after life"? Do you tend to give it a scientific or religious explanation or even none of them?



HOW IS GLOBALIZATION AFFECTING OUR LIVES?

Picture taken from www.fee.org

{ Leida Sánchez - Carolina López
Girleza Álvarez - Laura Marín

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The exchange process of goods and services around the world is known as Globalization. As an exchange process, globalization is not new; it exists since primitive ages, when, through bartering, communities exchanged products, so that they guaranteed their survival.

Afterwards, and because of technology development, especially of internet, information and communication technologies, interaction and exchange between countries are hugely facilitated. Nevertheless, concomitantly, neoliberal policies that promote free trades and com-

petitiveness, borders opening and reduction of taxes and customs duties, reduction of state intervention over economy, culture homogenization, among other aspects, have created a fertile ground for facilitating the exchange of goods and services for some countries.

Colombia has not escaped from Globalization. In fact, since the early 90s with some economic opening policies, the country entered directly to globalization and, within the country, some cities more than others.

In particular, Medellín is a city, which has made different efforts to become a global city. Maybe, innovation has been one the most important strategies

Over the last two decades, Medellín has gone from being globally known as a drug traffic and extremely violent destination to becoming a thriving cosmopolitan city.

to achieve this objective. In fact, this purpose has allowed it to obtain some recognition at a global level such as “The world’s Most Innovative City” in 2013, which was granted by The Wall Street Journal Magazine and Citibank;

both institutions associated with the Urban Land Institute (ULI). Moreover, in 2016, Medellín was also awarded with the most important urbanism prize, “The Lee Kuan Yew World City Prize”. It is a biennial international award that pays tribute to outstanding contributions to the creation of livable and sustainable urban communities around the world.

Some of the main innovation facts in Medellín can be the following:

- Development of integrated public transportation system that, among other benefits, has facilitated population commute to their work, study and other places, but specially for many people that live in marginal places of the city; It also, and thanks to its infrastructure, has re-

duced environmental contamination; and it has improved mobility within the city and between nearby cities.

This transportation system is made up of different transportation means such as buses, trams, cable cars and bicycles; all of them are used as main means of transportation for some people. They are also used as an integrated system to take them from different places of the city to the metro, which is the most important transportation means of this system and which traverses the city from south to north and vice versa.

In addition, it is important to emphasize the urban development that Medellín city has had, since in conjunction with the construction of the public transportation system, some public spaces have been recovered and embellished for the people to enjoy.

- Medellín as Fashion and Clothing Center: Medellín economy has been mainly based on the textile industry. For some years, it has been driven by innovation. The Colombiamoda Fair or Colombia’s Fashion Week, event which is hosted by Inexmoda (an organization in Colombia), has provided the tools and necessary resources to strengthen all aspects of Colombia’s fashion industry supply chain. This organization is considered the largest commercial exchange platform in Latin America, which allowed Medellín to accomplish and strengthen its intelligence to attract talent and financial resources to its territory.

- Culture, Knowledge and Technology are other initiatives in which Medellín is also committed in order to build a more educated society in different aspects such as, mobility, education, citizen security, recycling, energy efficiency, citizen participation, competitiveness, health, among others. Thanks to this, organizations, centers of knowledge and culture and other activities were created or implemented with this objective, some of them are: The Library Park, Route N, Moravia Cultural Center, Educational Parks, free internet in public places, among others.

Although Medellín is classified as an innovative city, globalization has increased inequality between rich and poor people. One indicator of inequality is the Gini index, its value is between 0 and 1. Maximum equality is zero (all citizens have the same income) and one the highest inequality (all the income belongs to only one citizen). Medellín has the Gini index in 0.52 that means there is very high inequality.

Moreover, economic opening, avalanche of contraband, massive import of the same products made in Medellín but in lower prices, strong competition and sales of local brands to international brands have caused the closing and selling of many companies to multinational corporations. This has been the cause of informality and unemployment. Some of those companies in Medellín are SAM, ACES, Caribú, Pepalfa, Telsa, Tia, Ley and Orbitel.

In fact, in some places where these companies existed, big shopping centers have been built. For example, in Belen Los Alpes, Vicuña was replaced by Los Molinos; Tejióndor was replaced by HomeCenter, Makro y Jumbo; Telsa, in Laureles was replaced by Viva Laureles; and Everfit gave way to the Florida shopping center. In addition, as it is well known, the shopping centers are a reflection of the globalization around consumerism.

On the other hand, our economic development and peace process have resulted in an exponential increase of tourism, but it has also caused collateral damage: increase in sex tourism and narco-tourism. Sexy women and easy access to illicit substances make foreigners opt for Medellín as the place of their next vacations.

Over the last two decades, Medellín has gone from being globally known as a drug traffic and extremely violent destination to becoming a thriving cosmopolitan city. Still, we continue with Medellín Cartel legacy and Pablo Escobar’s memory. Many tourists come to Medellín with the purpose of doing Pablo Escobar tour, where his infamous memory is now a tourist attraction.

