Cuernavaca, Mexico

Spanish Language and Culture

Center for Global Education

Summer 2015
Dear Students:

Greetings from the Cuernavaca staff of the Center for Global Education (CGE)! We are excited that you have decided to come to Mexico to study during the summer. We are looking forward to working with you. We hope that this manual will answer most of the questions you have about the program. Please be sure to read it carefully and bring it with you to Mexico, as it provides information you will need while here.

Our approach to education is multi-faceted. We strive for holistic education that is experiential, intercultural, and rigorously academic. First of all, we try to create many opportunities for you to learn directly from a wide range of people representing diverse backgrounds and perspectives. In addition to guest lectures, we include numerous excursions throughout the summer term in Mexico.

In addition to learning from lectures, required readings, and excursions, we believe that we have much to learn from each other and that this learning takes place by discussing our own analyses of what we are reading, hearing, and seeing. Therefore, we devote significant time to group discussion. In order to maximize your learning, your courses include a “cultural issues and social change lab group” in which you are encouraged to discuss what you are learning not only within the classroom but through your homestays, internships, and other experiences.

Upon arrival we give you a weekly schedule with more details, and this will be provided to you regularly on Fridays. What we promise won’t change is the starting date (Wednesday May 20) and the departure date (Sunday July 12) for Session I, and starting date (Wednesday July 8) and the departure date (Saturday August 29) for Session II. If you have other questions about the schedule, please contact me at lutterma@augsburg.edu.

When purchasing your plane ticket to Mexico City, please make arrangements to arrive by Wednesday May 20 by 3:00pm for Session I or by Wednesday July 8 by 3:00pm for Session II. Should you decide to spend additional time traveling in Mexico before or after the program, you may leave things in storage in our facilities in Cuernavaca. As soon as you have your flight information, please send that information to cgemexicointern@gmail.com.

Again, we are delighted that you will be joining us this summer and we look forward to meeting you soon.

Sincerely,

Ann Lutterman-Aguilar
Mexico Site Director and Instructor
Table of Contents

Faculty and Academic Program Staff in Mexico
Additional CGE Staff in Cuernavaca

I. ACADEMIC INFORMATION
   A. Books to Purchase
   B. Information about Courses
      1. Registration Information and Deadlines
      2. Course Offerings
      3. Information about Spanish Classes
      4. Class Schedule and Contact Hours
      5. Important Reminders for Registration
   C. Related Components of the Academic Program
      1. Intensive Orientation Seminar
      2. Excursions
      3. Concurrent Travel Seminars
      4. Living/Learning Environment
      5. Homestay
   D. Information About Your Schedule
      1. Tentative Schedule for Summer Session I (with important deadlines)
      2. What Does a Typical Day Look Like?
      3. Weekends
      4. Tentative Schedule for Summer Session II (with important deadlines)

II. GENERAL INFORMATION
   A. Locale and Facilities
      1. Cuernavaca
      2. Currency Exchange
      3. Weather
      4. Time
      5. Homestay
      6. Housing: Facilities and House Rules
   B. Travel
      1. Travel to/from Program
      2. Visa Requirements and Tourist Cards
      3. Travel within Mexico
      4. Optional Travel after the Program Ends
      5. Visits from Family and Friends
      6. Hotel Information
   C. Safety Concerns
D. **Health Issues**
   1. Common Health Concerns
   2. HIV/AIDS
   3. Dengue Fever
   4. Health Care Providers
   5. Alcohol and Drug Abuse
   6. Immunizations
   7. Diarrhea, Cholera, Typhoid and Dysentery Prevention
   8. Insurance

E. **Communication and Contact Information**
   1. Snail Mail
   2. Phones
   3. Computers, Email, and Internet Access

F. **Extracurricular Activities in Cuernavaca**
   1. Sports and Exercise Options
   2. Nightlife
   3. Religious Life

G. **Money Matters**

H. **What to Bring to Mexico (Suggested Packing List)**

I. **Advice**
   1. For Students of Color
   2. For White Students
   3. For GLBTQ Students
   4. For Straight Students
   5. For Students in Recovery
   6. For Students with Mental Health Issues
   7. Embracing Diversity: For Multi-Cultural Students

IV. **DIVERSITY IN MEXICO**

IV. **COUNTRY INFORMATION**

V. **APPENDICES**
   A. Augsburg College Policies
   B. Education For Life
   C. Cultural Awareness
Primary CGE Staff Working with the Mexico Summer Sessions

**Dr. Ann Lutterman-Aguilar**, Mexico Site Director and Instructor, [lutterma@augsburg.edu](mailto:lutterma@augsburg.edu)
In 2011, Ann earned her doctorate in international feminist theologies from the San Francisco Theological Seminary, which is affiliated with the Graduate Theological Union at University of California-Berkeley. She previously earned a Masters in Divinity (M.Div.), with a focus on Feminist Theology and Latin American Liberation Theology from Yale University and her B.A. in Peace and Global Studies from Earlham College. In 2000, she completed a certificate program in Intercultural Communication. Prior to joining the CGE-Mexico staff in 1993, Ann worked as a campus minister at Penn State University and in a refugee camp in El Salvador during the civil war there. Her prior experience also includes activism and volunteer work with HIV/AIDS patients, in homeless shelters, battered women’s shelters, and a rape crisis center and hot-line. Her primary academic interests are in the areas of religion and social change, gender studies, intercultural communication, and experiential education. She enjoys hiking, reading novels, singing, playing piano, and participating in community organizations that empower women. Ann is involved in the overall administration of the Mexico site and curriculum development for all CGE academic programs, as well as teaching Religion and Women’s studies courses. During the summer, Ann will serve as the local registrar and liaison with the UNIVERSAL Spanish language school from June 1 onward. Ann is proudly a dual citizen of Mexico and the U.S.A.

**Lisanne Morgan**, Homestay Coordinator, Internship Co-Coordinator and Program Coordinator, [lisanne@laneta.apc.org](mailto:lisanne@laneta.apc.org)
Lisanne earned an Honorary B.A. in Latin American and Caribbean Studies and Spanish from York University in Toronto. Before she began consulting for CGE in 2002, she worked as a Program Director for the Cuernavaca Centre for Intercultural Dialogue on Development (CCIDD) from 1995-2001. There she led groups from the U.S. and Canada, facilitating a program for those interested in developing an understanding of the political, social, cultural, and economic realities of Mexico through experiential learning. After leaving CCIDD, Lisanne worked as a freelance translator and consultant. She has also coordinated and facilitated exposure programs to the Dominican Republic, Nicaragua and Cuba, Chiapas, and Mexico City. Although she had previously worked as a consultant with CGE, she joined the CGE team more formally in January of 2003. Lisanne is responsible for coordinating students’ homestays with Mexican host families and setting up, facilitating, and translating many of the experiential components of the program. She also sets up the internship placements and facilitates the internship seminar in coordination with Antonio Ortega. She also assists in teaching courses, particularly as they relate to homestays and other experiences in Mexico. In addition, Lisanne works with short-term courses that come to Mexico and travel to other countries.

**Antonio Ortega**, Instructor and Program Coordinator, [ortega@augsburg.edu](mailto:ortega@augsburg.edu)
Antonio is currently pursuing his doctorate in History. He earned his Master’s degree in History at the Centro de Investigación y Docencia en Humanidades (CIDHEM) and his Licenciatura (undergraduate degree) in Accounting at La Salle University in Mexico City. Antonio is a Certified Public Accountant who worked for several years in the Mexican stock market. However, he wasn’t happy wearing a suit and tie or living in Mexico City. He then went to Oxford, England, where he studied English, but after a year he felt homesick, so he moved to Cuernavaca, where he has lived happily ever after since 1990. Prior to joining CGE in January of 2003, Antonio spent several years teaching English and working at CETLALIC Alternative Spanish School, where he promoted the school and coordinated the Gay and Lesbian Studies Program. In 1999, Antonio received a Teaching Certificate from the Anglo American School. He is also a founder and active member of Grupo CD4, a non-profit organization devoted to fighting AIDS through sexual education. His primary academic interests are LGBT issues, literature, and history. He enjoys traveling, movies, reading, and writing. Antonio works with Lisanne to set up the internships and facilitate the internship seminar. During the summer, Antonio will serve as the local registrar and liaison with the UNIVERSAL Spanish language school until June 1. After that, Ann will take over those responsibilities for the rest of Summer Session I and all of Summer Session II.
Karla Vargas, Latin Dance Instructor, futyo_10@hotmail.com
Karla received her degree in Physical Education from the Universidad America de Morelos and has several years of experience teaching a variety of dance classes, as well as other physical education courses. Though she only recently joined the CGE staff as an adjunct instructor in 2010, Karla has had a connection to CGE-Mexico since she was born, as she is the granddaughter of one of our longstanding host families - Laura Bustos Hernandez and Filiberto Vargas Garcia. Karla loves soccer and dancing and exudes her passion for dance in her classes.

Laura Aguas, International Resident Assistant/Intern, cgemexicointern@gmail.com
In May of 2015, Laura completed her career at St. Olaf College in Northfield, MN, with a BA in Social Work. She was drawn into CGE’s Social Work in a Latin American Context program spring 2014 because she became interested in learning more about social welfare policies in Mexico, and the different Mexican cultures. Her academic and social interests involve social justice issues, gender and women studies, immigration/migration, and economic development. As an International Intern for the CGE Mexico academic programs Laura, looks forward to further her knowledge in immigrants’ readjustment to Mexico and the role of social workers in community development. She also feels it is important to encourage students in the programs to further their knowledge about issues/topics they’re passionate for. On her free time she enjoys exercising and exploring the complexities of human overall health and wellbeing, hearing stories, dancing regional Mexican and tropical music, gastronomy, and being with family and loved ones.

Additional CGE Staff in Cuernavaca

Moisés ("Moi") Aguilar Vargas, Grounds and Maintenance Manager
Moisés started working at CGE in June of 2007, just a week before he and his wife Monica had their first child, Jatniel. He enjoys learning new things, dancing, and music.

Ismael Canul, CGE Driver
Ismael was born in Cuernavaca. He is married (to Lupita) and has three children. He is a taxi driver and has been working with CGE since 1996. Ismael likes to listen to all types of music, watch movies, and read the newspaper.

Javier Resendiz, Night Watchman and Driver
Javier started working for CGE as a driver in 2010 and is currently one of our night watchmen. He is from Cuernavaca but has also lived in the U.S. Javier is married and has two sons. He enjoys driving and practicing his English with students.

Moisés Rios, Night Watchman and Driver
Born in Cuernavaca, Morelos, Moisés (who is married to Isabel) works as one of the night watchmen at CGE. In addition to his job at CGE, Moisés drives a taxi for the local radio taxi company, Monarca, and thus also serves as one of the drivers on the students’ many excursions in and around Cuernavaca. As a result of his job, Moisés enjoys meeting the students and practicing his English with them.

Natividad ("Naty") Rosas, Office Manager
Naty was born in Mexico City and has worked at CGE since 1991. Presently, she does administrative work. She has two daughters and one granddaughter. Naty would love to practice her English with participants. She has lived in Puebla, Mexico, D.F., Cuernavaca and Los Angeles, California. Naty likes to dance and get to know people.
Adriana Montoya, Assistant Cook
Adriana began working for CGE in 2012. She was born in Cuernavaca and has lived here all her life. Adriana is widowed and has a daughter and a son. She loves cooking and baking, and she also enjoys doing embroidery and going to Zumba classes.

Isabel Sanchez, Cleaning Staff
Born in Cuernavaca, Morelos, Isabel has lived here her entire life. Isabel originally worked at CGE in the 90s, and returned in 2006. Isabel has five children and one grandchild. She works hard at home and loves taking care of her children.

Guadalupe (“Lupita”) Vázquez, Head Cook
Originally born in D.F., she had lived in Morelos nine years before she started to work at CGE in 1990. She is married (to Ismael) and has three children. She lives in the Colonia 10 de abril in Temixco, just south of Cuernavaca. Lupita likes to dance, cook and take care of her children. She likes working at CGE because it gives her the chance to meet a lot of people.
Books to Purchase – Summer Session I and II, 2015

Listed below are the books you will need to purchase for each course. They are not available at the Augsburg College bookstore, but you can purchase the following books through CGE-Mexico, at a local bookstore, or over the Internet through the following on-line services:

- Amazon
- Barnes and Noble
- Half.com
- Powells
- American Book Exchange (ABE)
- Alibris

You may also purchase them directly from the publisher (in the case of Spanish books), or from another book service. Please note that many of these companies also sell used books over the Internet (see above).

We have used copies of many of the textbooks in Cuernavaca. If you want to purchase a used copy of an available used text, please email cgemexicointern@gmail.com immediately to find out if the books you want are available and to reserve one.

You will probably need to buy some of the books listed below before you leave the U.S., so be sure to order them immediately! Be sure to place your orders at least four weeks in advance. You should check your own bookstores but will probably need to order copies via the Internet. Spanish books from Heinle publishers can be directly ordered from them at www.heinle.com. Again, be sure to place your orders several weeks before departure from the U.S. Please see information listed below.

Recommended Books

Recommended Pre-Trip Reading
We believe that this book provides an excellent introduction to Mexico. You are strongly encouraged to read the following book BEFORE the program begins:


Recommended Mexico Guides
We encourage you to purchase a Mexico guidebook such as *The Lonely Planet* or *The Berkeley Guide* for use on weekends and short breaks, as well as a blank book to use as a program journal. We have some guidebooks you can borrow but they may not be the most up-to-date.

Recommended Supplementary Spanish Texts
Spanish/English dictionary (a requirement for all Spanish classes)

Required Course Texts

REL 200: Christian Vocation and the Search for Meaning II
We have a few used copies of each of these in Cuernavaca, so feel free to try to reserve one in advance.

Internship Course
We have lots of used copies of this book.

Independent Study
Independent study students should purchase and bring with them any and all books relevant to their research topic. If you want to check to see if we already have a particular book in our library, please email cgemexicointern@gmail.com.

Spanish Courses
We have several used copies of some of the Spanish books. If you want to purchase a used copy of these books at half price, please email cgemexicointern@gmail.com immediately to find out if the books you want are available and to reserve one. Otherwise, you will need to order texts for Spanish courses through your local bookstore or over the Internet. Be sure to place your orders six weeks in advance.

SPA 111 and 112: Beginning Spanish I and II

Spanish 206: Spanish for Health Care Professionals
Recommended Supplementary Materials: Spanish Medical Conversation Medical Spanish Pocketcard Set.

SPA 211 and 212: Intermediate Spanish I and II

SPA 220: Business Spanish

SPA 224: Spanish for Ministry
Bring $35 USD to purchase the reading packet in Mexico.

Return to Top
SPA 225/325: *Spanish for Heritage Speakers I and II*

SPA/ART 231: *Precolumbian, Colonial, and Contemporary Mexican Art*
If you want this course to count for the Fine Arts LAF credit, or want to take the course in English, you must register for ART 231. If you are taking the class in Spanish, please bring $40 USD to purchase the reading packet.

If you are taking the class in English, the required texts are:

SPA 295: *Topics in Literature, Culture and Linguistics: “Spanish for Law Enforcement”*

SPA 311: *Conversation and Composition I*

SPA 316: *Conversations in Cultural Context*

SPA 334: *Contemporary Mexican Literature*
Bring $40 USD to purchase the reading packet for this course in Mexico.

SPA/WST 335: *Contemporary Latin American Women: Texts and Voices*
Other texts that may be assigned can be bought in Cuernavaca.

SPA 337: *Mexican Civilizations and Cultures*

SPA 356: *Latin American Literature*

There may be an additional text that you will have to purchase in Cuernavaca. **Note:** This class is only open to non-Augsburg students. A Augsburg students should take SPA 334 or 335 instead, as 356 is taught on campus in Minneapolis.
Information about Courses - Summer Session I and II, 2015

Registration Information
Augsburg College’s Center for Global Education and Experience (CGEE) staff in Minneapolis will register you for classes. Augsburg College students: do not register online pre usual. Review the information at http://web.augsburg.edu/global/APA/Pages/SS%20Registration%20Info.pdf, download and complete the registration form found there, and return this form to Margaret Anderson by May 1 at the latest. Slight changes in your registration can be made after arrival in Cuernavaca. However, you may not change Spanish courses after the third day of the Spanish class due to the intensive nature of the Spanish courses.

Deadlines
Fri, May 1: Registration deadline
Fri, May 1: Deadline for internship applications and independent study proposals
Wed, May 27: Last day to change your first (or only) Spanish course level for Session I
Wed, June 17: Last day to add or drop a second Spanish course for Session I
Wed, July 12: Last day to change your first (or only) Spanish course level for Session II
Wed, August 5: Last day to add or drop a second Spanish course for Session II

Important Guidelines and Recommendations to Consider Before Registering for Courses:
♦ Most students register for two courses because a “full load” for summer session consists of two courses or eight semester credits.
♦ Courses are only offered for Traditional (T) grade option (on a 4.0 to 0.0 scale)

Course Offerings
Please register for two credit-bearing courses per session.

The Latin Dance class, which will appear on your transcript without credit, may be taken as a third course.

