Migration, Globalization & the Environment

Social Work in a Latin American Context

Augsburg College

CUERNAVACA, MEXICO—SPRING 2017
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Dear Students:

Greetings from the Cuernavaca staff of the Center for Global Education and Experience (CGEE) at Augsburg College-Mexico! We are excited that you have decided to come to Mexico by Fri., January 20, 2017 to participate in our Spring 2017 semester program. We trust that it will be an enriching and exciting experience for all of us. CGEE’s educational philosophy emphasizes holistic education for personal and social transformation. Hence, our approach is both experiential and rigorously academic. We try to create many opportunities for you to meet with Mexicans who represent different viewpoints and sectors of society. We also encourage you to sharpen your critical thinking skills, analyze your experiences, reflect upon your emotional reactions, and contemplate ways to act upon and apply what you have learned.

We urge you to carefully read this program manual, as it will undoubtedly answer many of the questions that you have about the program, including questions about course registration, books to buy, what to pack and your semester-long schedule. Please bring it with you to Cuernavaca, as we will refer to it during the orientation sessions and throughout the semester. The manual also includes information about options for taking additional Spanish classes in January, as well as in the summer (at an additional cost). Please look at the January and summer options before purchasing your plane ticket so that you can take those dates into account, should you so choose.

We will be sending an email and a copy of this manual to your parents before the program starts. The purpose of that letter is to introduce Augsburg’s CGEE, describe what the semester program is like, and extend an invitation for them to visit Cuernavaca.

During your semester in Mexico, there will be two semester programs taking place at the same time. Therefore, you will share housing and some program activities with the students participating in the other program. Please note that you will be receiving a roommate information form via email to complete and return prior to your arrival. We will use this form to assign you to a room in one of our two program houses and will inform you upon your arrival in Cuernavaca. You will also be receiving other forms via email and/or online. Please complete all of them as quickly as possible and return them by their due dates.

Be sure to complete your registration information (see the “Course Selection” questionnaire in your Global Gateway) no later than December 1, 2016. Application materials for Internships and Fieldwork may also be found in your Global Gateway. Students who are applying for internships, or fieldwork must complete the application questionnaire no later than December 1, and send a copy of your resume to Margaret Anderson at anderso4@augsburg.edu with copies to cgeemexico@augsburg.edu and morganl@augsburg.

“Migration, Globalization, and the Environment” students who would like to register for an Independent Study should contact Margaret Anderson at anderso4@augsburg.edu for an application form. Students who are registering for independent study credit must submit a preliminary proposal that includes a reading list to cgeemexico@augsburg.edu and Morganl@augsburg.edu no later than January 15.

When purchasing your plane ticket to Mexico City, please make arrangements to arrive by 3:00 pm on Friday, January 20. As soon as you have your flight information, please send your arrival Information to the International Resident Assistant/Fellow at cgeemexico@augsburg.edu so she can coordinate group pick-up times at the airports.

Again, we are delighted that you will be joining us this spring. We look forward to meeting you.

Sincerely,

Ann Lutterman-Aguilar
CGEE-Mexico Site Director
CGEE Academic Program Staff and Faculty

Amanda Castillo McCamant, BIO118 Instructor, amanda.mccamant@gmail.com
Amanda earned a Licenciatura (the Mexican equivalent of a B.Sc. and one-year Masters degree) in Environmental Sciences at the Universidad Nacional Autónoma de México (UNAM) in the Ecosystems Research Center (CIECO) in Morelia, Mich. (2007-2010), with a focus on Marine Sciences. She has a background in environmental education and working with children on the coast of Michoácan as part of a governmental Turtle Conservation project. This work led her into developing her passion for education as an elementary and middle school teacher. Amanda is currently working on her Masters in “Waldorf Education” at Antioch University of New England.

Ann Lutterman-Aguilar, Mexico Site Director and Instructor, 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, and in 2014 she became a Qualified Administrator of the Intercultural Development Inventory (IDI). Prior to joining the CGEE-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 hotline. Her primary academic interests are in the areas of religion and social change, gender studies, and intercultural communication. 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 of CGEE academic programs, as well as teaching Religion, Women’s Studies, Intercultural Communication, and other courses. Ann is proudly a dual citizen of Mexico and the U.S.A. In the spring, she teaches INS 492, REL 200 and/or REL/WST 313 and co-teaches both SWK 294 and HIS/WST 357 with Antonio Ortega. She also currently serves as the local registrar and liaison to the Universal language school.

