



# Greetings from your WEEKEND GETAWAY



## Recharge Harvard: Fun in the Sun

Whether you travel by car, boat, train, or plane, a change of scenery always feels refreshing.



What is it about traveling that makes us feel reinvigorated and revived?

Research has shown that being in a new place heightens our senses, stimulates our brains, and sparks our creativity. “When we travel we are usually breaking our normal routine,” says [Richard Davidson](#) of the Center for Healthy Minds. “Decreased familiarity is an opportunity for most people to be more fully present, to really wake up.”

So let's take a trip! For excursions within Massachusetts, you'll find [cultural attractions](#) and [hiking in the Berkshires](#), art museums for all ages (like the [Eric Carle Museum](#), [Mass MoCA](#), and the [Norman Rockwell Museum](#)), and sunshine and beaches (and trampolines and soft serve) on [Cape Cod](#) and the islands.

Traveling a little farther, all the New England states feature a variety of attractions, perfect for a long weekend away by yourself, a romantic getaway, a college reunion, or a family vacation.

- **Maine:** Take a picturesque walk along rocky shores, tour the [foodie mecca](#) of Portland, and visit [an exhibit of Andrew Wyeth paintings](#).
- **Vermont:** [Hike the Green Mountains](#), [try a creemee](#), [take a baking class](#), and stay at the [Trapp Family Lodge](#) (ask about Harvard discounts).
- **New Hampshire:** Spend a day [mountain biking](#) and a night with [a show at the Bank of New Hampshire Pavilion](#).
- **Connecticut:** Bring the family to the [Aquarium](#) and [Seaport Museum](#) in Mystic, and then [explore the singular Gillette Castle](#).
- **Rhode Island:** Visit the [soft sand beaches](#), wonder at the [mansions of Newport](#) (and the [Green Animals Topiary Garden](#)), and savor the misleadingly named [Awful Awful](#).

Take a spontaneous trip this weekend, or plan a special holiday for the months ahead. Or both! As the sign on the travel agency in Harvard Square used to say, “Please go away. Often.”

## What's your favorite weekend getaway?



**Marika E. Reuling**  
Managing Director,  
Urban District Initiatives

“New England is a remarkable place for sailing – and my favorite weekend getaway is anywhere on water. It could be Kittery Point, Maine or Onset, Massachusetts or Newport, Rhode Island. My son, at just the age of 7, is solo sailing in Duxbury Bay. I decided I needed to improve my own skills this summer, so I have been taking early morning classes at our local maritime school and using some of my Harvard Recharge time to take the family out on the ocean. It's revitalizing and you can't do it with a phone!”



**Jeffrey C. McNaught**  
Associate Director of Campus  
Safety, Harvard Law School

“My favorite weekend getaway is the York Harbor Inn, in York, Maine. The Inn is an oceanfront property with beautiful rooms spread amongst multiple houses and cottages that all have their own unique look and feel, and a private beach. You can visit a nationally registered historic tourist destination, and take in decades of nostalgia in the local shops, restaurants, and arcade, all while gazing at the salt water taffy spinning on the same machines since their recipe was perfected in 1896.”

## Your Weekend Getaway Playlist

Great trips need a great soundtrack. Cue up a few of these road-tested favorites.

- [Hey Hey Hey](#) – Michael Franti & Spearhead
- [On the Road Again](#) – Willie Nelson
- [Roam](#) – The B-52's
- [Levitating](#) – Dua Lipa
- [Crazy What Love Can Do](#) – David Guetta, Becky Hill, and Ella Henderson

Add our [Spotify playlist](#) to your library!

## Digital Downloads

Download fun digital doodads from the [Recharge Harvard](#) website, like [downloadable zoom backgrounds](#), pre-written [out of office](#) messages, and adult coloring pages!



## The Recharging Station



[Studies have shown](#) that while [longer vacations](#)—more than 10 days—soothe stress better than shorter ones, even a [4-day vacation](#) is enough to make a positive impact.

Wherever you are in the world, check out [Atlas Obscura](#) for oddball places to visit that celebrate history, culture, and unique local gems. Sticking around town? Take a tour of the [29 unusual attractions the atlas highlights in Cambridge](#).

Consult The Boston Globe's [list of summer festivals](#) in New England, including the [Pocumtuck Homelands Festival](#) (MA), the [Craftsmen's Fair](#) (NH), [professional mountain bike racing](#) (ME), and more.

Visit the [Recharge Harvard website](#) for more information.