You may take any combination of the courses listed below:
♦ Lifetime Fitness: Latin Dance (HPE 002) No academic credit but fulfills a Lifetime Activity graduation requirement at Augsburg College
♦ Christian Vocation and the Search for Meaning II (REL 200) Fulfills the Signature Curriculum requirement at Augsburg College – ONLY OFFERED IN SESSION I. If you need it in Session II, please contact Ann Lutterman-Aguilar at lutterma@augsburg.edu immediately.
♦ Beginning Spanish I (SPA 111)
♦ Beginning Spanish II (SPA 112)
♦ Spanish for Health Care Professionals (SPA 206)
♦ Intermediate Spanish I (SPA 211)
♦ Intermediate Spanish II (SPA 212)
♦ Business Spanish (SPA 220)
- Spanish for Ministry (SPA 224)
- Spanish for Heritage Speakers I and II (SPA 225 and 325)
- Pre-Columbian, Colonial, and Contemporary Mexican Art (ART or SPA 231) *Fulfills a Fine Arts LAF requirement at Augsburg College*
- Topics in Literature, Culture and Linguistics: “Spanish for Law Enforcement” (SPA 295)
- Conversation and Composition (SPA 311)
- Conversations in Cultural Context (SPA 316)
- Contemporary Mexican Literature (SPA 334) *Fulfills a Literature requirement for the Spanish Major at Augsburg College*
- Contemporary Latin American Women: Texts and Voices (SPA or WST 335) *Fulfills a Culture requirement for the Spanish Major at Augsburg College*
- Mexican Civilizations and Cultures (SPA 337) *Fulfills a Culture requirement for the Spanish Major at Augsburg College*
- Latin American Literature (SPA 356) *Fulfills a Literature requirement for the Spanish Major at Augsburg College*. Not open to Augsburg students as this course is offered on-campus. Augsburg students should take SPA 337 instead.
- Advanced Conversation and Composition (SPA 411) *Fulfills a Writing requirement at Augsburg.*

**Internship:** Credit available in:
- Business (BUS)
- Environmental Studies (ENV)
- History (HIS)
- Interdisciplinary Studies (INS)
- Language and Cross-Cultural Studies (LCS)
- Marketing (MKT)
- Political Science (POL)
- Religion (REL)
- Spanish (SPA)
- Women’s Studies (WST)
- Youth and Family Ministry (YFM)

If you would like credit in another department, you must check with your department chair to see if you are allowed to register for it. You must also contact Ann at lutterma@augsburg.edu.

**Independent Study:** credit available in:
- Business (BUS)
- Environmental Studies (ENV)
- History (HIS)
- Interdisciplinary Studies (INS)
- Marketing (MKT)
- Political Science (POL)
- Religion (REL)
- Spanish (SPA)
- Women’s Studies (WST)
- Youth and Family Ministry (YFM)

If you would like credit in another department, you must check with your department chair to see if you are allowed to register for it. You must also contact Ann at lutterma@augsburg.edu.
Information about Spanish Courses
The Center for Global Education and Experience (CGEE) in Mexico contracts its language instruction with the Universal Center for Language and Social Communication. Universal is a highly respected institution among the many language schools in Cuernavaca. The school’s primary focus is oral competency and having a solid grammatical base. Classes are small, ranging from two to no more than seven students.

For all courses except 111, 112, 211 and 212, at least two students must sign up for the course in order for it to be offered. Exceptions can be made if you have already taken the courses being offered and absolutely need a certain course. Please see the CGE website for detailed syllabi (http://www.augsburg.edu/global/summer/academic-information/)

Class Schedule and Contact Hours (60 contact hours for all courses; four credit hours)
The Summer Spanish courses will meet for 60 hours. During the first three weeks of Session I and II, Spanish classes will meet for five hours a day, five days a week for three weeks (Mon.-Fri., 8:00am-1:30pm with breaks). During the last four weeks of Session I and II, Spanish classes will meet for four hours a day, five days a week for three weeks (Mon.-Fri., 8:00am – approx. 12:20pm).

In addition, as part of the class participation grade for all Spanish courses, you will be expected to participate in all orientation sessions, guest speakers and excursions (we will have at least one per week), and one “cultural lab group” session per week. You will receive approximately 60 hours of class time per Spanish course, plus excursions and guest speakers. In addition, you will be expected to practice your Spanish during the speakers and excursions, your homestays, in your internship settings (as applicable), and in the community. SPA/ART 231 students will have mandatory Saturday excursions, which will be optional for other students. If there are no students registered for the SPA/ART 231 course we will still organize optional excursions on weekends.

Remember, you are not on vacation; this is a serious, while fun, academic program.

Pre-Test and Post-Test for Assessment Purposes
All students will take a written, ungraded pre-test on the first day of Spanish classes and will then take an ungraded post-test at the end of the semester in order to assess their improvement. The pre-test will not serve as a placement exam, rather as a way for the Spanish instructors to determine students’ strengths and weaknesses. That information will then be used to: 1) tailor some of the class sessions to address problem areas; 2) recommend special tutoring for students who are behind others in the class; and 3) divide the group into smaller classes when there are more than six students registered for the same course.

Important Reminders Regarding Registration for Spanish classes:
♦ You should register for whichever course follows the last Spanish course you took, or if you are at the 300-level and above, whichever course most interests you. In the case of SPA 316, you do not need to take SPA 311 first; those two courses may be taken in any order. You may also take SPA 411 as long as you have already taken SPA 311.
♦ Check with your Spanish department BEFORE registering for your courses so that you make the appropriate choice for your degree program in advance.
♦ The minimum number of students required in order to offer a course is two. One-on-one courses will only be offered in the case of students who have no other course options due to their level of Spanish or specific needs. If only one student needs to take SPA 111, 112, 211, or 212, then private classes will be arranged for that student. However, if only one student has registered for SPA 311 and has the option of taking SPA 316, then SPA 311 will not be offered for just one student.
• We strongly recommend that advanced students (those who have already completed the equivalent of SPA 212) take SPA 316 _Conversations in Cultural Context_, as it is geared toward developing oral competency in Spanish and is therefore a particularly good course to take while in Mexico.

• Students should be very careful when registering for their Spanish courses, as they may not change courses after the first three days of the first week of Spanish classes. Students may change classes under the following conditions: 1) there is still space in the course that the student wants to take (no more than six students per class) and 2) the student’s Spanish level is adequate, as indicated by the placement test or pre-test and/or previous Spanish coursework.

• Students who would like to take additional Spanish courses are encouraged to register for both Summer Session I and II.

**Related Components of the Academic Program**

**Summer Sessions I and II, 2015**

**Orientation**

Session I: Wed., May 20 – Sun., July 12  
Session II: Wed., July 8 – Sat., August 29

There will be an intensive orientation prior to the first week of the program, although it will continue into your first full week. As an integral part of your Spanish classes, you will hear from guest speakers on the historical, social, political and economic realities of Mexico. In addition, we will go on several excursions to historical and relevant sites in and around Cuernavaca. Throughout the orientation, you will spend lots of time getting to know the other students and faculty (see below). This is essential to the construction of a healthy living/learning environment. You will also get an in-depth introduction to some of the key issues that you will be studying throughout the summer.

**Excursions**

Throughout your time in Mexico, there will be several day trips and one overnight weekend excursion that will be required as part of your courses and that will foment your understanding of Mexican history and culture. Every week during the six-week session, you will hear from guest speakers and/or participate in a day excursion to a local historical or cultural site. There will be several day excursions that will be announced to you upon arrival. If there is enough interest, one optional excursion can be Sat, June 28 to Mexico City to attend the National Gay Pride March that takes place in Mexico City every year. Students in SPA/ART 231 will have mandatory day-long excursions every weekend (to Teotihuacan, Taxco, and Puebla). These trips are optional for other students. If there are no students registered for the SPA/ART 231 course we will still organize weekend excursions.

**Concurrent Travel Seminars**

There may be periods throughout the summer where you will share Augsburg facilities with participants in short-term travel seminars, eat meals together, possibly attend some of the same guest lectures and participate in some of the same field trips. We trust that the opportunity to share experiences and ideas with other people will add to the diversity and richness of your overall experience in Mexico.

**Global Learning, Intercultural Development and Living/Learning Environment**

In addition to language learning, two of the important goals of study abroad are the development of global learning and intercultural development. Therefore, we encourage you to spend most of your free time with your Mexican host families and colleagues from internship placements (as applicable) when not studying.
At the same time, it is important for us to assist you with your intercultural learning and to help you form a healthy group learning environment in which you can provide and receive support from other students, as well as faculty and staff.

Our educational philosophy values personal experiences and recognizes that education involves questioning oneself and the world. Hence, we try to foster an atmosphere in which you feel safe and supported as you grapple with new realities and new questions about yourselves and the world in which we live.

In order to create this kind of healthy learning environment and to foster the goals of global learning and intercultural development, students and staff will periodically participate in structured discussions and activities designed to foment cultural awareness and responsible behavior with regard to issues of racism, classism, sexism, heterosexism, religious diversity, and intercultural communication, conflict management, and other issues. While these activities may sometimes take place outside of the formal “classroom,” they are considered an integral part of all courses and an essential part of the overall academic program.

Throughout the program, your International Resident Advisor and other Augsburg faculty and staff will facilitate “Cultural Issues Lab Groups” to discuss global learning, intercultural development, and other issues that affect you as a community of learners. We will also organize optional activities, such as group outings to water parks and other interesting and fun locations.

Homestay
One of the most rewarding and challenging parts of your stay will be the time that you spend living in a Mexican home. The homestay is an essential part of the program. It is a time to practice your Spanish with native speakers, but more importantly, it is a time to experience the diverse realities of Mexican life—to experience how the issues raised in the classroom and on visits inform and are informed by the daily lives of your host families.

In an effort to facilitate student contact with people from the Mexican working class, CGE has relationships with families of modest means. One student will be placed per home. You will probably live in a working-class neighborhood that has a history of community organizing. All of the families that receive students have been carefully chosen by CGE staff and have participated in orientations and activities, including a health and safety orientation. They open their homes to students with a strong desire for cultural exchange and solidarity. Most of them go out of their way to adapt to you, and several have participated in vegetarian cooking classes that we have offered so that they can meet the needs of vegetarian students. For your part, we ask that you open yourself to the experience, accepting the good, the bad, and the unavoidable awkward moments, remembering that different is not better or worse, just different. Past students have found the homestay to be one of their best experiences in Mexico.

For LGBTQ students, we have a small number of lesbian and gay households and lesbian and gay-friendly families who host students in different neighborhoods throughout Cuernavaca. In addition, we have a few “dry homes” for students who are in recovery from alcohol and other drug addictions. If it is important to you to be placed in a lesbian and gay-friendly home or if you are in recovery from any kind of alcohol or drug addiction, be sure to indicate that on the Homestay Form, along with any allergies to pets, special dietary requirements, and other preferences regarding your homestay. Please return your completed form to Lisanne Morgan (lisanne@laneta.apc.org) and our intern (cgemexicointern@gmail.com) by May 1.
Quotes from former students regarding their homestay experiences:

“I got a better feel for what real life is like in Mexico and learned a lot of things that can’t be learned from a book.”

“I now have a better idea of what Mexican family life is like—the good and the bad—and I’ve learned how to break down stereotypes of what it means to be a Mexican.”

“(It was) definitely the most important and meaningful experience of the whole program. Many relationships developed, and I had opportunities to do things I wouldn’t normally have done.”

“It was really a time to be able to observe cultural differences in opinions, behaviors, religion and way of life.”

“It helped my Spanish a lot, and broke bad stereotypes. It taught me a lot about Mexican culture and life. I learned so much during those three weeks that would not have been possible by staying in the program house. It strengthened my commitment to fight poverty and oppression. My host mother was a great inspiration for me. I learned about food, relationships, music and much more.”

“I liked family stay. It was hard at times, but very good for me and my Spanish. I feel much closer to Mexico and the people because of it. I felt like a guest in my family sometimes, but felt very welcome. I learned so much about commitment to each other and gained a better understanding of Mexican life and culture.”

**TENTATIVE SCHEDULE FOR SUMMER SESSION I MEXICO 2015**

*Please note that this schedule is subject to change and that you will receive more detailed schedules in Mexico.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, May 20</td>
<td>Arrival at Mexico City airport by 3:00pm. Please send us your flight information, and then we will send you information about pick-up times at the airport once we know when everyone is arriving. If you plan to arrive by bus or car, please let CGE staff know as soon as possible.</td>
</tr>
<tr>
<td>Wed, May 20 – Sat May 23</td>
<td>Orientation and educational seminar in and around Cuernavaca; housed in Casa CEMAL, J.H. Preciado #314, Colonia San Antón, Cuernavaca, Morelos. If you need to reach us during office hours, you can call our U.S. line in the office: (612-605-7222). After hours, you can call the Minneapolis On-Call Phone (612-817-2830) or the CGE On-Call Phone (011-52-777-302-0055). Students also have access to a U.S. phone line in the CGE House (612-605-7222), but it is not the best way to reach them because it’s in the computer lab and they may not hear it ring.</td>
</tr>
<tr>
<td>Sat, May 23</td>
<td>Homestay begins with a meeting with host families from 10:00am-1:00pm.</td>
</tr>
<tr>
<td>Sat, May 23 – Sun, May 24</td>
<td>First weekend of homestay; you are encouraged to spend time with your host families. <em>(This is NOT a good weekend to plan to travel.)</em></td>
</tr>
<tr>
<td>Sat May 24 – Sun, Jul 12</td>
<td>Homestay with Mexican host families. Students will receive contact information for host families after arriving in Mexico.</td>
</tr>
</tbody>
</table>
What Does a Typical Day or Week Look Like?

Spanish classes will meet every day from Monday through Friday. During the first three weeks, they will meet for five hours/day with breaks, from 8:00am until approximately 1:30pm. You will then have lunch with your host family (or bring a lunch) and then have other activities 2-3 times per week in the late afternoons. During the last four weeks, Spanish classes will meet for four hours/day with breaks, from 8:00am until approximately 12:20pm. As in the first three weeks, there will be guest speakers and/or excursions 2-3 times per week in the late afternoons.

The Latin Dance class meets 11 times, for a total of 22 hours. You will find out the specific schedule after arrival in Cuernavaca. The REL 200 and internship schedules will also be given to you after your arrival in Cuernavaca.

IF you are completing an INTERNSHIP during your 7-week session, you will start your internship early on and MAY have a different Spanish schedule than everyone else. It will depend entirely on your internship placement. In addition, internship students will participate in a weekly internship class seminar. Independent study students are also expected to meet with their advisors regularly.

In general, your days will be quite full due to the intensive nature of summer courses, combined with the cross-cultural learning components that involve guest lectures and/or excursions. Since guest speakers and excursions often require translation, they are often longer than typical class sessions in the U.S. Your typical day in Cuernavaca will be very busy, and the weekly schedule will vary for courses other than Spanish. Moreover, there are occasionally last-minute cancellations or time changes. Hence, we ask for your patience and flexibility.

Please note that there will be at least one mandatory guest speaker or excursion and one “Cultural Issues Lab Group” session every week. These count towards your class participation grade for all courses.

Every Friday we will distribute a detailed schedule for the following week. During your homestay, you will be given two bilingual copies of the schedule so that you can share one with your host family.

Am I Free on the Weekends?

If you are taking SPA/ART 231, you will have a mandatory course-related excursion almost every Saturday or Sunday. These excursions to places such as Teothuacan, Mexico City and Puebla are also open to other students.
If you are completing an internship, you may also have to work on weekends and in evenings. You are also encouraged to spend time with your host family, especially during the first weekend of your homestay.

There could be an optional day excursion to participate in National Gay Pride in Mexico City on Sat June 27 if enough people are interested.

On other weekends, optional weekend field trips will be organized by CGEE and/or the Universal Center for Language and Social Communication.

**TENTATIVE SCHEDULE FOR SUMMER SESSION II MEXICO 2015**

*Please note that this schedule is subject to change and that you will receive more detailed schedules in Mexico.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, July 8</td>
<td>Arrival at Mexico City airport by 3:00pm. You will be sent information about pick-up times at the airport later. If you plan to arrive by bus or car, please let CGE staff know as soon as possible.</td>
</tr>
<tr>
<td>Wed, Jul 8 – Fri, Jul 10</td>
<td>Orientation and educational seminar in and around Cuernavaca; housed in Casa CEMAL, J.H. Preciado #314, Colonia San Antón, Cuernavaca, Morelos. If you need to reach us during office hours, you can call our U.S. line in the office: (612-605-7222). After hours, you can call the Minneapolis On-Call Phone (612-817-2830) or the CGE On-Call Phone (011-52-777-302-0055). Students also have access to a U.S. phone line in the CGE House (612-605-7222), but it is not the best way to reach them because it’s in the computer lab and they may not hear it ring.</td>
</tr>
<tr>
<td>Fri, Jul 10</td>
<td>Homestay begins with a meeting with host families from 5:00-7:30pm</td>
</tr>
<tr>
<td>Fri, Jul 10 – Sat, Aug 29</td>
<td>Homestay with Mexican host families.</td>
</tr>
<tr>
<td>Fri July10 – Sun, Jul 12</td>
<td>First weekend of homestay; you are encouraged to spend time with your host families. <em>(This is NOT a good weekend to plan to travel.)</em></td>
</tr>
<tr>
<td>Mon, Jul 13 – Fri, Jul 31</td>
<td>First intensive Spanish course (First class is daily for three weeks; five hours per day, Mon.-Fri., 8:am – 1:30pm with regular breaks)</td>
</tr>
<tr>
<td>Mon, Aug 3 - Fri, Aug 28</td>
<td>Second intensive Spanish course (Second class is for four weeks: four hours per day, Mon.-Fri., 8:00am – 12:20pm with regular breaks)</td>
</tr>
<tr>
<td>Fri, Aug 28</td>
<td>Last day of classes. Turn in Final Projects and participate in concluding activities.</td>
</tr>
<tr>
<td>Sat, Aug 29</td>
<td>Last day of program. Departure for Mexico City airport and home. Students who choose to travel after the program may make arrangements to store their luggage and to retrieve them during office hours Mon-Fri. They must also make their own arrangements to get to the airport, which is quite simple, as direct buses depart Cuernavaca for the airport approximately every half hour.</td>
</tr>
</tbody>
</table>

**What Does a Typical Day or Week Look Like, and Am I Free on Weekends?**

Please see the answers to these sections on previous page.
**LOCATE AND FACILITIES**

**Cuernavaca**

You will spend most of the summer session in Cuernavaca, a city known for its perennial springtime weather, making it a favorite vacation and weekend get-away for Mexico City residents. Located in the state of Morelos, Cuernavaca is about 1½ - 2 hours south of Mexico City and two hours west of Puebla. Both the city and the state are important in Mexican history: the palace of the Spanish conqueror, Hernán Cortez, borders the central plaza in Cuernavaca; the state itself was named after Father José María Morelos, one of the founders of the Mexican War of Independence against Spain in 1810, and Morelos is the birthplace of Emiliano Zapata, who led the cry “Land and Liberty” in the Mexican Revolution of 1910 in the southern half of the country. Cuernavaca is also known for its role in innovative grass-roots education, alternative health practices, Base Christian Communities (“BCCs”), and economic cooperatives, as well as international businesses. North Americans, Japanese and Europeans are attracted to Cuernavaca’s numerous Spanish language schools.