Lisanne Morgan, Homestay, Fieldwork, and Program Coordinator, morganl@augsburg.edu
Lisanne earned an Honorary B.A. in Latin American and Caribbean Studies and Spanish from York University in Toronto. Before she began consulting for CGEE 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, Mexico City, Namibia, and South Africa. Although she had previously worked as a consultant with CGEE, she joined the CGEE 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, including setting up the fieldwork placements, in coordination with the visiting Social Work professor, Nancy Rodenborg. She also assists in teaching the Social Work courses, particularly as they relate to the homestay and other experiences in Mexico. In addition, Lisanne works with short-term courses that come to Mexico, as well as those that travel to other countries, such as Cuba.
**Antonio Ortega,** Instructor and Program Coordinator, ortega@augsburg.edu
Antonio earned his *Licenciatura* in Accounting at La Salle University in Mexico City, completed a Masters degree in History, and has now completed all coursework for his doctorate in History, providing him with an “ABD” (All But Dissertation). In addition to working with CGEE-Mexico, Antonio is busily completing his dissertation. Moreover, 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 CGEE 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 fight AIDS through sexual education. His primary academic interests are LGBT issues, literature, and history. He enjoys traveling, movies, reading, and writing. Antonio teaches History and Women’s Studies, as well as other interdisciplinary courses. In the spring of 2013 he will teach the “Migration, Globalization, and the Environment (MGE)” students’ Internship Seminar in coordination with Lisanne Morgan and co-teach SWK 294 and HIS-WST 357 with Ann Lutterman-Aguilar.

**Amber Ramirez,** International Resident Assistant/Fellow, cgeemexico@augsburg.edu
In 2014, Amber earned her B.A. in Spanish/Women’s, Gender and Sexuality Studies/Philosophy from Colby College in Waterville, Maine. Amber was a CGEE student of the “Migration and Globalization” program in the Spring of 2013. She was drawn to CGEE’s program due to its commitment to collectively build and foster a healthy, critical, and transformative learning environment surrounding local and global conditions of social justice and oppression. Amber grew up in the border of El Paso, Texas and Cd. Juarez, Chihuahua and her experience abroad in Cuernavaca, México through the “Migration and Globalization” program provided her with a new understanding of the effects of immigration, human rights, and sociocultural barriers faced by many Central, Southern and Northern Mexican communities as well as Central and Southern American communities in Mexico and the United States. Her academic and social interests involve social justice issues, gender and women studies, immigration/migration, and human rights. As an International Resident Assistant/Fellow for the CGEE Mexico academic programs, Amber continues to further her knowledge in human rights and social justice issues through her internship with the “Comisión Independiente de Derechos Humanos de Morelos, AC.” She also feels it is important to encourage students to pursue their passions and believes that one of the most important tools for the knowledge and pillars of continued learning and holistic education is rooted in community-based experiential learning. On her free time she enjoys reading, exploring the complexities of immigration, hearing stories, and being with students and staff.

**Nancy Rodenborg,** Visiting Social Work Professor, rodenbor@augsburg.edu
Nancy Rodenborg has over 20 years experience in social work practice, teaching, and research on diversity and inequality. She has taught diversity courses to both MSW and BSW students and served on the Augsburg College Diversity Committee and the Diversity and Global Learning Collaborative. She led the development of a funded project with social work colleagues and The INTER-RACE Institute to increase MSW students’ cultural competence by participating in facilitated, intentionally diverse dialogue. The MSW Dialogue Project has served over 300 students since 2005.
Dr. Rodenborg’s current research explores the theory and practice of intergroup dialogue, cultural competence and inclusion. Her most recent article (co-authored with Dr. Laura Boisen) explores how unconscious bias is likely to affect social work cultural competence (“Aversive racism and intergroup contact theories: Cultural competence in a segregated world,” *Journal of Social Work Education*). Dr. Rodenborg brings a passion for global understanding and cooperation to her work. She was a founding executive committee member of the award-winning *Social Work in a Latin American Context Mexico* program. This annual semester-abroad program in Cuernavaca, Mexico, received the *Partners in International Education* award from the *Council on Social Work Education* in 2006. Dr. Rodenborg urges all social work students to participate in at least one international learning experience while in college. “It is vital for our shared future! I am committed to increasing our students’ global and domestic cultural proficiency so they do not perpetuate systemic discrimination and are prepared to join with others to promote long term structural change. I see this as a challenging, exciting, life-long and global endeavor.”