Summarizing, globalization has generated big changes in Medellín, which have affected citizens in good and bad ways. On the one hand, the city has good aspects such as urban, technological advances and recognitions given to Medellín that have placed it in an international level. On the other hand, and it is not so good news, Medellín is an inequitable city that affects mainly poor people. Unfortunately, globalization benefits big companies more and it not only generates inequality, but also generates bad labor conditions and bad salaries because these companies have control of the sector and impose their terms.

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Picture taken from www.divorceforce.com

HOMOSEXUALITY IS NOT A MENTAL DISORDER

{Elida Orozco

There was a time in history when homosexuality was included in the manuals of psychiatry as a mental disorder. Given that it was considered an alteration of behavior, different therapies and treatments were used to cure this disease. Over the time, there have been two contradictory positions on this issue: those who have always defended homosexuality as a more innate type of sexual orientation of the human

being; and those who have considered that it is a psychological deviation that can be changed. It is important not to confuse sexual orientation, that is, to fall in love with a male or female object, with sexual identity or gender identity, that is, to feel like a male or female.

In 1886, the German writer Richard von Krafft-Ebing published his work called *Psychopathia Sexualis*, in which he considered homosexuality as a sexual perversion that was acquired in a hereditary way. He believed that the goal of the sexual desire was procreation, and that any form of desire that doesn't have that goal was a perversion.

His colleague, the renowned psychoanalyst Sigmund Freud, reflected a lot on homosexuality and characterized it as the result of a conflict during the development of sexual identity, in which the male identifies with the female sex and begins to feel attracted to very masculine men. In addition, he points out that mothers of homosexuals are usually "cold and demanding".

For Juan Antonio Herrero Brasas, author of the book *The Gay Society* and professor of ethics and public policy at California State University (USA), "the only thing that Freud's erroneous theory about the family structure achieved was creating for many years a tremendous sense of guilt in women, who felt responsible for the homosexuality of their children".

In addition, in the twentieth century, scientists are more concerned with studying sexual behavior. Among the most outstanding works is "The Kinsey Reports" by Alfred Kinsey, the first massive survey on sexuality in the United States. Alfred developed a scale, which has 7 degrees of sexual orientation, ranging from absolute heterosexuality to complete homosexuality; going through five degrees of bisexuality, where it was also affirmed that a large part of the population was in some degree, bisexual.

It is important to mention that in 1973, the American Psychiatric Association (APA) eliminated homosexuality as a mental disorder from the Diagnostic and Statistical Manual of Mental Disorders (DSM-II). Since then, it began to spread and to promote that homosexuality is "normal". This act was motivated after a complete scientific review on the subject.

Thanks to the decision taken by the APA in 1973 and the result of a long struggle of the collectives for the rights of homosexual people, in 1990, the World Health Organization removed homosexuality of its list of mental disorders, described in the International Statistical Classification of Diseases and Other Health Problems section.

Nowadays, depending on our culture, customs, religion and lifestyle, homosexuality is considered either a normal or not normal behavior. Many of us may consider that alternate sexual orientations are normal and acceptable; others, on the other hand, as a mental disorder that has no cure. Who has the absolute truth? I think there is no truth. What is important to consider is that important steps have been taken, not only in the scientific field studying these behaviors; but from the human point

“the only thing that Freud’s erroneous theory about the family structure achieved was creating for many years a tremendous sense of guilt in women, who felt responsible for the homosexuality of their children”

of view, that is, acceptance by others. We are all unique, in our way of seeing life and in our attitudes, feelings and experiences. Even if we are not in agreement with someone’s behavior, it doesn’t mean that it is a wrong behavior; we tend to interpret everything from an egocentric point of view and we think that our reality is the correct one. To consider homosexuality a valid alternative for life, neither better nor worse than heterosexuality, has led to diminishing a huge dose of unnecessary suffering and to make the lives of many millions of men and women throughout the world more positive.

To finish, this quote by Simone de Beauvoir:

“In itself, homosexuality is a limiting as heterosexuality: the ideal should be to be capable of loving a woman or a man; either, a human being, without feeling fear, restraint or obligation”.

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MEANINGFUL MOMENTS



FAREWELL LETTER

{ *Natalia Alarcón Penagos*

It is with great satisfaction and melancholy that I write this farewell message for all the PIP Magazine readers.

The idea started as a classroom project in 2008 and we did not believe back then that this simple PDF file, containing students' ideas and interests, would become what it is now for the English for Professionals program. Thanks to the support of the latter coordinator of the program, Mabel Quinchía, and the beautiful ideas of the graphic designer, Alexander Rodriguez, this little project grew to become what we all now as the PIP Magazine. Semester after semester we worked as a team to plan, discuss and carry out ideas so students would have a meaningful writing process and we would have a beautiful product. There was love and dedication in our work. I think each PIP Magazine issue reflects that.

Unfortunately, everything has an end, so does this project. However, when I look back in time, all I feel is gratitude for the experience I had the opportunity to have. I learned more than I expected and I am sure my colleagues feel the same way.

I want to thank all the teachers of the program for their commitment in their classes, for guiding their students in this amazing path of writing with a meaningful purpose. I want to thank the students as well for their motivation to write about different incredible topics, from cultures around the world to global issues and art. I learned a lot about the world from them.

I am sure other wonderful projects will come in the future. Until then!



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Where English is an adventure

This magazine was made thanks to the concern of the teachers, students and administrative staff.

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