Cuernavaca is a nice city in which to be based. It is not huge like Mexico City, which has a population of approximately 22 million, but it is big enough (nearly one million) to offer plenty to do. Markets, theaters, museums, cafés, discos, and restaurants abound. Cuernavaca also offers a flavor of rural Mexico with peasant farmers and Nahuatl-speaking indigenous people coming into the city to buy and sell in the market, as well as a growing population of migrants from rural areas.

**Currency Exchange**

The unit of currency is the *peso*. The exchange rate at the time of printing (March 2015) was approximately 15.16 pesos to US $1. However, the rate fluctuates.

**Time**

The time is the same as U.S. Central Standard time. Mexico also employs Daylight Savings, just as in the United States, although the dates for changing the clocks are slightly different than in the U.S.

**Weather**

You will be in Cuernavaca during our rainy season (May-Sep), so plan on rain in the afternoons (often 4:00 and onward). The temperatures will most likely be in the 70s-80s, although it can get hotter and the temperature can drop at night. If you travel into the mountains or to Mexico City, you will find cooler weather.

**Housing**

The Center for Global Education and Experience (CGE) maintains two houses in Cuernavaca for its study programs. One of these will be your home base for your first few days in Cuernavaca. Both are located in Colonia San Antón, a 15-20 minute walk to the main downtown area.

The house in which the office is located is known locally as “*Casa CEMAL*” (the Spanish acronym for *Centro para la Educación Mundial*). It has five bedrooms with bunk beds, six bathrooms, a dining room/living room, large back patio, small library, ample garden space, and a study room equipped with a printer, three computers, wireless access for students who bring laptop computers. Students will have access to an Internet-based phone account that allows them to call the U.S. for free. The number for this phone is 612-605-7222. Approximately 2-4 students will share each bedroom. All meals will be prepared and served in *Casa CEMAL*. You will be asked to wash your own dishes.

The other house that CGE maintains is called *Casa Verde*, which is across the street from Casa CEMAL. Casa Verde has several bedrooms, many bathrooms, one large classroom, a kitchenette, and several spaces to study or hang out, as well as a study room equipped with a printer, five computers with Internet access, and wireless access for students who bring laptop computers.
While we encourage you to bring a laptop if you have one, we also strongly recommend that you consider property insurance for any theft or damages because if anything happens to it, you will be responsible for the cost or repairs or replacement, whether or not the damage is the result of your action or the action of another student, staff person, or unknown person.

There are also facilities to wash clothes by hand in both houses, although some students choose to go to the nearby Laundromat. The Laundromat charges approximately US $4.00 for “full” service – wash, dry and fold.

The Universal language school, which has a small swimming pool and racquetball court, is conveniently located on the same street as the CGE houses. Also located on the same street are a bakery, an Internet café, four small grocery stores, two school supply/stationery stores, a Pentecostal Church, the San Antón Catholic Church, a baseball field/park, a Zumba studio, and a martial arts studio.

House Rules
Smoking is not permitted inside either of the houses. Students who smoke tobacco may do so outside in areas designated by the group. Marijuana is an illegal drug in Mexico and is strictly forbidden. Any students who use it or any other illegal drug while in Mexico will be sent home, as illegal drug use can jeopardize the college’s legal status in this country.

If you are 18 and older, you may legally drink alcoholic beverages in Mexico. Moderate consumption of beer and other alcoholic beverages is allowed in the dining room or living room of Casa Verde and Casa CEMAL during the short time that you are living there. However, drunk and disorderly conduct is not permitted. If you do drink, we urge you to not only be careful for yourself but also considerate of students who may be alcoholics and/or in recovery.

While we would like you to make yourself at home in the CGE program houses during the short time that you reside in one of them, it is essential that you be respectful of the rest of the people who live in the house and of our neighbors. It is also important to be extra careful about the security of all who live in the house. Therefore, we ask that you not give the phone numbers out to people that you have just met. Rather, it is better to get their phone numbers and to call them until you have a relationship of trust. In addition because of safety reasons, you must be very careful about whom you invite to the CGE houses. Visitors must sign in and out and show an ID, and they must leave by 10:00pm Sunday through Thursday, and by midnight on Friday and Saturday. You may only have visitors in public spaces.
TRAVEL

Travel to/from Program
Be sure to obtain a passport if you do not have one. If you have one, be sure that it is valid for six months past the point of departure from Mexico (at least through January 12, 2016, or through February 29, 2016, for Summer I and II sessions, respectively).

Your program fees do not cover your travel costs to and from Mexico. You are responsible for making your own arrangements to and from the airport in Mexico City. **We ask all participants to arrive in Mexico City by 3:00pm on Wed, May 20 for Summer Session I and on Wed, July 8 for Summer Session II. Please notify us with your arrival and departure information once you have it.**

We will arrange for one or two pick-up times at a meeting point in the Mexico City airport on Wed, May 20 for Summer Session I and on Wed, July 8 for Summer Session II. The pick-up times will be based on the arrival times of all group members. Therefore, you may have a wait time of no more than a couple of hours in the airport in order to coordinate with our pick-up times.

The last day of Session I is Sat, July 11. We will provide transportation to the airport in Mexico City on Sun, July 12. If you depart after that, you must make your own arrangements for transportation, which is quite simple, as direct buses depart Cuernavaca for the airport approximately every half hour, beginning early in the morning: [www.pullman.com.mx](http://www.pullman.com.mx). The final day of Session II is Sat, August 29, and the same arrangements apply.

Since you must allow two hours to get to the airport from Cuernavaca and are supposed to check-in between 2-3 hours in advance, we recommend that you choose a flight that leaves no earlier than 12:00pm.

**Visa Requirements and Tourist Cards (Important!)**
U.S. citizens and permanent residents are allowed to stay in Mexico for six months as tourists without obtaining any sort of visa. When you are on the plane, you will receive a tourist card, which you will complete and present to immigration authorities. **If asked on the form, please indicate that your occupation is student but the purpose of your trip is “tourism.”** While you are obviously planning to study in Mexico, you will not be enrolled in a Mexican university and are therefore may enter the country as a tourist rather than having to apply for a special student visa.

**When you go through Customs, be sure to tell the Mexican immigration officer that you would like to be given 90 days. There will not be a place to indicate that on your form, so be sure to ask.**

With the tourist card, you will need to present your passport. It is helpful to bring a photocopy of the first page of your passport to carry with you in Mexico as identification. When you get to Cuernavaca, you will be able to store your passport and tourist card in the safe. **Be sure to keep the tourist card, since you will have to present it to Mexican immigration officials in order to leave Mexico.**
Travel within Mexico

Weekend Travel
Day trips and weekend trips are possible during the summer while in Mexico. If you take SPA/ART 231, you will have a course-related day trip almost every weekend. These trips are optional for others. While you may choose to participate in optional excursions arranged by CGE and/or the Universal Language School, you may also choose to travel independently. Popular weekend destinations include Tepotzlan, Toluca, Puebla, Mexico City, and Querétaro. To give you an idea of prices, the bus ride to Mexico City takes about one and a half hours and costs about US $8 one way. Modest youth hostel and hotel accommodations can often be found for US $15-50/person. **For safety reasons, we highly recommend that students travel in pairs or small groups and would strongly discourage you from traveling alone or taking overnight buses. Acapulco is currently one of the most dangerous cities in the world, so it is off limits.**

Day-Trips, Weekend, and Travel Destinations for Vacation Before or After the Summer Session

**PLEASE NOTE:**
- Keep your Mexican cell phone (which we will provide you) charged and turned on with sufficient air time so that we can reach you (and vice versa) in case of an emergency.
- Use only radio taxis (using the cell phones we provide or regular phones).
- Travel in pairs or small groups.
- Avoid traveling alone or taking overnight buses.
- It is also very important that our staff be able to reach you in case of an emergency. Therefore, you are required to complete a Travel Information Form and give it to the intern before you travel outside of Cuernavaca.

Some popular destinations are:
(for bus information see: [www.ticketbus.com.mx](http://www.ticketbus.com.mx))
- **Mexico City (D.F.):** (1½ hours) Known as “The Largest City in the World” (population: approx. 22 million) with museums, shopping, great city parks, clubs, plays, etc. The capital of Mexico, it is also referred to as D.F. (Distrito Federal, or Federal District).
- **Tepoztlan** (45 min.) A beautiful town nestled in the mountains. You can hike up to a pyramid or enjoy shopping for artisan products/souvenirs. Be sure to try Tepoznieves, Tepoztlan’s famous ice cream!
- **Puebla:** (2.5 hours) Colonial city where the Spanish legacy in a heavily populated indigenous region can be noted with the existence of many churches. Poblanos boast that they have a church on every corner.
- **Chachalacas, Veracruz:** (7 hours) A small beach area, on the Gulf of Mexico. There aren’t any large hotels and there are very few tourists, except during the high-volume vacation periods.
- **Veracruz, Veracruz:** (6-7 hours) Very important sea-bearing port of entry throughout Mexico’s history. A great deal of Caribbean presence and influence in the area can be seen in the traditional Jarocho music, a mix of Indigenous, African and Spanish culture.
- **Oaxaca** (6-8 hours) A beautiful colonial city in the state of Oaxaca, near Monte Albán, an important archeological site. Oaxaca is a great place for food and is known for its chiles, chocolates and chapulines (grasshoppers).
- **Zihuatanejo:** (8-10 hours) Beach area north of Acapulco, which is not as “touristy” and is a more secluded locale, away from large cities. It also boasts some of the best marlin fishing in the world.
- **Guadalajara:** (8-10 hours) One of the largest and most important economic cities in Mexico. Mariachi music is very popular here. Guadalajara also has a lot of bars/clubs/restaurants.
Mazunte, Oaxaca (12 hours from Mexico City) Very nice beach area in Oaxaca. To get there, you have to take a bus to Pochutla, and from there take a camioneta or a taxi colectivo to Mazunte. There aren’t any large hotels – you can rent out a nice room from a local. It is known as a “hippie” beach.

San Cristóbal, Chiapas: (25 hours) San Cristóbal used to be the capital of the state of Chiapas. The presence of the Zapatista uprising can be seen all over the city. It is a beautiful colonial town nestled in the mountains.

It is very important that our staff be able to reach you in case of an emergency. Therefore, we ask you to complete a Travel Information Form and email it or an email with “TRAVEL INFO” in the subject heading to the International Resident Assistant (cgemexicointern@gmail.com) to Ann at lutterma@augsburg.edu BEFORE you travel outside of Cuernavaca. Be sure to take your charged cell phone with you (along with the charger) and keep it turned on so that we can reach you in the case of an emergency.

Optional Travel After the Program Ends
After the program ends, you may want to stay in Mexico for an extra week in order to travel with other students, family members, or friends. We advise that you decide this before arranging your return date, as we have found that many students do want to stay one more week but have set the date of departure immediately after the program ends. Keep in mind that most airlines charge approximately US $100 or more for any date changes.

Please note that you may make arrangements to store your belongings in our facilities and to pick them up between 8:00am and 3:00pm Mon.-Fri. However, CGE takes no legal responsibility for items that are lost or stolen while in storage.

If you choose to travel extensively, please be sure to budget accordingly. In the past, students have traveled in small groups by bus to historical sites or ocean beaches, such as Zihuatanejo, Puerto Escondido, Isla Mujeres, Guadalajara, Oaxaca, and Veracruz. When traveling by bus on a careful budget, US $35 per day is sufficient. You may want to allot extra funds ($100-$300 recommended) for souvenir purchases, nightlife, emergencies or other extras.

Visits from Family and Friends
Family and friends are more than welcome to come and visit. It is best to visit after the program ends, but you may visit during the program. Some students have commented in the past that they found visits by friends and family during regular program time to be extremely stressful. Absences due to travel with family and friends do not count as excused absences. However, family and friends are often able to attend classes, listen to guest lectures, and participate in excursions with you.

A Note to Parents and Legal Guardians: We very much enjoy meeting you and would love to have you visit. It is important for you to know that sometimes parents’ visits during periods while students have classes puts extra pressure on them, as they feel that they must entertain you in addition to trying to complete their coursework and participate in a very busy schedule. Therefore, you may find that it works best to after the program ends. We highly discourage you from taking your children to the beach or traveling elsewhere with them at times when they would have to miss classes and other program activities. However, if you arrive while classes are in session, you are more than welcome to attend speakers and excursions with the group. If rooms are available, you may stay in our facilities for free for up to one week.

Housing/Room Rentals for Family and Friends
Immediate family members and legal guardians may stay in our facilities for free for up to one week, if space allows. In addition, if space is available, friends and other relatives may rent a room in Casa Verde or Casa CEMAL at the rate of US $15 per person per day for lodging.
Please note, however, that rooms are not always available, so you should check with Naty, our Office Manager. Reservations must be made at least one week in advance. To find out about availability and to reserve rooms, please contact Naty, our office manager, (rosasn@augsburg.edu) as soon as you have your visitors’ dates. You or your guests should also make arrangements to pay her during regular office hours: Mon, Wed, and Fri, 10:00am-6:00pm and Tues and Thurs, 7:00am-3:00pm. If space is unavailable in our program houses, there are nearby hotels and guesthouses that offer inexpensive, comfortable accommodations.

**HOTEL INFORMATION**

Please note that prices go up regularly, so just use this information as a general guideline.

**For Mexico City:** (from the U.S., dial 011-52-55 and then the phone number) (within Mexico, dial 01, if long distance, then dial 55, and then the phone number)

**Hotels Near Mexico City Airport**

**Hotels from $40 – $150 USD**

Hotel Camino Real Aeropuerto ($$) ([http://www.caminoreal.com/aeropuerto/index.html](http://www.caminoreal.com/aeropuerto/index.html))
Puerto México No. 80, Col. Peñón de los Baños Just across from the airport, Terminal 1
Tel: (55) 30-03-00-33 Fax: (55) 30-03-00-34

**Hotels in Downtown Mexico City**

(approx. 20 minutes from the airport via authorized taxi)

**Hotels from $10 – $20 USD**

Moneda 8, Centro Histórico de la Ciudad de México
Phones: 55 22 58 21/ 55 22 58 03
Dorms and private rooms (all with bathroom), internet, kitchen, terrace café, short term storage, travel info, clean, safe, excellent location.