**Raziel Valiño, Adjunct Professor of Political Science and Women’s Studies, razielva@gmail.com**

Raziel earned her *Licenciatura* in Social Anthropology at UAEM (Autonomous University of the State of Morelos) and recently completed her MA/MPhil in Socio-medical Sciences at Columbia University in New York City. Raziel has now completed all of her doctoral coursework (achieving ABD status) and is currently working on her Ph.D. dissertation in Cultural Anthropology and Sociomedical Sciences. She is focusing on unaccompanied Mexican migrant youth that form part of a Minnesota-Morelos transnational circuit. Prior to her graduate studies at Columbia, Raziel worked in Morelos on issues related to youth, gender, sexuality, identity, sexual and reproductive health, violence, and U.S.-Mexico migration. From 2004 to 2006, Raziel was a Research Assistant and Mexican Mentor for a summer program “Feeding the Family in Troubled Times,” which involved a biocultural study of patterns of work, consumption and nutrition at the household level in two communities of Morelos. In 2009, while in New York, Raziel became involved with the Latino community, researching access to medical care and breast cancer screening, as well as the impact of mobility on HIV care and treatment. In the spring of 2014, she began teaching the POL-WST 341 course "Globalization, Social Struggles, and the Environment."

**Karla Vargas, Latin Dance Instructor**

Karla completed her degree in Physical Education in Cuernavaca, Mexico, where she grew up. Her grandparents hosted CGEE students in their home for many years, and therefore she was raised in the company of many foreigners. She therefore thoroughly enjoys teaching foreign students how to dance a wide variety of Latin rhythms.

**Brittney Westgard, Assistant to Social Work Professor, bwestgard23@gmail.com**

Brittney graduated from Augsburg College in 2014 with a B.S. in Social work and a minor in Sociology. Through the Augsburg Bonner Leadership program, Brittney had the opportunity to work for non-profit organizations such as Campus Kitchen, Tubman Domestic Violence Shelter, Waite House Community Center, and Volunteers of America: Salt High School. Her interest in homelessness and food justice led her to working as a shelter advocate in St. Stephens’ Men’s Shelter and as the interim director of the Campus Kitchen Program at Augsburg College. Brittney was a student of the CGEE program Social Work in the Latin American Context in 2013 and returned to Cuernavaca in 2015 as the assistant to the Social Work professor. Brittney especially enjoys biking through the city on fresh fall days, cliff jumping into icy cold waters and cooking spicy foods!
Additional CGEE Staff in Cuernavaca

Moisés ("Moi") Aguilar, Groundskeeper and Maintenance Man
Moisés started working at CGEE 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, Driver
Ismael was born in Cuernavaca. He is married (to Lupita) and has three children. He has been working at CGEE since 1996. Ismael likes to listen to all types of music, watch movies, and read the newspaper.

Moises Rios, Night Watchman
Born in Cuernavaca, Morelos, Moises (who is married to Isabel) works as one of the night watchmen at CGEE. In addition to his job at CGEE, Moises drives a taxi for the local radio taxi company, Monarca, and thus also serves as one of the drivers on the student’s many excursions in and around Cuernavaca. Moises enjoys meeting the students and spending time with his wife Isabel and their five children and one grandchild.

Natividad ("Naty") Rosas, Office Manager
Naty was born in Mexico City and has worked at CGEE since 1991. Presently, she does administrative work. She has two daughters and two granddaughters. Naty loves to practice her English with program participants. She has lived in Puebla, Mexico, CDMX, Cuernavaca and Los Angeles, California, and she also spent one month in St. Paul, MN. She likes to cook and dance and get to know people. She also loves to sing Kareoke.

Isabel ("Chavela") Sánchez, Cleaning Staff
Born in Cuernavaca, Morelos, Isabel has lived here all her life. Previously, Isabel worked at CGEE for five years. She started working with CGEE again several years later. She works hard at home and loves taking care of her five children, together with her husband Moises Rios, who is one of the night watchmen.

Guadalupe ("Lupita") Vázquez, Head Cook
Originally born in CDMX, she had lived in Morelos nine years before she started to work at CGEE in 1990. She is married (to Ismael) and has three children. She lives in the Colonia 10 de abril in Temixco. Lupita likes to dance, cook and take care of her children. She likes working at CGEE because it gives her the chance to meet a lot of people.
The following pages are filled with lots of important information as you prepare for your semester. As questions arise, please refer to this sheet to find the appropriate person to address your concern!

Application Requests for Internships and/or Independent Studies: anderso4@augsburg.edu

Completed Applications for and/or Questions about the Internship Course: morganl@augsburg.edu and cgeemexico@augsburg.edu

Housing at CGEE houses (students arriving early, any questions before semester): cgeemexico@augsburg.edu

Homestay Information: morganl@augsburg.edu and cgeemexico@augsburg.edu

Questions about Courses and Course Registration, Including Spanish Courses: lutterma@augsburg.edu and anderso4@augsburg.edu

Reserving Used Textbooks: cgeemexico@augsburg.edu

Roommate Assignments and other pre-semester surveys: cgeemexico@augsburg.edu

Spanish Course Questions: lutterma@augsburg.edu

Summer Sessions: anderso4@augsburg.edu with copy to lutterma@augsburg.edu

Taking Additional Courses at Universal Language School Prior to Semester): universal@universal-spanish.com with copies to cgeemexico@augsburg.edu and lutterma@augsburg.edu