Hotel Aeropuerto ($)
Boulevard Aeropuerto No. 380 Colonia Moctezuma
Tel. (55) 57-85-53-18 / 57-85-58-88
Fax: 57-84-13-29
They do phone reservations and just take cash

**Hotels from $20 – $50 USD**

Hotel San Antonio
2 Callejon 5 de Mayo # 29 (Entre Isabel La Católica y Palma)
Colonia Centro
Telephone and fax: 55-12-99-06

**Hotels from $70 – $130 USD**

Hotel María Cristina
Rio Lerma # 31 Colonia Cuauhtemoc
Phones: 57-03-12-12 /55-66-96-88
Hotel Canada
5 de Mayo # 47 Close to metro stop Isabel La Católica
Telephone: 55-18-21-06, fax: 55-12-93-10

NEAR ZONA ROSA in Mexico City

Hotels from $10 – $25 USD
Casa de los Amigos (Quaker House)
(http://www.laneta.apc.org/amigos)
Ignacio Mariscal No. 132 (close to Metro Revolución)
Colonia Tabacalera
Phones: 57-05-05-21/57-05-06-46 Fax: 57-05-07-7l
Email: amigos@laneta.apc.org 100 pesos per night for a room in an 8-person single-sex dorm room
Also offers very reasonably priced private rooms
Safe, cheap hostel – good place to meet other backpackers, students, and volunteers

Hotel Azores
República de Brasil No. 25
Colonia Centro
Tels: 55-21-52-20/55-12-00-70

Hotels from $35 – $50 USD
El Hotelito San Rafael
Ignacio M. Altamirano No. 45
Colonia San Rafael (close to Metro San Cosme)
Contact owners: Cuca Valero and Miguel Legaria
Phone: 55-35-39-73 Fax: 55-46-67-20 Email: hotelito@mati.net.mx

Hotel Juárez
Telephone: 55-12-69-29 / 55-18-47-18 / 55-12-05-68

HOTELS IN CUERNAVACA
(from the U.S. dial 011-52-777 and then the phone number)
(within Mexico, dial 01-777 and then the phone number)

Hotels from $20 – $60 USD
Hotel Cadiz
Alvaro Obregón, 329 (near downtown and Casa CEMAL)
Telephone: 312-29-71 and 318-92-04

Hotels from $80 – $120 USD
Villa San Marcos B and B
(cheaper rooms also available: from $40)
Leyva #208, Colonia Miguel Hidalgo,
Phone: 314-03-61 Close to downtown (10 minutes) and gay-friendly
Contact person: Marta Elena de la Fuente: martaelena@cableonline.com.mx

Hotel Casa Azul (Raul Villareal)
Arista No. 17, Centro (downtown)
Phones: 314-21-41/314-36-34/314-36-84
Email: lacasaazul@cableonline.com.mx
Hotel Casa Colonial  
Nezahualcoyotl #37, Centro (downtown)  
Phone: 312-70-33 and 310-0395

Posada Tlaltenango and SPA (http://www.posadatlaltenango.com.mx/)  
(15 minutes in bus to downtown)  
Privada Eucalipto #77  
Phone: 313-2525 Fax: 313-0395

**Hotels from $120 – $200 USD**

Las Casas B and B Hotel (http://www.lascasasbb.com/)  
Fray Bartolomé de las Casas #110 corner w/ Blvd Juárez  
Col. Centro, Cuernavaca, Morelos, Mexico CP 62000  
International Call: +52 (777) 318-7777  
From Mexico: (777) 318-7777  
Local Call: 318-7777

Hotel María Cristina  
Blvd. Juárez 300, Centro (downtown)  
technical: 318-57-67/318-96-84 fax: 312-91-26  
e-mail: reservaciones@maria-cristina.com

**Hotels from $200 – $350 USD**

Hotel Las Mañanitas (http://www.lasmananitas.com.mx/)  
Ricardo Linares #107  
technical: 314-14-66/312-46-46 fax: 318-36-72  
e-mail: reservaciones@lasmananitas.com.mx

**HOTELS IN TEPOTZTLAN, MORELOS**  
(from the U.S. dial 011-52-739 and then the telephone number)  
(within Mexico, dial 01-739 and then the phone number)

**Hotels from $50- $100 USD**

Hotel Tepoztlán Industria  
No. 6, Centro (downtown)  
Phone: 395-0522/395-0523

**Hotels from $150- $250 USD**

Posada Tepozteco Paraiso  
No. 3, Barrio San Miguel  
Phone: 395-0010
SAFETY CONCERNS

Security Concerns in Mexico in Light of Recent Drug-Related Violence in Mexico

We expect that you and your families may be aware of the recent news reports warning travellers about increased violence in Mexico, especially near the US-Mexico border and the state of Guerrero, where Acapulco is located.

The U.S. State Department has been posting Travel Warnings about several countries, including Mexico, to inform US citizens about the security situation while traveling. The Travel Warning for Mexico urges U.S. citizens to defer non-essential travel to the northern states of Chihuahua (especially Ciudad Juarez and Chihuahua City), Coahuila, Durango, Guerrero, Nuevo Leon, San Luis Potosi, Sinaloa, Sonora, Tamaulipas, and Zacatecas. In more southern states, the Travel Warning advises against non-essential travel to Michoacan, and some parts of Aguascalientes, Colima, Guerrero, Jalisco, the State of Mexico, and Nayarit. See the full text of the current U.S. Travel Warning at http://travel.state.gov/travel/cis_pa_tw/tw/tw_5815.html for more specific state-by-state details, including information about which major cities and tourist destinations are exceptions to the warnings within these states.

The Center for Global Education and Experience does not operate programs or excursions in any of the specific areas flagged in the State Department’s Travel Warning. Please see the Center’s security statement at http://www.augsburg.edu/global/safety-and-security/

The majority of the program will take place in the city of Cuernavaca, an hour south of Mexico City and over 1,100 miles from the US-Mexico border—approximately the same distance that exists between Washington, DC and Minneapolis, MN, or the U.S.-Mexico border and St. Louis, MO. You will also spend a weekend in Mexico City. Mexico City claims to be the largest city in the world, with a population that is estimated around 22 million people. It is a city rich in culture with innumerable museums to visit. However, as in any large metropolis, there is crime such as pickpocketing and theft. When we stay in the city, we make sure to stay in secure hotels or guesthouses in relatively safe areas of the city. We also take our own transportation, with drivers who are familiar with the city.

Augsburg has offered programs in Mexico since 1979 and has full-time staff living in Cuernavaca who closely monitor the current situation. The Center’s staff have not reported any significantly increased safety or security risks in Cuernavaca or the places to which they travel within the State of Morelos. While most crime victims are Mexican citizens, US citizens are advised to follow the same precautions as anyone living in a large city anywhere in the world. The Center’s faculty and staff in Mexico provide extensive health and safety orientations to all program groups. In addition, a night watchman is present every night on the premises of the CGE Mexico facilities to provide security for participants in residence at the Center.

In preparing for our trip to Cuernavaca, it is important to know about the CGE safety measures currently in place. As with any foreign travel experience, it is absolutely vital that all participants follow our guidelines carefully to ensure an enjoyable, impacting and transformative international experience. For those of us on staff with CGE, Cuernavaca remains a vibrant, friendly city that we look forward to welcoming you to!

The Center for Global Education and Experience staff in Cuernavaca has been monitoring the reported increase in violence in Cuernavaca and throughout Mexico. The decision to continue programming in Cuernavaca, Mexico City, and certain regions in the state of Morelos has been made with careful consideration of risk. Although there has been highly publicized, drug-related violence in Cuernavaca recently, it has not been directed at international students, foreign tourists, or foreign residents of the city. All of the resident staff except one are Mexican citizens.
All have lived in Cuernavaca for many years and are very familiar with the city and its respective neighborhoods, and their contacts and relationships throughout the city provide helpful information for assessing safety and security.

The safety and security of students and participants is the highest priority for the Center for Global Education and Experience and the staff does not see any fundamental changes affecting student safety in the city and the areas where program travel takes place. However, any violence is a cause for concern and, as would be necessary in any large urban area, precautions have been taken to address the safety and security issues. Students and program participants are provided with very specific guidelines to follow as their personal responsibility in reducing risk and they will be immediately notified of any heightened risk to their safety and security. Students are urged to read the latest State Department information at [http://travel.state.gov/travel/cis_pa_tw/tw/tw_5815.html](http://travel.state.gov/travel/cis_pa_tw/tw/tw_5815.html) before planning independent, personal travel to ensure that they do not plan travel to areas of high risk identified in the current Travel Warning, as the Warning is updated from time to time.

The Center for Global Education and Experience staff will continue to monitor the situation and will not hesitate to cancel or reroute programs, if needed, to secure the safety of students and travel seminar participants. In the event of an emergency, we will follow our emergency preparedness plan.

**In-Country Health/Safety Orientation**

Upon arrival in Mexico, you will be given an extensive health and safety orientation by CGE’s staff members. This orientation covers topics from insects to safe drinking water to how to deal with catcalls on the street to withdrawing money from ATMs and emergency response. At the end of the orientation, participants are asked to read and sign a “Health and Safety Agreement” form.

**Additional Security Measures in Light of Drug-Related Violence**

In light of the recent drug-related violence, we urge you to follow the following risk reduction measures:

- We will provide you with a local Mexican cell phone upon arrival in Cuernavaca. The phone will have radio taxi and emergency numbers, as well as all CGE-Mexico staff phone numbers, already programmed on it for your use. **Please keep this phone charged and turned on and always carry it with you**, so that you can call a radio taxi and receive calls in case staff need to reach you.

- When taking taxis, **always take radio taxis**, as they are much less risky than flagging taxis off the street because RADIO TAXIS (such as Radio Taxi Monarca, with which we have a special agreement), have to report to base every time they pick up and drop off passengers, whereas there is no control of taxis you flag on the street. **Do not flag down taxis on the street.** This is particularly important in Mexico City, where there has been taxi-related crime. Instead, students should take “taxis de sitio” (taxis from a stand at the airport and in bus terminals, etc.) or call radio taxis because the taxi drivers in these services must report every time that they pick up and drop off a passenger, which provides greater security to passengers.

- **After dark and before sunlight, do not walk or take buses.** Rather, **take radio taxis** when it is dark out! After calling the radio taxi to pick you up, WAIT INSIDE until the taxi arrives before going out to the street and immediately getting in the taxi. We will reimburse any radio taxi expenses related to the program, while you are obviously responsible for expenses in going out on your own when it's not program-related.

- **Avoid** going to the bars and night spots at the Plazuela, a popular night spot area near the Zócalo (town square), as there was a violent incident there and it has a widespread reputation for having bars where staff sell drugs. As a result, there could be violent incidents outside of and/or inside any of the establishments in the Plazuela. Please choose other clubs with live music rather than going to any of these places, including The Bull, where violent incidents have taken place against students.
Avoid going to discos and nightclubs until the violence subsides, as many nightclubs have staff who sell drugs and therefore could suffer violent attacks. Only go to places on a recommended list that staff will give you that includes places where we know the owners. Remember, there are lots of fun things to do in Cuernavaca other than going out to bars and discos. There are movie theatres, plays, concerts, bowling, cultural events, and activities you can engage in with your host families.

At Casa CEMAL and Casa Verde, do not leave the front doors open and do not buzz people in or open the front doors without first looking at the security camera monitor to see who is there.

Do not give out our addresses or phone numbers to people you meet. Get their numbers instead if you want to contact them.

Do not buy, sell, or use illegal drugs. If you do so, you not only put yourself and Augsburg College at risk, you will also be sent home from the program. If you get caught, you will go to a Mexican jail and CGE cannot bail you out. Also, Mexican law does not distinguish between “hard” and “soft” drugs.

Do not associate with anyone you think may be involved in selling, buying, and/or consuming drugs. Avoid all contact with them and do not go to their homes.

Do not drink to excess. Excessive drinking puts you at greater risk. While the drinking age in Mexico is 18, if you drink, be very careful about how much you drink. Recent studies have demonstrated that students abroad tend to drink far more than they do at home. For your own safety, please be the exception to that rule!

Do not travel to Acapulco. As mentioned earlier, you should check the U.S. State Department website before travelling outside of Cuernavaca and give your travel contact information to CGE staff. However, due to violence against tourists in the Acapulco area, we urge you to visit other, more beautiful beaches at this time. There are also lots of beautiful water parks and swimming areas near Cuernavaca.

Despite this long list of “DO NOTs,” please know that students, staff and faculty regularly go out to safe places and have a wonderful time! You are not going to be locked into your houses; you just need to be careful about what you do and where you go so that you can reduce risks as you make friends and explore Mexico.

Cell Phones: As mentioned earlier, CGE has cell phones that you can use during the semester. You will need to pay a deposit of US $30, which you will get back when you return the phone. We provide these phones specifically for security purposes. Each cell phone has several phone numbers programmed on them so that participants may quickly call safe radio-taxis from the company with which we work in order to get safe rides home, as well as emergency numbers, such as the police, hospitals, and staff members.

Emergency Contact Cards: You will be given a wallet-sized emergency contact card to carry at all times. The card includes the phone numbers and addresses for the CGE houses, as well as phone numbers for CGE staff members and emergency numbers (police, hospitals, ambulance, etc). Additionally, the card has phone numbers for local authorized taxi companies with whom we have a contract, specifically for security purposes.

Night watchman: In addition to the on-call staff member, there is a night watchman on duty every night of the week. The night watchman does rounds of both CGE houses and sits outside to monitor our facilities and the neighborhood activity.
On-Call System: Every evening there is a designated “on call” staff member who carries with her/him our “on-call cell phone.” This staff member can be reached at any time of the night to assist in any urgent situation. The phone number for the ‘on call cell phone’ will be widely distributed (on signs around the houses, listed on participants schedule and emergency contact cards, taught at orientation, loaded into student cell phones, etc). You also have all staff’s home phone numbers in case the emergency cell phone does not work for some reason or other.

Safes: We do NOT recommend carrying passports with you in Mexico and therefore, we have a safe in our office where participants can keep passports and other valuables locked away during their time in Cuernavaca. Participants will have access to the safe during their stay during designated hours. There are also safe boxes in each room.

Safe Taxis: As mentioned above, CGE has a relationship with one of Cuernavaca’s authorized taxi companies, Taxi Monarca. Commonly referred to as “radio taxis,” these taxis are sent by a central headquarters to pick up and drop off customers at a fixed price. Taxi Monarca is familiar with CGE and the location of our houses, and is a reliable, safe option for getting around the city (particularly after dark).

Security Cameras: The CGE houses have security cameras at the entrances of the buildings in order to tape any activity in front of our houses and to see who is at the doors before opening them. These cameras add to our security and help reduce the risk of crime.

Travel: Students should avoid traveling alone and taking overnight buses when traveling long distances in Mexico, as there have been reported incidents on overnight buses in certain regions of the country.

It is very important that our staff be able to reach you in case of an emergency. **Therefore, you are required to complete a Travel Information Form and give it to the CGE staff before you travel outside of Cuernavaca.**

**HEALTH ISSUES**

Common Health Issues
Staff and students at the Center for Global Education and Experience in Cuernavaca have experienced a number of minor health problems. Most of these problems have been gastrointestinal and parasitic infections. Although we have not had any reported cases among students for over five years, the most serious problem in the past has been Typhoid Fever. Typhoid is caused by a type of Salmonella (Salmonella-typhi) which is endemic to Mexico and has been a particular problem in Cuernavaca over the past several years. Typhoid is transmitted through food and water that have been contaminated with infected human feces.

CGE does everything in its power to protect staff and students from illness, including periodic tests of cooking personnel, bacteriological studies of the water and kitchens, constant vigilance of hygiene and sanitary conditions of the houses, and educational work with students and host families. Typhoid and other gastrointestinal infections can be prevented by being careful about what you eat and drink and practicing proper hygiene (which includes the regular washing of water bottles). In the event that you do become sick, however, there is competent and professional medical care available in Cuernavaca, and in most cases these diseases can be treated with common antibiotics.

Other Health Concerns
The altitude is high in both Cuernavaca (6,000 feet) and in Mexico City (7,300 feet). That, compounded with culture shock and the overall intensity of the program, may make you tire easily. In general, you should drink three times as much water as you normally do in order to avoid dehydration.
Also be aware that pollution in Mexico City is a problem year round, but it is especially acute during the dry season (October - May). If you have a history of respiratory illness, heart problems or allergies, you could experience complications while there. While strenuous walking is not a regular part of the program, there could be an occasion when this is necessary to reach a certain location. Varying road conditions can at times make anticipating this very difficult, although our field staff will keep you informed whenever possible. If your particular health condition makes this a concern, please be prepared to communicate your limitations to the academic coordinators.

**HIV/AIDS**

Students should also be aware that the state of Morelos (where Cuernavaca is located) has the third-highest rate of HIV/AIDS infection in Mexico. If you plan on being sexually active while in Mexico, you should be aware of this and use protection to reduce the risk of HIV infection.

**Dengue fever**

Dengue fever has recently been found in Morelos, mainly in the south and in rural areas, but also in Cuernavaca. No vaccine is available, but travelers can reduce their risk by applying insect repellent to both skin and clothing. The most effective repellents are those containing N,N-diethylmetatoluamide (DEET).

**Healthcare Providers**

The Center staff in Cuernavaca has done extensive research on health providers in the area and can give you recommendations for general care, gastroenterology, gynecology, ear, nose and throat, mental health, and homeopathy. In addition, the Center has established an on-going relationship with several specialists, some of whom are English speaking. There are also several prestigious, well-equipped, modern hospitals only a 15-20 minute drive from the CGE facilities. Program participants can receive quality out-patient or emergency care at these hospitals at a reasonable cost.

**Alcohol and Drug Abuse**

As mentioned earlier, alcohol abuse is a serious health risk. Therefore, while those of you who are over 18 are allowed to drink, as per local laws, we encourage you to develop a social life that does not depend upon alcohol. Some of you may be in recovery from drug or alcohol addictions, and others of you may decide that you need to seek out a recovery program while in Cuernavaca. The Grupo Delicias AA/NA meetings are held every day at 7:30pm at St. Michael’s Episcopal Church, Calle Minerva #1, Colonia Vista Hermosa (right around the corner from the Superama on Avenida Rio Mayo). For information, feel free to contact English-speaking sponsor James Gregory at gregoriopwc@yahoo.com.

If you are an alcoholic or drug addict, we would like to suggest that you let staff know so that we can support you in your recovery process. BEFORE departing for Mexico, please contact CGEE-Mexico Site Director Ann Lutterman-Aguilar (lutterma@augsburg.edu) so that the Mexico team can work with you to support your recovery. We also encourage you to "come out" to your peers so that they can be supportive of you.

There are also regular Al-Anon meetings in English on Tuesdays from 12:15-1:15pm at St. Michael’s Episcopal Church, Calle Minerva #1, Colonia Vista Hermosa (right around the corner from the Superama on Avenida Rio Mayo). There are Al-Anon meetings in Spanish at the same location on Mondays, Tuesdays, and Thursdays from 5:30-7:00pm.