Travel Information (your arrival and departure times): cgeemexico@augsburg.edu and anderso4@augsburg.edu

Not sure who to contact? Feel free to email your International Resident Assistant (cgeemexico@augsburg.edu) or Margaret Anderson in our Minneapolis office (anderso4@augsburg.edu) and they will gladly direct you to the right person.
SPRING 2017
BOOKS TO BUY

For All Students

Listed below are the books you will need to purchase for each course. Our study center in Cuernavaca has a small library that includes books and other resources which will be available to you for the assignments you will be working on throughout the semester. You should also plan to access your own college or university library online.

You can purchase the following books over the Internet through half.com, powells.com, amazon.com, barnesandnoble.com, or another online bookstore, or directly from the publisher (in the case of Spanish books). Please note that many of these companies also sell used books over the Internet. To save money (and space in your suitcase), be sure to carefully check the list before to see which used books you can reserve from CGEE-Mexico to buy at a lower cost.

You need to buy most of the books listed below before you leave the United States; be sure to order them at least four to six weeks in advance! The only ones which you might be able to buy in Cuernavaca are used copies of some of the books, as indicated below.

Pre-Trip Reading

Course Related Recommended Reading:

Supplementary Spanish Texts:
Spanish/English dictionary (The SPA 111 and 112 book includes a dictionary)

Libro de sinónimos y antónimos para estudiantes. Barrons. ISBN 764114476 (recommended for all Spanish courses that include writing compositions)

Other Suggestions:
You may also wish to purchase a Mexico guidebook such as The Lonely Planet or The Berkeley Guide for use on weekends and short breaks or for travel after the semester ends, as well as a blank book to use as a program journal.

You are encouraged to read at least one book about Mexico (fiction or non-fiction) before the semester begins. However, that is up to you.
For all Students: Required Texts for Spanish Courses

We have several used copies of some of the Spanish books. If you want to purchase a used copy of these books for $10 or $20 USD, please email cgeemexico@augsburg.edu 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

SPA 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
Santamaria Iglesias, Esther and Helen Jones. En Activo: Practical Business Spanish. Routledge, 2008. We do not have ANY copies of this book, so you MUST purchase it and bring it to Mexico with you!


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

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, you can buy used copies of the books in Mexico for no more than $40.

SPA 295: Topics in Literature, Culture and Linguistics: “Spanish for Law Enforcement”
Required Texts for Spanish Courses (con’t)

**SPA 311: Conversation and Composition I**
*We have TWO used copies of this text in Cuernavaca that can be purchased for US $20 each. Email our International Resident Assistant at cgeemexico@augsburg.edu ASAP to reserve a copy.*

**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 (Only open to NON-Augsburg students. Auggies should take SPA 334 or 335 instead, as 356 is taught in Minneapolis.)**

**SPA 411: Advanced Conversation and Composition II**

Required Texts for “Migration, Globalization and the Environment (MGE)” Courses

Please note: If you are taking a BUS or ECON course that is not listed below, you can probably get copies of the text in Mexico. Contact Ann at lutterma@augsburg.edu

Please note: We have a FEW used copies of some of the text books for some of the courses. If you want to purchase a used copy of one of the books in Mexico for $10 or $20 U.S. (depending on the book), please email our intern at cgeemexico@augsburg.edu to find out if the books you want are available and to reserve one. If we don’t have copies of the books you need, you will have to order the texts over the Internet or through your local bookstore. You will probably find it easiest to order them over the internet. Be sure to order them as soon as possible – at least 4-6 weeks prior to departure for Mexico!

ART 231: Precolumbian, Colonial, and Contemporary Mexican Art
Note: 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, not SPA 231.
Fernandez, Justino. Translated by Joshua C. Taylor. A Guide to Mexican Art. From its Beginnings to the Present. Chicago: University of Chicago, 1969. Used copy in Mexico: $10 USD. We only have a couple of copies, so be sure to email cgemexicointern@gmail.com right away to reserve a copy.
Helm, MacKinley. The Mexican Painters: Rivera, Orozco, Siqueiros, and Other Artists of the Social Realist School. NY: Dover Publications, 1968. Used copy in Mexico: $10 U.S. We only have a couple of copies, so be sure to email cgemexicointern@gmail.com right away to reserve a copy.

BIO 118: Environmental Biology
Bhatia, A.L. Textbook of Environmental Biology. I K International Publishing House, 2010. We have four used copies of this book in Mexico for US $20, so be sure to contact cgeemexico@augsburg.edu to reserve one.