**Immunizations**

You should make sure that you are up to date on all of your inoculations (polio, diphtheria, tetanus). Check with your doctor about the timing for all of the inoculations. Some should not be taken together.
**Typhoid:** We require students to have had a typhoid immunization within the last three years. The immunization must be completed at least two weeks before arriving in Mexico and the process should be initiated as soon as possible. Again, if you have already been immunized, inoculation must have occurred within the last three years. It is also possible to get an oral vaccine, which is essentially a short series of pills, and it protects you for five years. The typhoid vaccine does not guarantee absolute protection from typhoid, since there are over 100 strains of the disease. It does, however, offer some protection, and doctors have noticed a lessening of the severity of symptoms and quicker recovery from typhoid among those U.S. patients who had received the inoculation.

**Hepatitis A:** The Centers for Disease Control recommend that travelers to Mexico and Central America receive a Hepatitis A vaccine. According to the CDC, travelers to Mexico and Central America are at high risk for Hepatitis A, especially if travel plans include visiting rural areas and extensive travel in the countryside or eating in settings of poor sanitation. A study has shown that many cases of travel-related Hepatitis A occur in travelers to developing countries with “standard” itineraries, accommodations, and food consumption behaviors.

**Malaria:** Some travelers to Mexico and Central America opt to take chloroquine, which is a preventative medication for malaria. You should know that it does have possible side effects, so check with your doctor. The possibility of contracting malaria is extremely low in Cuernavaca but could be higher in some other areas that you may choose to visit on your own. We urge you to talk with your own doctor about this and to check with the Centers for Disease Control (CDC) before traveling.

**Cholera:** Cholera is transmitted through contaminated food and water, and is therefore prevented by being careful about what you eat and drink. The Minnesota State Health Department discourages travelers from receiving the cholera vaccination as it offers little or no protection against the disease, and can cause side effects.

**Diarrhea, Cholera, Typhoid and Dysentery Prevention**
You will be given more information about this once you get to Mexico, but in general, you should follow certain rules for eating and drinking:

- Drink bottled or boiled water (available at the house and in your family stay), or bottled drinks, including soda or bottled juice.
- All meat and fish should be well cooked. Avoid salads and any kind of raw vegetables unless the greens/vegetables have been washed and then soaked in a disinfectant solution. (The cooks at Casa CEMAL disinfect the fresh fruits and vegetables they serve to you.)
- Be very careful about what you eat in restaurants, and don’t eat food from street vendors. For example, fruit that you peel is the safest bet; drinks with ice can be bad if the ice is not made from bottled water, etc.

**Play it safe!** You will learn to eat and drink wisely once you’re in Cuernavaca. At some point during the semester, you will undoubtedly have some stomach upset. Some students have opted to take an antibiotic to prevent diarrhea (two such options are bactrim, a sulfa drug, or doxycycline, a form of tetracycline). These only prevent certain types of diarrhea disease, so hygiene and avoidance measures remain important even if antibiotics are used. You may want to bring along a probiotic like acidophilus or lactobacillus and take a capsule daily as a preventative measure. Probiotics are available over the counter in health stores and pharmacies in the U.S. and Mexico. These suggestions, along with bananas, which are always on hand, are helpful. Note: drugs such as Lomotil, Paragoric, and Kaopectate are not recommended because they can be dangerous in the case of infectious diarrheas.
**Insurance**

**Medical Insurance:** As a Center for Global Education and Experience student, you will be covered by Augsburg College’s Foreign Travel Abroad insurance, underwritten by **Educational and Institutional Insurance Administrators**. This plan includes travel, accident and sickness coverage (a $250 deductible per incident applies). See [Benefits Summary](#) and [information card](#).

Should you require any medical care during your semester in Mexico, you ought to be prepared to pay for that care upfront and submit a claim for reimbursement to a program coordinator. Although medical costs are lower in Mexico than they are in the United States, they are not cheap. For minor health issues, you can consult with a doctor at a pharmacy for 30-50 pesos (less than US $5), but a visit to the doctor costs approximately US $40, and a visit to a specialist could range between US $50-100. The cost of labwork varies depending on what is needed. It could be as little as US $10 but can cost up to US $100, and treatment involving antibiotics can also cost US $50 or more. Please keep this in mind as you budget for the semester. Also, in the event that you do need medical attention, be sure to save all your receipts as they will be required for reimbursement.

We can provide you with a list of English-speaking doctors upon your arrival. If you need assistance making a doctor’s appointment, you can seek support from the International Resident Assistant. You will be responsible for getting to and from any appointments. In the case of medical or other emergencies, you can contact the faculty or staff person who is on call.

**Personal Property Insurance:** Please note that you are responsible for the cost of replacing any personal property that is stolen or damaged. Your personal possessions may be covered by your family’s household insurance, but check to make sure (especially if you plan to bring along anything of value). If you want additional accident or life insurance, most companies can help you with this.

**If you plan to bring your laptop, please note that you will be responsible for the cost to repair or replace it, whether or not the damage is the result of your action or the action of another student, staff person, or unknown person. It is strongly recommended that you consider purchasing property insurance for any theft or damages.**
COMMUNICATION AND CONTACT INFORMATION

Keeping in touch with family and friends is very important. The following information provides you a variety of means to stay in touch.

Snail Mail
Your mailing address in Mexico is:
J.H. Preciado # 314
Colonia San Antón
Cuernavaca, Morelos
C.P. 62020 MEXICO

The Mexican postal service is often very slow. Allow two to three weeks for delivery of letters and small packages. **Warning:** In many cases, packages don’t arrive or are held up in Customs, so we caution you about having anything valuable sent through the mail! If someone does decide to send you a package, we recommend that they send it in a large envelope rather than a box because boxes are almost always held up in customs, whereas envelopes tend to arrive without hassle. Although reliable, Federal Express and United Parcel Service are expensive and must be given the street address: J.H. Preciado #314, Colonia San Antón, 62020, Cuernavaca, Morelos, MEXICO and phone number (777) 312-3578.

It is also very important to know that the Mexican government charges an extremely high tax on most articles sent by mail from the United States according to the assumed value of the items. Hence, you may want to advise family and friends to take that into account when listing the price of any given package on the customs slip. Sometimes students have had to pay nearly half the cost of the birthday presents they have received!

We suggest that you bring U.S. stamps for letters and postcards since friends of the Center for Global Education and Experience traveling to the U.S. often mail items for participants, thus speeding up delivery.

CGE Communication with Parents
If you indicated your consent on your program application form, we will be sending a copy of this program manual with a cover letter to your parents before the program begins. This letter will introduce the Center for Global Education and Experience, describe what the summer program is like, and extend an invitation for them to visit Cuernavaca while you are here.

Phone Calls
Calls to and from the United States
CGE pays a monthly subscription fee for a Vonage phone service through the Internet that allows us to make and receive calls at Casa CEMAL as if we were in Minneapolis. For family and friends from the Twin Cities, this is a local call. For everyone outside of the Twin Cities, the call is a national long distance call. Through this service, as long as the Internet is working, you can make calls to anywhere in the U.S.A. and Canada for free.

Calls within Mexico
In addition to the Vonage phone system, we also maintain Mexican phone numbers for local calls within Mexico and for calls when the Internet isn’t working. Please note that if you are making a long distance call from within Mexico, you must do so from your Mexican cell phone or a pay phone and dial “01-and the area code” before the rest of the number. However, you may receive long-distance calls from within Mexico and internationally at the phones in both guest houses. If a person doesn’t answer, a recording will come on asking you for the correct extension; please use the extension numbers below.
Phones lists with extension numbers are located by all phones in Casa CEMAL and Casa Augsburg:

<table>
<thead>
<tr>
<th>Calls from the U.S. and Canada</th>
<th>CGE Mexico Offices</th>
<th>Casa CEMAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>(612) 605-7230 (Internet phone line) Ext. 105 = Ann Lutterman-Aguilar, Mexico Site Director Ext. 101 = Naty Rosas, Office Manager Ext. 102 = Lisanne Morgan, Homestay and Internship Coordinator Ext. 109 and 110 = students in dining area Mexican phone line from U.S: 011-52-777-318-7799 or 312-3578</td>
<td>(612) 605-7222 (Internet phone line in basement computer/study room) (612) 605-7230, ext. 109 or 110 – dining area</td>
<td></td>
</tr>
<tr>
<td>Calls within Mexico</td>
<td>(01-777) 312-3578 or (01-777) 318-7799, Ext. 115 Fax</td>
<td>(01-777) 312-3578 or (01-777) 318-7799 Ext 109 or 110. These are the extensions you should use.</td>
</tr>
</tbody>
</table>

Parents: please note that for the majority of the summer session, students will be living with host families and not in the CGE houses. However, they may still stop by the CGE house and call you from our phone, and you can still call the office if you need to reach your student.

Emergency Contact Information and Phone Numbers
In the case of an emergency, if your family and friends are having trouble reaching you, they can call the CGE office number that is a U.S. phone line through the internet: 1-612-605-7230. (It is as if you were calling Minneapolis, MN.) If that is not successful, they can call the CGE office in Minneapolis and leave a message with as much information as possible. During office hours (8:00am – 4:30pm Central Standard Time), call our toll-free line at 1-800-299-8889. After hours and on weekends, one of our Minneapolis staff members will monitor an emergency cell phone at 612-817-2830.

Please note that out of consideration for our staff, we ask that you call the cell phone numbers only when a problem arises that requires immediate attention.

As mentioned As stated previously, CGE will provide a Mexican cell phone to you to use for security purposes unless you already have your own phone that works in Mexico (see section on Health and Safety Matters). **If people need to call you on a Mexican cell phone from the U.S., they should dial 011-52-1 BEFORE the 10-digit cell phone number that begins with 777.** However, this is much more expensive than calling you on the internet-based Vonage phone line or via Skype.

Computers, Email, and Internet Access
*CGA CEMAL* has a printer and three PCs, all of which have Internet access, **plus additional cables and wireless internet access for students who bring laptop computers.** *Casa Verde* also has a small computer lab with four computers, plus **wireless access and additional cable access for students who bring laptop computers.** In addition to our limited computer services, there are many Internet cafés nearby, including one right up the street, where the cost is approximately 10 pesos per hour.

If you have a laptop computer, you are encouraged to bring it, along with a card for wireless Internet access.
Please note that there are frequent problems with Internet service in Cuernavaca and that it may be much slower than that to which you are accustomed. Internet service also goes down frequently, and so you should not count on having constant Internet access. Some host families have wireless Internet access, but many do not. Do not count on having Internet access in your homestay.

For email access, the best option is to use Mozilla Firefox or Internet Explorer to access your university account or a web-based address like Gmail, Yahoo, or Hotmail, which you can set up for free. If you’d like to use this option, find out how to access your university network or set up a different account and forward your university email to that address.

**Library Resources**

There is a small library in Casa CEMAL. However, you will need to be able to access your college/university library online. Make sure you find out from your IT department how you can gain access from Mexico.

**Homestay**

From May 20 – May 23 (Session I) and from July 8 – 10 (Session II), you will be living in one of the CGEE program houses in Cuernavaca – most likely Casa CEMAL. From May 22 – July 12 (Session I) and from July 10 – August 29 (Session II), you will live with host families unless you make other arrangements with the homestay coordinator Lisanne Morgan at lisanne@laneta.apc.org

During the time that you live with host families, you may continue to use the library and computer services at Casa CEMAL between 7:00am and 10:00pm. During the homestay, bedrooms are off limits, as they may be used by other groups or be left alone so that the cleaning staff don’t have to do extra work. You may not shower or sleep in either Casa CEMAL or Casa Verde.

You are encouraged to speak Spanish as much as possible, even while living in Casa CEMAL or Casa Verde. Several Center for Global Education and Experience (CGEE) staff members do not speak English, so it is important not to speak a language that the people around you would not understand. There will be designated Spanish-only tables for all meals.

The Casa CEMAL kitchen is off-limits for students. While you are living with host families, the family will provide all of your meals.

**EXTRACURRICULAR ACTIVITIES IN CUERNAVACA**

**Exercise Options in Cuernavaca**

There are a number of gyms and workout facilities in the Cuernavaca area which you can join. The following list gives you an idea about options and approximate prices. Many of these places have additional services and classes to the ones listed here. Please feel free to call them if you are looking for something more specific. Also, please note that gyms seem to open and close in Cuernavaca, so this information could change by the time you arrive. You may find additional options once you’re here. If you do, please let us know so that we can add them to our list.

There is also a community center near Casa CEMAL that offers yoga classes, Zumba classes, and various dance classes. Prices are economical, but the schedules change frequently, so we encourage you to check out these options once you get here.
<table>
<thead>
<tr>
<th>Name of Gym</th>
<th>In or Near Neighborhood</th>
<th>Street Address and Directions</th>
<th>Facilities and Services</th>
<th>Hours Open</th>
<th>Approx. Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba J.H. Preciado</td>
<td>On J.H. Preciado, about a 5-10 minute walk from Casa CEMAL</td>
<td>Zumba classes only – no workout equipment</td>
<td>Classes offered on weekdays at 8am, 9am, 5pm, 6pm, 7pm, 8pm</td>
<td>30 pesos per class or 150 pesos for a monthly membership</td>
<td></td>
</tr>
<tr>
<td>Club Deportivo KEOPS</td>
<td>Colonia Centro Phone: 313-5550 Website: clubdeportivo.com.Mx</td>
<td>Avenida Emiliano Zapata # 808 Colonia Tlatelolco</td>
<td>Karate classes Dance classes: Arabic, Hawaiian-Tahitian, and Jazz, Squash Court Swimming classes</td>
<td>Varies with classes. *Check website or call for more info.</td>
<td>Call for price information</td>
</tr>
<tr>
<td>Beverly Hills Workout</td>
<td>Colonia Centro Phone: 316-2077</td>
<td>Gran Plaza Cristal, 3er Nivel en Av. Plan de Ayala #825</td>
<td>Classes: aerobics, yoga, pilates, spinning. Gymnasium with weight machines</td>
<td>5:30am – 10:30pm</td>
<td>500 pesos per month</td>
</tr>
<tr>
<td>MC Lysh Gym *Women Only</td>
<td>Colonia Centro Accessible to Colonia La Lagunilla Phone: 318-6651</td>
<td>Calle Degollado No. 18 A</td>
<td>Aerobics classes Gymnasium exclusively for women with weight machines, etc. Staff to help with diet, natural health plans, etc. *Call or stop by for more information!</td>
<td>6:30am – 9pm</td>
<td>350 pesos per month OR 850 pesos for 3 months</td>
</tr>
<tr>
<td>Dragon de Jade *Great place to interact with community members!</td>
<td>Colonia Tetela Phone: 380-1927</td>
<td>Av. Felipe Rivera Crespo #106, Fracc. Hacienda Colonia Tetela, Cuernavaca (near Don Bosco)</td>
<td>Groups: Tai Chi, Kung Fu, Dance, Yoga (open inscription), Theatre, Choir. Interaction with Mexican artists and local community members *Call for more information!!!</td>
<td>Varies with classes. *Stop by or call for more info.</td>
<td>Varies with classes. *Stop by or call or more info.</td>
</tr>
<tr>
<td>Muscle and Fitness World (MFW)</td>
<td>Col. La Pradera (up the street from Tacos La Gringa) Tel. 376-2987 Website: <a href="http://www.mfw.mx">www.mfw.mx</a></td>
<td>Av. San Jerónimo # 207 (up from Avenida Camacho, near UNINTER).</td>
<td>Classes: Jazzercise, Yoga, Pilates, Body shape, Tae-Bo, Kick boxing, Zumba, belly dancing, spin Plus lots of equipment</td>
<td>Varies with classes. *Stop by or call for more info.</td>
<td>Varies with classes. *Stop by or call or more info.</td>
</tr>
<tr>
<td>Gold’s Gym</td>
<td>Amatitlan, 62000 Morelos Phone: 318-1813</td>
<td>Plan de Ayala 418</td>
<td>Classes: aerobics, dance, step, pilates, etc. Fully-equipped gym, Olympic size swimming pool</td>
<td>Mon –Fri: 6am –10pm Sat: 7am – 7pm</td>
<td>$$$</td>
</tr>
</tbody>
</table>
Sports

Running: Often students ask about the possibility/safety of running in Cuernavaca. Many former students found a route or two which they get to know and enjoy running every day, often seeing the same people and activities, which allow them to feel comfortable running in a new place. If you do not mind street dogs or city running, which includes traffic that is not as pedestrian-friendly as some places in the U.S., then you will be able to enjoy running in Cuernavaca. There is also a park/baseball field close to the cemetery up the street from Casa CEMAL. It is well lit, with many activities going on throughout the day and through the late afternoon, and you can run laps there on weekdays. Workout classes like Zumba and parkour are sometimes offered at a very low cost or for free, but schedules change frequently. There is some outdoor workout equipment there, too.

The “Centenario” has a large track field for running laps. It is on Avenida Universidad, en route to the Morelos state university UAEM. Take the #1 bus on Avenida Morelos downtown and you will go right past it. It takes 30-40 minutes by bus. Parque Chapultepec is also a really nice place to go running, but it’s about a 30-40 minute bus ride from Casa CEMAL, and there is a small admission fee. There are also many races throughout the city and the registration fees are lower than in the U.S.—check with the staff for more information.

Soccer: There is a soccer field in a neighborhood close to the Augsburg campus, just off J.H. Preciado. Some students have gone to play with the youth from that neighborhood, and have had positive experiences, but you should probably go accompanied by another student until you have established a relationship with the youth there.