HIS/WST: 357 Mexican History, Culture and Cosmovision (There will be some additional texts that you can buy in Mexico. The only ones that you need to purchase in advance, or reserve, are listed below.)
Carrasco, David. Religions of Mesoameria: Cosmovision and Ceremonial Centers. Waveland Press, 1998. We have four copies of this book in Mexico, so be sure to contact cgeemexico@augsburg.edu to reserve one.
Foster, Lynn. A Brief History of Mexico, 4th edition. NY: Checkmark Books, 2009. We have five copies of this book in Mexico, so be sure to contact cgeemexico@augsburg.edu to reserve one.
Steger, Manfred B. and Ravi K. Roy. Neoliberalism: A Very Short Introduction. NY: Oxford University Press, 2010. We only have a couple of used copies of this text in Mexico, so contact cgeemexico@augsburg.edu to reserve one.
O’Neil, Shannon K. Two Nations Indivisible: Mexico, the United States, and the Road Ahead. NY: Oxford University Press, 2013. We only have a couple of used copies of this text in Mexico, so contact cgeemexico@augsburg.edu to reserve one.

INS 492: Intercultural and Career Development (A 2-credit course required of all MGE students)
Required Texts for “Migration, Globalization, and the Environment (MGE)” Courses (con’t)

KEY 490:  Vocation and the Meaning of Success
You do not need to purchase any books in advance, as you can buy used copies in Mexico.
You will also read selections of books on intercultural communication as part of this course.

POL/WST 341:  Globalization, Social Struggle and the Environment (We only have used copies of the Timmons and Wallerstein books, so you must purchase (or rent) the rest online in advance and bring them to Mexico with you!)
Ennis-McMillan, Michael. A Precious Liquid: Drinking Water and Culture in the Valley of Mexico. Wadsworth, 2006. We do NOT have any used copies of this book, so be sure to order it in advance!
Fitting, Elizabeth. The Struggle for Maize: Campesinos, Workers, and Transgenic Corn in the Mexican Countryside. Duke University Press Books, 2010. We do NOT have any used copies of this book, so be sure to order it in advance!
Plankey-Videla, Nancy. We are in This Dance Together: Gender, Power, and Globalization at a Mexican Garment Firm. Rutgers University Press, 2012. We do NOT have any used copies of this book, so be sure to order it in advance!
Timmons Roberts, J. and Demetria Thanos, Nikki. Trouble in Paradise. Routledge, 2003. We have a few used copies to sell for $10 U.S. if you want to try to reserve one. Contact cgeemexico@augsburg.edu right away to buy one in Mexico.
Timothy, Wise; Salazar, Hilda; Carlsen, Laura (eds.). Confronting Globalization: Economic Integration and Popular Resistance in Mexico. Cumbrian Press, 2003. We do NOT have any used copies of this book, so be sure to order it in advance!
Wallerstein, Immanuel. Historical Capitalism. London: Verso, 1983. We have a few used copies to sell for $10 USD if you want to try to reserve one. Contact cgeemexico@augsburg.edu right away to buy one in Mexico.

REL/WST 313:  Environmental Theology and Ethics (“Search for Meaning II” credit for Augsburg students!)
We do not have ANY used copies of these books, so be sure to order them several weeks before departure for Mexico.

You will also read selected chapters from a few books that we will lend you in Mexico, including Leonardo Boff’s Cry of the Earth, Cry of the Poor and Ivone Gebara’s Longing for Running Water: Ecofeminism and Liberation, and Ecofeminism and Globalization: Exploring Culture, Context and Religion, edited by Heather Eaton and Lois Anna Lorentzen.

Internship/Seminar
Sweitzer, H. Frederick and Mary A. King. The Successful Internship: Personal, Professional, and Civic Development, 3rd Edition. Belmont, CA: Brooks/Cole CENGAGE Learning, 2009. We have seven used copies of this book, so contact cgeemexico@augsburg.edu to reserve a book to buy in Mexico for $10 USD.

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 the International Resident Assistant at cgeemexico@augsburg.edu
## Required Texts for “Social Work in a Latin American Context” Courses

### SWK 294 International Social Welfare: The Mexican Context


Steger, Manfred B. and Ravi K. Roy. *Neoliberalism: A Very Short Introduction*. NY: Oxford University Press, 2010. **We only have a couple of used copies of this text in Mexico, so contact cgeemexico@augsburg.edu to reserve one.**


You will also be given a small supplementary reading packet in Cuernavaca, so you do NOT need to purchase any books listed under “supplemental reading” in the SWK 294 syllabus.

### SWK 295 Comparative Social Policy


You will also receive a supplementary reading packet in Cuernavaca, so you do NOT need to purchase any of the books listed under “supplemental reading” in the SWK 295 syllabus.