Socially Responsible Nightlife in Cuernavaca

It is important to note that overt discrimination on the basis of race, class, and sexual orientation is a very common practice in Cuernavaca. There are numerous clubs whose bouncers are known for only allowing foreigners and rich-looking, light-skinned Mexicans to enter while excluding dark-skinned Mexicans. We ask you to be aware of these dynamics when going out in Cuernavaca so that you do not inadvertently participate in or support practices that violate your own values and those of this program. We appreciate your feedback so we can continue to update our lists for future students.

In addition, as mentioned earlier, alcohol abuse is a serious health risk and a particular problem in study abroad. Therefore, we highly encourage you to develop a social life that does not depend upon alcohol. There are movie theaters, bowling alleys, cafes, restaurants, and other places you can go to have a good time without consuming alcohol.
Due to the current violence between rival drug cartels, you need to be especially careful when going out to places that serve alcohol, as many bars, discos, and nightclubs serve as fronts for the drug trade. Many very respectable-looking places have waiters who sell drugs or owners who are involved in the drug trade. For that reason, we urge you to follow staff’s warnings about places that we have deemed off limits and to be extremely careful about anywhere else you go!

I. Restaurants

- **Armando’s Pizzeria**: Avenida Avila Camacho. Delicious pizzas and cheesecake; Tuesdays are two for the price of one pizzas!
- **Los Arcos**: Jardín de los Héroes Col. Centro (312-1510). An outdoor café next to the Zócalo. Open for lunch and dinner with many traditional Mexican dishes and a great location. Also has live music and salsa dancing (see listing below in the bar section).
- **El Barco**: Two locations in Cuernavaca: Colonia Centro, Rayon 5, and Avenida Zapata ·618. A great place to try Pozole, a good option particularly for Mon nights, when many other restaurants are closed.
- **La Fontana**: Calle Juárez. A great place to gather for pizza, beer, and a casual, fun atmosphere.
- **La Maga**: On calle Morrow #9, near La India Bonita, on the second floor. Good food in cozy environment. Especially noteworthy is their lunch buffet (with lots of great vegetarian options!).
- **Pizza Roma**: Chalma Sur #29B Col. Lomas de Atzingo (313-5029) Great little restaurant with gourmet pizzas. Eat in, take out, or delivery.
- **Restaurant El Salto**: Bajada del Salto No. 31, Colonia San Antón (318-12 19). A nice restaurant located a short walk from Casa CEMAL, right next to the San Antón waterfall. It closes on Tuesdays and shortly after 8:00pm other days. There is live music on Thursdays and Fris.
- **Taquería La Gringa**: Avenida Avila Camacho Casual, delicious place for tacos.

II. Recommended Bars and Cafés (Where We Know the Owners)

- **Los Arcos**: Jardín de los Héroes Col. Centro (312-1510) An outdoor Café next to the Zócalo. A popular meeting place for foreigners and Mexicans. There are evening happy hour specials 8:00-10:00pm. Live Salsa and Cumbia music on Sun, Tuesday and Fri evenings and lively dancing initiated by the diners. No cover. (also see listing in Restaurants).
- **Barecito Comonfort**: # 17 Col. Centro (314-1425) Located on Calle Comonfort at the corner of Calle Morrow. This is a very small, gay-owned bar that is open to the LGBTQIA community and the community at large. No cover. http://www.geocities.com/barecito
- **La Maga**: On calle Morrow, near La India Bonita, second floor. Good drinks, cozy and artsy environment with live music most weekend nights (also see listing in Restaurants). During the daytime, this has a great, clean, and inexpensive salad bar and buffet.
- **El Telón**: (en Tepoztlán) Very good place to dance salsa in the Tepoztlán area. Only open Sat nights. If you want to get there without a car, you can take the bus to downtown Tepoztlán and take a cab from there. The last bus to Tepoztlán leaves the López Mateos market at 8:00pm. Music doesn’t begin at El Telón until about 11:00pm, so you might hang out in Tepoztlán until then. Any cab driver will know how to get there. You will have to take a cab back to Cuernavaca, and you MUST arrange this when you get to Tepoztlán, because you will not be able to call a cab when the club closes at 3:00am. Cabs back to Cuernavaca from the club cost approximately 150 pesos for 3-4 people, depending on the size of the cab. LGBT friendly.
III. PLACES TO AVOID (PLEASE TAKE THIS SERIOUSLY!)

♦ Avoid The Bull, where violent incidents have taken place against students.
♦ Avoid all bars and night spots at the Plazuela, a popular night spot area near the Zócalo (town square), as there was a violent incident there and it has a widespread reputation for having bars where staff sell drugs. As a result, there could be violent incidents outside of and/or inside any of the establishments in the Plazuela.
♦ Avoid any other bars, discos, and nightclubs that CGE staff warn you against. Please check the bulletin board and your emails for updated information.

Like we said, there are plenty of other fun things to do in Cuernavaca with your host families and friends!

Religious Life

Mexico is a predominantly Roman Catholic country. Therefore, there are many Catholic religious services available for students who would like to attend them. In fact, there is a Catholic church just one block down the street from the CGE study center. In addition, there is a growing number of Protestant churches here, including Baptist, Episcopalian, Methodist, Pentecostal, and other churches. There is also one orthodox synagogue in Cuernavaca and several conservative and other synagogues in Mexico City. The following is a brief list of a few of the religious services that we know of. Please join us in updating and completing our list of religious services. Also, once you have arrived in Mexico, please call each place of worship you are thinking of attending for more information on their service times (which tend to change).

If you do not find information about your religious group below, please contact Ann Lutterman-Aguilar at lutterma@augsburg.edu, as she will try to assist you.

Jewish Synagogues

Cuernavaca – Orthodox services at a Jewish nursing home
Madero 404, Baja California, Cuernavaca
Phone: not available
Services are on Sat morning.

Synagogues in Mexico City
Alianza Monte Sinai (Orthodox)
Tennyson #134, Colonia Polanco, Ciudad de Mexico
Phone: 01-55-5280-6369

Agudes Achim
Montes de Oca 32, Colonia La Condesa, Ciudad de Mexico
Phone: 01-55-5553-6430

Judaismo Humanista de Mexico
Reforma 2233 E., Sauces 402, Cuidad de Mexico
Phone: 01-55-5559-6638

Bet-El
Horacio 1722, Colonia Polanco, Ciudad de Mexico
Phone: 01-55-5281-2592
Muslim Temples

Masjid Dar As Salaam
Circuito Tequesquitengo No. 150, Tequesquitengo, Morelos, Phone: 734-347-0995
Website: http://www.islam.com.mx (visit for worship times)

Mezquita Muhammad Ibn Abdul Wahab
Sur 77 No. 32 int. 7, esq. Lorenzo Boturini, Col. Lorenzo Boturini, Deleg. Vanustiano Carranza, Mexico City, 15820
Phone: (55)5650-4612, English (55)3166-81-13
Website: www.islammexico.net

Protestant and Evangelical Churches

Anglican/Episcopal
St. Michael’s Episcopal Church
Calle Minerva #1, Colonia Las Delicias, Cuernavaca, Phone: 315-2870
Website: www.cuernavaca-anglican.org
Services in English at 10:45 a.m. and in Spanish at 5 p.m. on Sundays

The Good Shepherd Anglican Church
Corner of Calle Degollado and Guerrero, Colonia Centro, Cuernavaca, Phone: 315-2870

Baptist
Iglesia Bautista Monte Abarim
Ocotepec #612, Colonia Reforma, Cuernavaca (behind Sam’s Club), Phone: 311-4362

Capital City Baptist Church
Sur 138 Esq. Bondojito, Colonia Las Americas, Del Alvaro Obregon, Ciudad de Mexico
Phone: 01-55-5516-1862

Methodist
Iglesia Metodista de Mexico A.R.
Calle No Reelección #31, Colonia Centro, Cuernavaca
Phone: 312-9429

Non-Denominational Christian
Centro Cristiano
Álvaro Obregón 321
Phone: (777) 318 - 59 – 65
Email: contacto@cccruernavaca.org.mx
Services on Sundays at 11 a.m. and Bible Studies on Wednesdays and Fridays at 6:00pm. This is within walking distance of the Augsburg campus.

Compañerismo Estudiantil, A.C. (*youth group only, not a church)
Calle Leyva y Abasolo (in front of a school in the Templo Philidelphia)
Phone: 322-0457 Email: ivanvallado@hotmail.com, serv_@hotmail.com
**Presbyterian**
Iglesia Nacional Presbiteriana Bethel
Jardin San Juan #10, Colonia Centro, Cuernavaca
Phone: 312-3564
Email: inpbethel@yahoo.com.mx

**Pentecostal**
Iglesia de Dios Pentecostal Emmanuel
Reforma #4, Colonia Centro, Temixco (just outside of Cuernavaca)
Phone: 325-1021

**Quaker**
Casa de los Amigos
Ignacio Mariscal 132, Colonia Tabacalera, Ciudad de Mexico, 06030
Phone: 52-55-5705-0521, 52-55-5705-0646
Website: http://www.casadelosamigos.org/website/quakercommunity/quakercommunityindex.htm

**Roman Catholic Masses**

**Catedral de Cuernavaca**
Hidalgo #17, Colonia Centro, Cuernavaca (on the corner of Morelos y Calle Hidalgo)
Phone: 318-4590, 318-4596
Mass times: M-F, 7 am, 12:00pm and 7:00pm; Sat, 7:00pm; Sun, every hour and a half from 7:30am to 1:30pm, 5:00 pm, 6.30pm and 8:00pm; English mass 10:30am Sun en la Capilla del Carmen

**Parroquia de San Antón**
J.H. Preciado #112 (down the street from Casa CEMAL, walking away from el Puente 2000, on left-hand side)
Phone: 312-7947, 313-0075

**Parroquia de Ocotepec**
Av. Miguel Hidalgo #304, Esq. Aldama, Ocotepec, Cuernavaca
Phone: 382-1156

**Parroquia de Tejalpa**
Plaza de la Asunción #1, Cuernavaca, Phone: 320-9817

**Parroquia de La Lagunilla Christo Obrero**
Manzana 11, Lote 21, Av. Mariano Matamoros, Cuernavaca
Phone: 102-4644

**Parroquia de Plan de Ayala Nuestra Señora de Guadalupe**
On the corner of Otilio Montano and Emiliano Zapata, Cuernavaca
Phone: not available

Note: There are many Catholic churches in Cuernavaca. This is just a partial listing. In many Catholic churches, there is a sign posted outside with a list of the times for Masses.
WHAT TO BRING TO MEXICO

We cannot emphasize enough the matter of packing lightly! Most airlines allow one checked bag weighing up to 50 pounds, plus one carry-on bag. However, it is your responsibility to check with your airline regarding its current policies. As a general rule, you should be able to transport all of your luggage on your own for at least one block without difficulty. Remember, in addition to a larger bag, you may also want a small backpack or other bag to use for weekend trips.

With regard to clothing, Mexicans tend to dress slightly more conservatively than most North Americans. Because shorts are considered to be extremely casual here, we ask both women and men not to wear them on some of the excursions and when we have guest speakers. Female students may also find that wearing short shorts can draw unwanted attention—capris and knee-length skirts tend to be a culturally appropriate option for warm weather. Please avoid bringing military style or olive-colored clothing.

You will probably need to dress professionally if you are conducting an internship, although it depends upon your placement site. Professional dress in Mexico does NOT include: low-rider pants, crop tops, tank tops with spaghetti straps (unless worn under a jacket or blouse), or any clothing that might expose the lower back and midriff areas. Be sure to bring a few shirts that are not T-shirts, crop tops, or tank tops. We ask men to bring at least one pair of nice slacks, a button-down shirt with a collar, and dress shoes. Suits and ties are unnecessary.

You may wish to dress up when you go out dancing or attend parties with your Mexican host family and other friends. Many former students have commented that they wished they had more clothing for the nightlife in Cuernavaca. If you enjoy going out to clubs, you will probably want to bring at least one outfit along for nightlife, taking into consideration the fact that Mexicans tend to dress up more for nightclubs than North Americans do.

Since the weather in usually moderate in Cuernavaca, most of the time you will only need casual, warm-weather clothing and a light sweater.

School supplies and standard U.S.-brand toiletries are easy to find in Cuernavaca at reasonable prices, so don’t pack big bottles of shampoo, deodorant, etc. Some items, such as film, batteries, contact lens solution, suntan lotion, condoms, and tampons, are available but at prices somewhat higher than in the United States. Some students have thought that the quality of the Kodak and Duracell products sold in Mexico was not as good as sold in the U.S., so you may want to take this into consideration when you pack film and batteries. The electrical current is the same as in the U.S., so you do not need any special adapters. In the CGEE guest-houses and the homes of many host families, the outlets are made for two prongs, so you may wish to bring a 3-prong to 2-prong adaptor.

Most basic items, including clothing, can be purchased in Cuernavaca fairly inexpensively, so don’t worry about bringing everything. If in doubt about something to pack, think about carrying it (along with all your heavy books and everything else you’re packing) and then decide.

Remember: You have to be able to carry everything you pack, so pack as lightly as you can with all your heavy books.
MONEY MATTERS

A major question you are likely to have is how much money to bring and in what form. Your fees cover all living and travel expenses, as well as course reading packets, during the program. **You need to cover the following:** your travel to and from Mexico City; the cost of required texts, most of which must be bought in the U.S. before departing for Mexico; the US $30 deposit for cell phones and keys; money for travel on your own (optional), and any medical expenses incurred while in Mexico (although this can be reimbursed later).

**CGE recommends bringing both cash in U.S. dollars and an ATM card with your PIN number, as you can withdraw money regularly from ATM machines, which are common all over Mexico.** Most students prefer their ATM cards to carrying large amounts of cash or traveler’s checks. If you’d like to bring a Visa card or MasterCard, you will find that many of the fancier stores, hotels and restaurants accept credit cards. Credit cards can often be used to pay for health services, especially in clinics and hospitals. You may also withdraw money from an ATM machine and get cash advances on credit cards in all Mexican cities, although this can be very costly. We strongly urge you to bring an ATM card and to use money belts or body pouches for the bulk of your money while traveling. Once we are in Cuernavaca, you will be able to keep most of your funds in a safe and draw only amounts you need once or twice a week. In Mexico you will receive a slightly higher rate for cash than for traveler’s checks, which are obviously safer. You may cash traveler’s checks at banks in Mexico. International ATM machines are also available in cities all over Mexico.

As stated in the health section above, you will need to pay for medical expenses yourself and then file a claim for reimbursement. You should plan to have U.S. $200-$300 available for prospective medical costs.

In the past, students have brought between US $1,000 and US $2,000. For one session students may spend as little as U.S. $500. Those with generous shopping habits may spend up to or even more than U.S. $2,000. How much you bring obviously depends upon your lifestyle: the number and cost of gifts and souvenirs you purchase, how much you go out to the movies, go bowling, and/or go dancing in clubs, and how much additional travel you plan (as well as how simply or extravagantly you do it), and your financial capabilities and how long you are staying in Mexico.

There will be several artisan groups, including women’s cooperatives associated with people we meet whom you may want to support. You will find that because some items are less expensive in Mexico, you may feel rich and spend freely and quickly. Beware of this tendency! Your money will disappear rapidly if you are not careful!
Suggested List of Things to Pack

Clothes and Basic Items
___ 2 pairs nice jeans/pants
___ 2 semi-professional outfits - can include collared shirts, casual skirts/dresses, khakis
___ 1 pair of shorts
___ 2-3 short-sleeved shirts
___ 2-3 tank tops or T-shirts
___ 1-2 long-sleeved, warmer shirts/tops
___ 2 outfits for night-life (something you could wear to fiestas or clubs if you like to go dancing)
___ 1-2 light sweaters
___ Nightshirt or pajamas
___ Bathrobe (optional)
___ Underwear
___ Socks
___ 2 pairs of comfortable shoes (1 pair you can wear when dressing up if you want)
___ 1 pair of flip-flops that you can wear around the house (Some students like to use flip-flops in the shower)
___ Sneakers and work-out clothes if you like to exercise
___ Hiking boots if you plan to hike
___ Swimsuit
___ A towel you can use during homestay, for swimming at UNIVERSAL, and travel to beaches, etc.
___ Rain gear or a small umbrella

Other Items to Consider
___ Passport that will not expire within six months of the time you leave Mexico
___ A photocopy of the title page of your passport
___ ATM card and/or Visa or MasterCard with PIN numbers
___ Money for any potential medical expenses ($300-350)
___ Health insurance information and EIIA card and Travel Abroad Insurance Information
___ Required books for courses (see book list)
___ Spanish/English dictionary
___ Laptop computer (if you have one) with a card for wireless Internet access and insurance
___ Travel alarm clock
___ Piece of carry-on baggage
___ Water bottle with wide mouth that can easily be washed/scrubbed regularly
___ Camera with an extra battery
___ Money belt
___ iPod or MP3 player (if you have one)
___ Journal and/or notebook
___ Any medications you use (preferably in their original containers, and should be in your carry-on.)
___ Small flashlight (especially useful in rural areas or while traveling)
___ Small gift/souvenir (calendar/picture book) from your home state to give to your family in Mexico
___ Pictures of your family/friends/school/neighborhood/work
___ U.S. postage stamps (to send letters through the U.S. mail)
___ Sunscreen
___ A cap or hat for protection from the sun
___ Insect repellent
___ Pocket knife (packed in a bag that you will check and not carry on)
___ Musical instruments/sheet music
Money for Deposits, Books, and Medical Expenses

___ Remember to bring US $30 for deposits
___ Bring $ for any textbooks you may need to buy in Mexico
___ Bring $ for any potential medical expenses
For Students of Color

Despite the fact that more and more students from the United States are studying abroad, the most recent data from *Open Doors* indicates that out of 205,983 students who studied abroad in 2004-2005, 83% were white students. In contrast, only 6.3% of the students who studied abroad self-identified as Asian-American/Pacific Islander, 5.6% as Hispanic/Latino(a), 3.5% as African-American, 1.2% as multi-racial, and 0.4% as Native America/Alaskan Native. While CGE has worked hard to recruit more diverse students, our enrollment numbers for students of color are only slightly higher than the national averages. Therefore, students of color are still in the minority within the student groups. As a result, they sometimes feel isolated or alone when facing some challenges that are completely different than those of the white students, due to the ways in which issues of race and ethnicity are constructed and dealt with differently in Mexico from in the U.S.

Some former students have said that their semester in Mexico led them to reassess how they identify themselves with regard to race and ethnicity, while others have indicated that it helped them deepen the identities with which they arrived. While their overall experiences were very positive and life-affirming, they have also sometimes been very emotional. This is why it is important to have your support structures in place before coming to Mexico.

The following are suggestions offered by former students who studied in Mexico:

- If you haven’t already done so, be sure to reach out to groups on campus for students of color and/or campus staff people who can provide space for listening to students of color. Students who were interviewed for this guide emphasized that these support structures are essential for having safe spaces to be able to process their study abroad experience with other people of color.
- Talk with other students of color who have studied abroad in Mexico. If you would like to talk with former students who participated in a CGE semester program here, please contact us at globaled@augsburg.edu so that we can put you in touch with students who have volunteered to serve as resources to future students.
- Check out some of the resources that have been developed specifically for students of color who plan to study abroad:
  - [http://www.globaled.us/plato/diversity.html](http://www.globaled.us/plato/diversity.html)
  - [http://studyabroad.msu.edu/people/studentsofcolor/index.html](http://studyabroad.msu.edu/people/studentsofcolor/index.html)
- Be prepared to be identified racially in ways that may completely surprise you. Race is constructed differently and addressed differently in Mexico than it is in the U.S.; it is not better or worse, simply handled differently. You may be asked direct questions about your ethnicity and the answer of, “I’m from the U.S.” might not satisfy someone asking you where you’re from. Mexicans may give you nicknames that you feel don’t reflect your reality.
- Take charge of your education. While it is a tricky line between being a token student spokesperson and educating by example, trust your gut. If you feel moved to speak out, do it in a manner that feels safe and comfortable to you.
For White Students

Many white students from the United States who come to Mexico for a semester experience being a numerical minority for the first time in their lives. Nonetheless, while less than 10% of the Mexican population looks like them, that small group is the most dominant group in terms of political, economic, and social capital, due to the legacy of European conquest and colonization in Mexico. As a result, white students, and U.S. citizens and residents in general, are given inordinate amounts of power and privilege whether they want this or not and whether they recognize this as such or not.

Moreover, in Mexico it is much more socially accepted to comment on people’s physical characteristics than in the United States, and so many white students feel discomfort when Mexicans they don’t even know will call them “güera” or “güero,” which are terms used in Mexico to identify light-skinned people, including light-skinned Mexicans. Most Mexicans would not consider these terms insulting but rather just an identifying characteristic of the person.

While the experience of being a numerical minority and having that pointed out to you on a regular basis may be uncomfortable, it is important for you to recognize that you will be given power and privileges that you can choose not to exercise. For example, there may be times where you will be allowed or even invited to move to the front of a line because of the color of your skin and the color of your passport. In addition, there are bars and dance clubs that you will be able to get into that dark-skinned Mexicans and students of color from the United States may be excluded from. You may not even be aware when this is happening, which is why we want to alert you to it in advance and ask you to be extra careful about not inadvertently participating in or supporting practices that are racist and classist.

In past semesters there have been times when a few white students have attended clubs that are known for their racist and classist practices. When defending their behavior, the students said they had a right to do whatever they wanted during their free time. However, students of color who were part of the program felt incredibly offended and betrayed that their peers and supposed friends would knowingly frequent places that would discriminate against them and against their Mexican host families. In addition, white students have sometimes been oblivious to the pain that students of color experience when they are confronted with racial and ethnic stereotypes in Mexico. For example, one former Asian-American student wrote in paper:

*My eyes have been painfully forced open to realize that I am different than most people in this program because I am Asian. I feel I have to defend myself every time I hear people saying Chinese or Japanese person, or when people ask where I am from and I say that I live in the U.S. and people give me weird looks. I am getting tired of feeling that I must defend or explain myself every time this happens. I am pointed and singled out by the Mexican population here. I have equated different as being bad and then I feel ashamed and embarrassed about myself. I just want to hide and pretend that I am just like everyone else, Caucasian. In this way, I have been colonized and conquered into American society and culture.*

Therefore, as you prepare to come to Mexico, we encourage you to think about your power and privilege as a white U.S. citizen or resident. We trust that you will want to be aware of these issues and to serve as an ally to others rather than abusing your power and privilege.

For resources on anti-racism, we encourage you to check out the following websites:
http://www0.un.org/cyberschoolbus/racism2001/orglinks.asp
http://www.drix.net/jdowling/antiracism.html
http://www.hopesite.ca/rekindle/links/racism_hrights.html
For LGBTQ Students
By LGBTQ Students in Mexico Fall 2009

Our Positionalities

Cecilia: My name is Cecilia Márquez, I identify as a queer, multi-racial Latina, from the United States. I’m 20 years old, able-bodied, cis-gendered woman and come from a rapidly gentrifying suburb of Washington D.C., Arlington, VA. I’m a first-generation American from a mixed-class background. I am currently a junior at Swarthmore College where I am a Black Studies major with a minor in Gender and Sexuality Studies. Of course my positionality here in Mexico is affected by my position as a U.S. citizen and as a woman who is able to pass for white. Also, because of my limited Spanish the experiences I have had are limited by the ability of people around me to communicate through language barriers.

Max: My name is Max, and I’m a 21-year-old white, able-bodied queer man from a middle-class background. I was born in Boston, MA but mostly grew up in Urbana, Illinois in a liberal, mostly middle class and white neighborhood. I am a senior at Oberlin College, majoring in Comparative American Studies. During my time here, I have been doing volunteer work teaching English classes at Don Bosco, a local school, and CD4, a local sexual health/HIV-AIDS/gay rights organization, as part of the Internship Seminar class. Both of these experiences have enriched my time in Cuernavaca greatly. I believe deeply in the power of education as a tool for liberation and social mobilization, and hope someday to be a teacher, as well as participate in radical queer activist work, so it has been illuminating and inspiring to learn about both of those things in this context.

Mia: My name is Amelia Fortunato, and I go by Mia. I’m a 22-year old white, queer identifying, able-bodied, cis-gendered woman in the Crossing Borders program. I am from a rural, working class town in upstate New York, and I’m currently a senior at Oberlin College, where I study Comparative American Studies. This semester was my second experience in Mexico (I did a one-month language program in Guadalajara this past January) but my first to really reach out and try to understand the dynamics of queer/LGBT communities and identities in Mexico. My experiences this semester have been shaped by several factors, including my limited communication skills (having only studied Spanish for one year), my positionality as a white woman and U.S. citizen, and the access CGE provided me to queer spaces, such as the GSA group headed by three amazing professors and staff members, and my home-stay with a lesbian couple.

Queer in CGE/Mexico by Cecilia

I was very intentional in choosing the Crossing Borders program. It was advertised as a “queer friendly” program that offered queer home-stays. This was incredibly important to me. As someone who just came out of the closet two years ago, I had no interest in going back during my study abroad experience. I came into the program expecting to find a group of students who had the same politics as me and a staff that was ready to challenge me to think more critically about my own identity.

For the most part this has been amazingly true. Most of the students here were either politically very progressive or open to respectful discussions about gender and sexuality. The staff have, with the rare exception, been absolutely fantastic and have been understanding of the different needs of queer students. We have been especially lucky to have three queer-identified staff members with us this year. Marisela, Antonio and Ann all came together to be a rock-star team of queer superstars who came together to form the staff arm of the GSA.

They have been amazing in inviting us to queer cultural events and helping us immerse ourselves in the queer community here in Cuernavaca. I have found these relationships invaluable when trying to figure out my new community and identity here in Mexico. It has also been important for me to develop strong relationships and community within the queer student group.
For example, when one speaker that we had went on a particularly homophobic tangent in her talk, we were able to use each other as resources to cope with the situation. It has also meant that I was able to decompress the particularly good talks. It’s also been great to work with and utilize the allies that we have in the group. They have at different times helped take some of the burden off of the queer students to challenge and question problematic moments. For me being a queer student here has meant growing in my own queer identity and learning about new queer identities across cultural and national lines.

**A Statement about CGE-Mexico’s GSA (Gay-Straight Alliance) by Max**

At the beginning of the semester, I and the other two openly queer students were pleasantly surprised when two of the staff suggested forming a GSA. I admit, after my last experience with a GSA – in my high school, our membership was me and twelve or thirteen very nice straight girls – I wasn’t incredibly enthusiastic, nor totally sure why I would need a GSA at this point. I have been happily out for more than 5 years and my time at Oberlin College, a very liberal and queer-friendly school, has thus far been largely free of any painful or difficult moments surrounding my sexuality.

I went to the first GSA meeting, nonetheless, and had a wonderful time. It ended up just being me, the other two queer students, and Antonio, Marisela, and Ann – the three openly queer staff. Some of our straight friends on the program had considered going, and they would have been welcome, but a part of me was glad that it turned out to just be the 6 of us, and that we could speak openly about our experiences as queer people and know that everyone would be able to understand. We continued to meet on a biweekly basis, and our activities have so far included attending performances by queer musicians, going out to queer bars together, and sharing our coming out stories. As I spent more time in Mexico, I started to see that being queer on this program meant something completely different than being queer back at Oberlin.

The majority of the other students on our program, while kind and well-intentioned, initially knew very little about LGBT communities and cultures for the most part. While they have been very accepting of us and open to learning, there was a lot that they didn’t understand right off the bat. Moreover, being in a predominantly Catholic country that has traditionally silenced and excluded LGBT people, and where my command of the language is far from perfect, has made me feel less able to share my identity and experiences with people I meet and more prepared to encounter homophobia. All of a sudden, having the GSA started to take on new meaning for me, and I realized how important it was to have that space, and eventually also to have a queer home-stay. I certainly wasn’t expecting it to be this way, but being on this program has given me a renewed sense of queer identity and a need to actively seek out queer community. I am incredibly grateful for the support and outreach from the queer staff here; they are amazing and they have made this experience a lot easier and more special than it would have been otherwise.

**Night Life/Going Out by Mia**

Going out to bars and clubs is an important part of most college students’ abroad experiences. For queer students at CGE, the program provides a list of LGBT friendly establishments, which we have utilized this semester. Through some good, bad, tough, tense, and downright fantastic experiences, we have discovered that just because a bar/club is queer, doesn’t mean it doesn’t have problems. As a supplement to the list in the program manual, here’s an up to date synthesis of our going out experiences. As a disclaimer, we are writing this as three cis-gendered students, two women and one man, two white identifying and one light-skinned person of color, so we only claim to able to speak from our own experiences and positionalities.

**Enigma:**
A chill bar spot patronized by mostly men, with a handful of women. Mostly older folks in their thirties. Gendered bathrooms (men and women) with stalls. Thursday-Saturday features, “La Gorda,” an amazing singer and great drag queen. She rocked the show. Try to get reservations, because tables fill up fast.
**El Barecito:**
Super cute hobbit-sized bar with AMAZING mojitos and a wide variety of out of the ordinary snacks. Very nice wait-staff and owned by a lesbian activist who works with Antonio at CD4. One (adorable) bathroom for people of all genders that locks. A little pricey, but worth it. Great place to support. Best on weeknights when it is less busy.

**Oxygen:**
If you want to dance, this is the place. Super classy spot and yet also super accessible for our group. Great male wait-staff, who are usually shirt-less and above-average attractive. Again, mostly patronized by men, but younger, twenty-somethings, and is a comfortable safe space for women too. Gendered, but flexible bathrooms. Doesn’t get started until around 1. Techno music mostly (classic gay), but the DJ has been known to play reggaeton upon request.

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**Important CGE Staff Comment:** Due to recent drug-related violence in both “straight” and “queer” bars and nightclubs, the only place listed above that we are certain is not involved in the drug trade is El Barecito. Therefore, it is the only one that staff feels is safe at this time.
For “Straight” Students
By Nora Smith and Stephanie Jackson

Many "straight" (heterosexual) students from the United States who come to Mexico experience much of the same dating behaviour that they have experienced in different parts of the United States. However, many past students have also commented that the differences in gender roles, expectations between men and women, and the ways in which sexism or machismo is made manifest in Mexico complicate going-out etiquette and the types of relationships they have been able to have while living here. For example, many of us have found it harder here to develop platonic friendships with people of the opposite sex than we did in the U.S.

The semester programs in Cuernavaca provide many opportunities for you to actively engage with your community. This includes interactions with your host family, with your supervisor and colleagues at your internship placement site, and with strangers and new friends while enjoying a night out on the town. If you appear to be a foreigner, you may also find that you are “hit on” more often than you were at home, now that you are in a society that has a legacy of foreign conquest and frequently privileges foreigners.

Additionally, you will most likely notice very explicit public displays of affection on the streets, in parks, or in other public places. It is important to know that PDA’s are often determined by Mexican police to be “indecent public behavior” that violates Mexican law and can provide pretext for harassment, fines and even arrest. So even if you see others doing it, think twice about engaging in PDA’s if you could stand out as a foreigner. Moreover, please keep in mind that some of your peers who identify as lesbian, gay, bisexual, transgendered, or queer (LGBTQ) may not be able to engage in similar activities based on cultural norms and the fear of hate crimes that could be committed against them.

As in the United States and many other countries, dominant Mexican society is heteronormative, and therefore, most people will probably assume you are heterosexual whether you are or not. As a result, you may find new or different ways in which heterosexual privilege is made manifest and find yourself confronted with a myriad of overwhelming situations as you exercise your heterosexual privilege. Therefore, as straight people ourselves, we encourage you to be extra thoughtful when deciding what clubs and bars to visit, as some of your LGBTQ peers and friends might not feel as comfortable in highly sexualized, heterosexual environments. It is important to recognize that although there are a number of bars and other forums in which queer people can socialize, the majority of nightlife caters to the heterosexual crowd. You should be aware of these dynamics when choosing which places to frequent as lack of awareness has sometimes led to hurt feelings within previous student groups.

Since you will probably be taking classes together and spending much of the semester living together with students of diverse sexual orientations, it is especially important to recognize how your decisions regarding nightlife affect the rest of your community, which will undoubtedly include people from many different backgrounds, identities, and positionalities. If you are someone who identifies as straight, we encourage you to be extra sensitive and intentional about your personal choices and interactions both within CGE and the larger local community in Cuernavaca, in order not to avoid the perpetuation of heterosexual privilege.

For resources on combating heterosexual privilege, we encourage you to check out the following websites:

Return to Top
For Persons Identifying as Recovering Alcoholics or Addicts
by a Student in Recovery

Before Leaving:
For me, the work began well before boarding the airplane. Make sure you discuss with your sponsor (if you’re a member of a 12 step meeting), counselor, or support network to process your feelings about living in a foreign country. This will not only ensure that you have everything in place to maintain your recovery, but will also to put your nerves at ease—I promise!

Don’t be afraid to let the Center for Global Education know about being in recovery. CGE is well educated on addiction and is more than willing and happy to make accommodations (time for meetings, dry housing, etc.). I was connected with a potential sponsor before leaving. I communicated with him via E-mail to establish a relationship before I physically met him.

Finally, make sure that you have discussed with any medical professionals or therapists about going abroad. CGE is also able to connect students with mental health resources within Cuernavaca. Be sure to contact the CGE Mexico Director (Ann Lutterman-Aguilar) at lutterma@augsburg.edu well in advance of departure.

During your Stay:
HIT A MEETING YOUR FIRST NIGHT. Not only did this immediately establish relationships with the recovery community in Cuernavaca, but it also settled my nerves. Make sure that you fellowship after that first meeting to get phone numbers and make friendships. Again, if you are in communication with the CGE-Mexico staff prior to departure they can help you get to a meeting soon after arrival.

CELEBRATE YOUR ANNIVERSARIES IN A MEXICAN CONTEXT. Celebrating my sobriety anniversary in Mexico is something I will never forget. Remember, you’re here to try new things, experience the culture and challenge your ways of thinking. This includes recovery! A Mexican AA/NA anniversary is unlike anything I’ve experienced.

LET YOUR PEERS KNOW. For me, it was essential that I let my peers in my learning community know that I am a recovery alcoholic and drug addict. Don’t forget that you’ll be spending a considerable amount of time with them and that they can help support you in your recovery in Mexico.

FINDING MEETINGS. CGE can connect you with recovery persons from the community. There are many English and Spanish language meetings. I try to hit 2-3 meetings a week in order to stay connected with the AA/NA community in Mexico.

LIVE WITH A DRY FAMILY. Make sure that the homestay coordinator knows that you are in recovery and want to live in a dry household. Living with people who understand recovery will be a great assistance!