### SWK 316 Working with Families and Groups: Theory and Practice


Delgado, Melvin. *Social Work with Latinos: A Cultural Assets Paradigm*, 2007. Chapters 1, 4, 6, and 7. **We have two used copies of this book for sale, so if you want to reserve one, please contact cgeemexico@augsburg.edu right away. Otherwise, be sure to order the book far in advance.**

*Hellman, J. *The World of Mexican Migrants: The Rock and the Hard Place*. NY: The New Press, 2008. * This text is a shared with the Mexican Context class and should be read prior to coming to the program. Be sure to order it right away.*

Toseland, R. and Rivas, R. *Introduction to Group Work Practice, 8th Ed*. Allyn and Bacon, 2017. **Be sure to buy the 8th edition! We have NO used copies of this book!**

You will also receive a supplementary reading packet in Cuernavaca, so you do NOT need to purchase the book listed under “supplemental reading” in the SWK 316 syllabus.

### SWK 317 Fieldwork in Social Work


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* *This text is a shared with the Mexican Context class and should be read prior to coming to the program. Be sure to order it right away.*

* *This text is a shared with the Mexican Context class and should be read prior to coming to the program. Be sure to order it right away.*
Important Information about Courses
Mexico – Spring 2017

Registration Information for ALL Students (MGE and SWK)

How to Register
Students from the BSW Mexico Consortium schools other than Augsburg and West Chester (i.e. St. Olaf and Winona State) should register for courses at your home school. The only students who should register through Augsburg are Augsburg students and West Chester students. Please contact our office if you are unsure of your school’s status.

Social Work Consortium students (Winona State and St. Olaf) should be sure to consult the Social Work Department at your school for course numbers and sections. Also check with your Registrar’s Office regarding deadline(s) for drop/adds which will need to made at your home school. CGEE staff cannot do this for you. However, although you register at your own school, you must also complete the “Course Selection” questionnaire in your Global Gateway account to inform CGEE staff which courses you plan on taking by Dec. 1.

Augsburg and West Chester students must register by Dec. 1, using the “Course Selection” questionnaire available in your Global Gateway account.

Augsburg and West Chester students may make slight changes in your registration 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. Moreover, if you drop a course after the add/drop deadline, it will appear on your transcript with a “W” for “withdrawn.” PLEASE NOTE THE FOLLOWING NON-NEGOTIABLE DEADLINES:

Deadlines
Dec. 1, 2016 Deadline for completing the Course Selection Questionnaire in your Global Gateway
Dec. 1, 2016 Registration deadline for January Spanish courses at Universal.
Dec. 1, 2016 Deadline for returning homestay information form, roommate information form, and all other forms.
Dec. 1, 2016 Deadline for MGE internship and SWK fieldwork applications.
Jan. 15, 2017 Deadline for independent study proposals with reading lists.
Feb. 10, 2017 Last day to change a Spanish course option.
March 1, 2017 The last day for students to add a class (including changing a Spanish course level), or drop a class (without a “W” for “withdrawal” on your transcript).
Mar. 15, 2017 Last day to withdraw from a class (You will receive a “W” for “withdrawn” on your transcript.)

General Guidelines and Recommendations Regarding Course Selection/Registration:
♦ You are required to take at least three courses, although most students take four courses. A "full load" is 3–4 courses.
♦ Each course is worth four credits in the Augsburg College system, with the exception of the INS 492 course “Intercultural and Career Development,” which is worth two credits, and Recreational Wellness: Latin Dance, which is worth one credit.
♦ The maximum number of credits per semester is 19.
♦ All students in the “Social Work in at Latin American Context” program are required to take the course entitled “International Social Welfare: The Mexican Context.” If you have already taken a similar course in the past, please contact Ann at lutterma@augsburg.edu right away.
All students in the “Migration, Globalization and the Environment” program are required to take a two-credit seminar on Intercultural and Career Development (INS 492).

You must take your courses for traditional grades. Pass/No Credit is not an option UNLESS your home school does not give grades. If that is the case, please email Ann at lutterma@augsburg.edu and Margaret at anderso4@augsburg.edu right away and provide documentation from your own college or university.

Courses other than Spanish will be taught primarily in English, and translation will be provided for guest lecturers who speak in Spanish. However, if you would like to write your papers for the HIS/WST 357, POL/WST 341, or SWK 294 courses in Spanish, you may do so.

If you plan to register for the MGE Internship or the Social Work Field Experience, you should complete the Internship or Field Work application questionnaire, which can be found in the Post-Decision section of your Global Gateway account. You must also submit all a copy of your résumé and the completed Spanish Reference form, to Margaret Anderson at anderso4@augsburg.edu and both cgeemexico@augsburg.edu and morganl@augsburg.edu no later than December 1. Requests for the internship or fieldwork will not be processed without these two forms. Students who do not register for the Social Work Field Experience will have other opportunities to engage with the local community.

Important Information Regarding Registration for Spanish classes:

- You should register for whichever course follows the last course you took, or if you are at the 300-level and above, whichever course you are most interested in or most need.

- In the case of SPA 316, you do not need to have taken SPA 311 first; those two courses may be taken in any order.

- We strongly recommend that if you have already completed the equivalent of SPA 212 that you take *SPA 316 Conversations in Cultural Context*, as it is geared toward developing oral competency in Spanish and is therefore particularly appropriate to take in Mexico.

- Check with your Spanish department BEFORE registering for your courses (by Dec. 1) so that you make the appropriate choice in advance.

- During the semester, the minimum number of students required in order to offer a course is two. Individual courses will only be offered in the case of students who have no other course options due to their level of Spanish. For example, if only one student needs to take SPA 111, then private classes will be arranged for that student. However, if only one student has registered for SPA 316 and has the option of taking SPA 311 with other students, then SPA 316 will not be offered for just one student.

- You may not change courses after the first three days of the first week of Spanish classes.

- You may change classes in the first three days 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). 2) The student’s Spanish level is adequate, as indicated by the pre-test or the on-line placement test and/or previous Spanish coursework.

- If you who would like to take additional Spanish courses, we encourage you to come in January and/or stay in Mexico for an additional course or more during May/Summer. Each course lasts 3.5 weeks, and so you can take just one course or up to five courses. See details later in this manual.

- You are not required to take Spanish, although most students choose to do so. If you are already fluent in Spanish or plan to come early in January to take a Spanish course then, you will not be as busy as you would be otherwise during the semester. In fact, if you don’t take Spanish, you will have more time to complete the required internship hours if you are conducting an internship.
Spanish Assessment
You will meet with the Academic Director at Universal after arrival in Cuernavaca. This ungraded “oral test” will not serve as a placement exam, but rather as an assessment measure 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.

Choosing and Registering for Spanish Courses
Choose your Spanish course(s) after reading the course descriptions, recommendations and guidelines listed here. If you are still not certain which course to take, please review the Spanish syllabi on-line at https://web.augsburg.edu/global/APA/Pages/Course%20Registration%20Information.pdf and talk to a professor in your Spanish department. You may also email Ann Lutterman-Aguilar at lutterma@augsburg.edu with questions.

If you want to take an additional Spanish course before or after the semester, please see the section of this manual entitled “Additional Spanish Course Before and After the Program,” as you may come to Mexico early or stay later to take an additional course for an additional expense.

Class Schedule and Contact Hours

Migration, Globalization, and the Environment (MGE) Program
You may take more than one Spanish course, as Spanish courses are usually taught consecutively over the course of the semester. The first, most intensive Spanish course typically meets for three hours/day, Monday-Thursday for five weeks, providing you with a total of 60 hours of class time. In addition, you will be expected to practice your Spanish during your rural and urban home stays, in fieldwork settings, at meals, and in the community. If you are taking a second and/or third Spanish course, those courses typically begin after you finish the first course and usually have a different schedule than the first course. You will receive the schedule for such courses in Cuernavaca.

Social Work in a Latin American Context
You may take one or two Spanish course during the semester, although those of you taking fieldwork should know that you will be far busier than your peers and that taking a second Spanish course will make it more difficult to schedule your fieldwork during week days. However, you can take a second Spanish course if you so choose. The first, and more intensive Spanish course, meets for three hours/day (8:00-11:00am), Monday-Thursday for five weeks, providing you with a total of 60 hours of class time. In addition, you will be expected to practice your Spanish during your rural and urban home stays, in fieldwork settings, over meals, and in the community. If you need or want to take an additional Spanish course in Mexico, see the options listed in this manual regarding January and/or May-June courses.
Spanish Course Options Available for all Students

Please Note: the courses below are open to all students in the MGE program. However, if you are a SWK student from a school other than Augsburg, you should check with your Spanish department before enrolling in any Spanish courses, as it may need advanced approval. Augsburg students may take any of the Spanish courses for which you have met any prerequisites., with the exception of SPA 356, which is not available as it is offered on campus.

SPA 111, 112 Beginning Spanish I, II
Aims to develop the four basic skills: understanding, speaking, reading, and writing of elementary Spanish. Introduction to culture of the Spanish-speaking world. (No prerequisite for SPA 111. Placement level determined by placement test or completion of prerequisite for SPA 112.)

SPA 211, 212 Intermediate Spanish I, II
Through the reading of selected Latin American and Spanish texts that stimulate intellectual growth and promote cultural understanding students review all of the basic structures of Spanish and build conversational skills through class discussions. (Placement level determined by placement test or completion of prerequisites: 112 for 211 and 211 for 212.)