And Don’t Forget:
To breathe! It’s not hard to maintain recovery in another country as long as you hit your meetings, keep connected and do the ‘next right thing.’ My experiences in Cuernavaca have given me a Mexican perspective on AA/NA and have strengthened my recovery leaps and bounds.
For Students with Mental Health Issues  
from Former Students

Having a sound mind is inherent to the well-being of every individual. It becomes especially important, however, to remain healthy and balanced during times of change and adjustment. As a former CGE student battling an often difficult mood disorder, I can tell you that while it is a challenge (and can sometimes feel overwhelming), dealing with mental health issues properly and taking good care of yourself will help to yield the best study-abroad experience possible. Being cognizant of your mental state is crucial while you are studying abroad, and while it may seem hard to manage at first, it is entirely possible to make your mental and emotional health a priority!

What exactly does the term “mental health” encompass? People often have a limited or narrow understanding of what it really is and all that it can include. The spectrum of mental health is quite varied, and can refer to mental/personality/mood disorders and illnesses, dealing with traumatic events, and dealing with crises of identity. Each of these issues can adversely affect our ability to function in academic and social situations, and can even take a toll on our physical health. Having a plan of action to take care of these issues is essential to your success in studying abroad. I would like to present my own self-care strategy as a framework for you to use when considering how you can make sure to keep your mental and emotional health in check.

First, always make sure that you will have access to your medications. While it is easy to think that your medications will be easier to attain (and cheaper) in Mexico, this is not always the case. The cheapest medications are generic, and there are no strict laws regarding the quality of generics — therefore, it is very difficult to ascertain that you are receiving safe, high-quality medications if you buy generic. Additionally, health insurance functions differently in Mexico; rather than being able to have the pharmacy bill your insurance company, you must pay upfront for your medications and file your claims after. I would recommend stocking up on your medications before leaving the U.S., as this could save you quite a lot of money and time.

Secondly, it is critical to build yourself a support system for your time here. What this looks like will vary depending on what you need, but it is of vital importance that you have emotional support during this time. This can include seeking out therapy and support groups, keeping close contact with family and friends back home, and being open and communicative about your needs with CGE staff. It is of particular importance that you are open with our staff, because in order to help you as much as we can, we need to know what is going on with you!

One of the most effective tools I have found has been the use of online support groups. Oftentimes, these groups include chat rooms with weekly times scheduled for online meetings, forums and message boards, and a wealth of information and articles to peruse. Some of my personal favorite online support groups include the Depression and Bipolar Support Alliance (DBSAlliance), and Online Al-Anon Outreach (OLA). These groups exist for eating disorders, alcoholism and substance abuse, sexual assault survival, all types of mental health disorders and recovery journeys. It is as simple as Google searching what you’d like support for! There are also some support groups in Cuernavaca (Al-Anon, Alcoholics Anonymous and Narcotics Anonymous), that have proven to be extremely helpful to past students.

Next, it is good to have a crisis plan in place in case you find yourself in need of urgent care. While we would like to hope that it is unnecessary, being able to anticipate a time when you might be in crisis is a big part of comprehensive self-care. Have a list of close family members that you can contact in the event of a medical emergency or traumatic event. Make sure never to run out of your medication.
Be proactive about having a good support system while you’re here, and be prepared for any possible eventuality. Knowing that you can go home if you find yourself in need of urgent care is extremely comforting, as is knowing that you are not alone and have support all around you. Being assertive and proactive is key, because our recovery and our self-care cannot be successful if we are not actively part of it.

The last piece of advice (and perhaps the most important of all) is to make sure that you practice EXCELLENT self-care tactics. Create a routine and stick to it, for this can help to keep you stable, aid in your recovery process and/or keep you strong and mentally and emotionally fit. This can include getting enough sleep, exercising and maintaining a healthy diet, avoiding alcohol and drugs, keeping up with medications and therapy, having an active social life and balancing that with adequate alone time, keeping contact with your family and friends back home, journaling, meditation and treating yourself every once in a while. In this way you can keep your own mind and body as healthy as possible.

All in all, staying mentally and emotionally healthy while studying abroad can be a lot of work, but it is worth it. Always be prepared with a regimen and an emergency plan, be proactive and reach out when you need help – these are the keys to a happy, healthy, safe and awesome semester abroad!
Embracing Diversity: For Multicultural Students

Despite the fact that more and more students from the United States are studying abroad, research shows that the majority of those are white. While the Center has worked hard to recruit more diverse students, our enrollment numbers for students of color are only slightly higher than the national averages (with notable exceptions for certain programs or certain years). Therefore, students of color are still in the minority within most of our groups. As a result, they sometimes feel isolated or alone when facing some challenges that are completely different than those of the white students due to the ways in which issues of race and ethnicity are constructed and dealt with differently in Mexico, Central America, and Southern Africa from in the U.S.

Some former participants have said that their program led them to reassess how they identify themselves with regard to race and ethnicity while others have indicated that it helped them deepen the identities with which they arrived.

Many Latino/a students studying in Central America and Mexico report tremendous educational and personal benefits from exploring countries where their families have roots. Some Latino/a students feel that they are able to blend into the host culture. For many, it is a journey of self discovery and one of exploring their family's heritage. They often go back home with a new perspective of themselves as North Americans and their role as Latinos in the Americas.

While participants' overall experiences were very positive and life-affirming, they have also sometimes been very emotional. This is why it is important to have your support structures in place before traveling abroad. Your need for an external support structure may depend on the length of the program you choose.

The following are suggestions offered by former students who studied in our semester programs:

1. If you haven’t already done so, be sure to reach out to groups on your campus for students of color and/or campus staff people who can provide space for listening to students of color. Students who were interviewed for this guide emphasized that these support structures are essential for having safe spaces to be able to process their study abroad experience with other people of color.

2. Talk with other students of color who have studied abroad in the location you’re choosing. If you would like to talk with former students who participated in a Center for Global Education semester or short-term program, please contact us at globaled@augsburg.edu so that we can put you in touch with participants who have volunteered to serve as resources to future participants.

3. Be prepared to be identified racially in ways that may completely surprise you. Race is constructed differently and addressed differently in our sites than it is in the U.S.; it is not better or worse, simply handled differently. You may be asked direct questions about your ethnicity and the answer of, “I’m from the U.S.” might not satisfy someone asking you where you’re from. People from the host country may give you nicknames that you feel don’t reflect your reality.

4. Take charge of your education. While it is a tricky line between being a token student spokesperson and educating by example, trust your gut. If you feel moved to speak out, do it in a manner that feels safe and comfortable to you.

Check out some of the resources that have been developed specifically for students of color who plan to study abroad. Please also look at the region in which you are thinking of studying for more country specific information.
Additional Resources

Access International Education:
http://www.ucis.pitt.edu/aie/students/

The Center for Global Education Project for Learning abroad, training and outreach:
http://www.globaled.us/plato/diversity.html

Articles for and by Multicultural students:
http://studyabroad.msu.edu/people/studentsofcolor/index.html

DIVERSE:
http://www.diverseeducation.com/IntDiversity2.asp

Diversity Abroad:
http://www.diversityabroad.com/study_abroad_guide/minority_discrimination_abroad.php

NAFSA: http://www.nafsa.org/about.sec/coop_model_programs_library/education_abroad--recruitment/diversity_issues_in_study
Diversity in Mexico

Race/Ethnicity

Mexico is an extraordinarily diverse country in ethnic and cultural terms. Over 60 different indigenous groups exist, many of which maintain their own language, and they make up 10-30% of the population today, depending on the statistics one consults. These groups are concentrated in the central and southern regions of Mexico, though some also live in the northern region. Over 60% of the Mexican population is mestizo—a mixture of Spanish and indigenous blood, and approximately 9% are of European descent. During the colonial period, African slaves were brought to Mexico and their descendants live in Mexico today, many of whom mixed with the indigenous people and the Spaniards. These groups were brought to the coastal areas of the states of Veracruz, Guerrero and Oaxaca, where strong Afro-Mexican communities exist today.

The indigenous and the Afro-Mexican people are subject to blatant racism in Mexican society, and many mestizo people also experience racism to varying degrees, depending on their skin color and class background. However, many Mexicans don’t believe that racism exists in Mexico; instead they blame any discrimination that does exist on classism. In Mexico, racism is closely linked to classism. This means that Mexican people skinned and the poorest people in Mexico. The discrimination these groups experience is based on skin color, socio-economic class, and cultural background.

In early 1992, the Mexican Constitution was amended to include f the multicultural character of the Mexican nation. The Zapatista movement in the state of Chiapas, which made its first public appearance in January 1994, has brought many of these issues to national attention. As a result, national networks of indigenous organizations gained strength and numerous organizations to recover Mexico’s black identity, known as the “third root”, are currently growing.

“For me, learning about the third root, the Afro-Mexicans, was the most significant experience of travel to walking down the streets in Cuajinicuilapa, I saw my own face. And although our struggles and contexts of life are drastically different, I felt I could relate to Mexico a little better because of these communities.” ~ Student, Duke University

In addition to the indigenous and Afro-Mexican population within Mexico, people have settled in Mexico from different parts of the world including the Philippines, the Middle East, France, Italy, China, Japan the United States and others. People of Arab descent have had an important influence on Mexican society and culture. In addition, many Jews fled the inquisition and pogroms and later the Holocaust in Europe to settle in Mexico. In the 1950’s many U.S. citizens sought refuge in Mexico during the McCarthy period of political persecution. More recently, Mexico granted exile and refugee status to many Central and South Americans who left the dictatorships and civil wars in their countries. These groups experience varying levels of acceptance and/or discrimination.

Discrimination

Students of color who study in Mexico often find that the expressions of racism are different than the ones they might experience in the United States. Some Mexicans have stereotypes that originate in television programs they watch or in their own experiences as migrants in the United States, and don’t hesitate to express these stereotypes openly. In Mexico it is much more socially accepted to comment on people’s physical characteristics than in the United States, where students may be accustomed to more insidious forms of racism that try to conform to “political correctness”. Others express a type of fascination that some students find offensive—for example, African-American and Asian-American students have experienced repeated stares on the street, and Latino students are sometimes looked upon in condescending ways if they don’t speak Spanish fluently.
Some Mexicans are quick to point out to Latino students that they are “different” from them because of the fact that they live and study in the United States and thus experience (from their perspective) more privilege than the majority of the Mexican people.

"Before coming to Mexico, I was very excited to connect and find my father’s culture, and when I arrived I immediately felt rejected. I realized that when I am in the US, they treat me badly because I am Mexican, and here (in Mexico) they treat me badly because I am a gringa." ~ Mexico semester student

Some former students have said that reassess how they identify themselves with regard to race and ethnicity while others have indicated that it helped them deepen the identities with which they arrived. While their overall experiences were very positive have also been very emotional at times. This is why it is important to have support structures in place before coming to Mexico.

“I’ve particularly liked the excursions. We’ve met with a wide variety of people representing diverse perspectives that challenge my own and make me grow. My favorite guest speaker was Nadia Alvarado, an Afro who taught us about the minority population of African descent in Mexico. That hit home so much because it personally touched experience...My time here has expanded my cultural consciousness. Being here has also strengthened my personal identity." ~ Student, Augsburg College

Many white students feel discomfort when Mexicans they don’t even know will call them “Güera” or “güero,” which are terms used in Mexico to identify light-skinned people, including light-skinned Mexicans. Most Mexicans would not consider these terms insulting but rather just an identifying characteristic of the person.

“I had always heard about ‘white privilege’ in my classes but it wasn’t something I ever really thought about. My semester in Mexico really opened my eyes to my white U.S. privilege and at the same time, challenged it." ~ Student, Augsburg College.

Religion
As a result of the Spanish conquest, Mexico is a predominantly Catholic country (about 89%). Nonetheless, Mexican Catholics vary widely in the degree to which they actually practice religion. Moreover, the Catholic Church in Mexico includes a diversity of perspectives which range from people who openly practice and promote a progressive form of Catholicism known as liberation theology to those who are part of the conservative Opus Dei movement. Many indigenous groups in Mexico identify as Catholic, but also incorporate indigenous traditions—a practice known as “syncretism.” Evangelical and protestant denominations also exist in Mexico, as well as Mormons, Jehovah’s Witnesses, Jews and Muslims.

"Spending a week in Amatlán something I’ll never stop processing. Even though I’m an atheist, it was amazing to live in such a spiritually powerful place. I felt great spiritual energy there. Also, I got to stay with two elderly gay men who which is something I’d never experienced in the U.S. They are now my adopted grandparents." ~ Student, Augsburg College

It is common for Mexicans to assume that people from other countries are Christian, so students from other religions may find this surprising or even experience discrimination. For example, it is not unusual for someone to respond “The Jews killed Christ” when a student openly identifies as being Jewish. Unlike the United States, Mexicans tend to distinguish clearly between Catholics and non-Catholics. However, even though some Mexicans may not have much knowledge about other religions besides Catholicism, many are keen to learn when presented with the opportunity.
In Cuernavaca there are many Catholic and Protestant churches, some of which hold services in English. An orthodox synagogue exists in Cuernavaca, and other opportunities exist in Mexico City for those interested in attending Jewish services.

“As a Jewish student, I was at first unsure about program organized by a Lutheran college. At times, it was difficult to be separate from a larger Jewish community both on the program and in Cuernavaca. However, the Crossing Borders program ended up being an incredibly spiritual experience for me, affording me the opportunity to engage with Judaism on a personal, political, and academic level I definitely hadn’t anticipated and greatly increasing my commitment to religiously transformation.” ~ Student, Earlham College

**Gender and Sexual Orientation**

While “machismo” still permeates Mexican culture in many ways, many Mexican men and women are working to change this. Mexico has an important feminist movement, which includes not only middle and upper class Mexican women, but indigenous and poor women as well. In places men have organized to combat their own sexism and violence against women. Women participate in social and political organizations on many levels and gradually more women are being appointed to high-level government and business positions. In recent years, the three major political parties in Mexico adopted quota laws to advance the political participation of women within the parties and as candidates in elections. Many human rights groups are organizing to demand justice and put an end to the feminicides in Ciudad Juárez.

The Lesbian, Gay, Bisexual and Transgender (LGBT) movement in Mexico is also growing rapidly. Although discrimination and even hate crimes against the LGBT community exist nation queer-friendly city. There, the LGBT community has organized a Gay Pride parade since 2005. Moreover, public establishments where the LGBT community is welcome, including numerous gay and lesbian bars a multiplied in recent years, as have articles about LGBT themes in national publications available to the general public.

“I feel like Cuernavaca has a really good network of LGBT On the nightlife side of things, it’s exclusive.” ~ Student, University of North Carolina.

This is a particularly exciting time for queer people to study in Mexico, as laws have recently passed that enable same-sex civil unions and give LGBT couples, as well as unmarried heterosexual couples, the right to make medical decisions for their partners and list them as beneficiaries of pensions and inheritances. Although these laws do not afford same-sex couples with important legal rights such as social security or adoption, many LGBT people in Mexico are celebrating them as important steps forward in the struggle for human rights.

“This program is definitely a safe space for LGBT students. My participation in this program was very important for me, no development, but in my personal development. Because the program and the staff were so queer-friendly and queer comfortable with my identity as queer than I felt when I first came to the program. I am thankful that I was able to have such a positive, affirming experience studying abroad with CGE.” ~ Student, Wesleyan University

Both men and women have sometimes found it difficult to adapt to what seem like more traditional gender constructs than those to which they are accustomed in the United States. For example, women students often become angry and/or frustrated by the catcalls they receive on the street, though learning how to deal with these in another language can become an empowering experience! Similarly, male students have sometimes expressed frustration that they be expected to conform to “macho” standards.
Transgendered students and others who defy traditional gender binaries confront particular challenges as transgendered people are largely rendered invisible in Mexico. Not all queer students may feel comfortable disclosing their gender or sexual identity in Mexico, though the staff at the Center for Global Education can provide support in this regard. Lesbian and gay Cuernavaca and the surrounding areas.

**Ability**

Cuernavaca is built on a number of mountains and ravines thus making it difficult for people with mobility issues to get around independently.

**Further Readings on Racism and Discrimination in Mexico:**

- *Romina* by Nadia Alvarado Salas, Acapulco, Guerrero, Mexico
- *The Chocolate Colored Boy* by Nadia Alvarado Salas, Acapulco, Guerrero, Mexico

**Addressing Diversity in Mexico**

The staff at all the Center’s sites has a commitment to diversity and each site implements this commitment in different ways. For example, in Mexico, the staff has carried out workshops for host families and language school instructors on a number of diversity issues so that these people, who have prolonged and sometimes close contact with students, are more sensitive to diversity issues and cultural differences they may encounter as they interact with students. Additionally, we often invite host families events in which students participate regarding these issues, which enriches the learning experience for both parties. Finally, themes of sexism, racism, classism, heterosexism and other forms of discrimination are themes that are woven throughout all the courses taught in Mexico, as well as the group reflections which take place within the living-learning environment.

**Homestays** are available with families that represent the diversity of the community (race and ethnicity, religion, socio-economic class, and sexual orientation).

**Programming:** guest speakers and excursions provide participants with opportunities to learn from and about diverse groups within the host country, such as:

- a Nahua indigenous community leader who shares his community's culture, cosmovision, and history of successful community organizing
- the first openly lesbian member of Congress in Mexico and Latin America.
- a member of the Afro-Mexican community
MEXICO

U.S. State Department Country Information:
http://www.state.gov/p/wha/ci/mx/