SPA 225/325 Spanish for Heritage Speakers I/II
This course is for you if you grew up hearing Spanish and can communicate your ideas but are lacking a basic knowledge of Spanish grammar and thus feel insecure about writing and/or speaking it. The goal is to help you gain fluency and confidence in your native language. (No prerequisites. Level depends on proficiency.)

SPA/ART 231 Pre-Columbian, Colonial, and Contemporary Mexican Art
This course, which you can take in either English or Spanish, aims to develop an understanding and appreciation of Mexican art from the Pre-Columbian, colonial, and contemporary periods, with emphasis on Frida Kahlo and the muralist movement of Diego Rivera, David Alfredo Siqueiros, and José Clemente Orozco. Students will participate in numerous excursions to many museum as well as archaeological and historical sites. (Prereq: SPA 212 or equivalent or instructor’s consent.) Please note: This course includes several day-trips on Saturdays to “pyramids” such as Chalcatzingo and Teotihuacan, as well as beautiful colonial cities such as Puebla and Mexico City.

If you are an Augsburg student and need the course to fulfil your LAF in fine arts, you should register for ART credit rather than SPA credit. However, if you need the SPA credit, please email Ann at lutterma@augsburg.edu right away. This course meets a fine arts requirement but NOT the culture requirement for Spanish majors/minors at Augsburg because it is only a 200-level course.

SPA 311 Conversation and Composition
Aims to enrich vocabulary and improve fluency and facility thorough oral and written practice in correct expression. This course counts toward the major or minor in Spanish at Augsburg College is a prerequisite for all upper division courses except for SPA 316. (Prerequisite: SPA 212 or equivalent or placement exam.)

*SPA 316 Conversations in Cultural Context (*highly recommended)
Aims to improve oral fluency through debates, oral reports, and discussion of contemporary issues in Latin America. Uses Latin American films and local newspapers to stimulate discussion and deepen students’ understanding of political, economic, social, and cultural issues in the host country and throughout Latin America. Please note that you do not have to take SPA 311 before taking SPA 316. (Prerequisite: SPA 212 or equivalent.)
SPA 334 *Contemporary Mexican Literature*
This course examines short stories by the most important contemporary Mexican authors, focusing particularly on the second half of the 20th and the first few years of the 21st century. You will learn about the distinctive traits of Mexican literature as you learn about the historical, cultural, and literary contexts of this period. (Prereq: SPA 311 or equivalent or instructor’s consent.) This course meets the *literature* requirement for Spanish majors/minors at Augsburg.

SPA/WST 335 *Contemporary Latin American Women: Texts and Voices*
This course examines the social construction of gender in Latin American countries and addresses key issues faced by Latin American women today. Includes analysis of poems, excerpts of novels, essays, testimonies, and interviews by and about Latin American women. Aims to help students develop an appreciation for the complexity of diversity of Latin American women’s experiences. (Prereq.: SPA 311 or equivalent or instructor’s consent.) This course meets the *culture* requirement for Spanish majors/minors at Augsburg.

SPA 337 *Mexican Civilizations and Cultures*
The purpose of this course is to explore the development and present status of the many indigenous and other cultural groups in Mexico from pre-Colombian times to the present. Primary emphasis will be on the complexity of diverse cultures in contemporary Mexico. The course includes several Saturday excursions to locations such as the “pyramids” of Chalcatzingo and/or Teotihuacan, as well as the beautiful colonial city of Puebla and Mexico City. (Prerequisite: SPA 311 or instructor’s consent) Meets the *Humanities LAF*, as well as the *culture* requirement for Spanish majors/minors at Augsburg College.

SPA 356 *Latin American Literature* (NOT available to Augsburg students; only open to students from other schools, as Augsburg students may take SPA 334 instead.)
Examines the study of literature, as well as issues of social change through the voices of Latin American writers. Focuses on short stories, poetry, plays, one novel, and testimonials of indigenous peoples, women, and Central American refugees. (Prereq.: SPA 311 or equivalent or instructor’s consent. Unless your school requires “Latin American Literature, we recommend that you take SPA 334 instead.)

SPA 399 *Internship* (for Spanish credit)
The internship seminar is a rigorous academic course that involves not only 80-100 hours of work experience and/or participant observation in a Mexican organization but also participation in a seminar that explores cultural issues, organizational analysis, and personal and professional development through class discussions and written and oral assignments. All placements are made with agencies that have expressed interest in receiving a student. While you are encouraged to focus on meeting the organization’s needs, more emphasis is placed on learning from the experience than on accomplishing specific tasks. Please note: Students who register for the internship seminar must be willing to travel to their internship sites and to work evenings and weekends, as necessary. The internship seminar is a rigorous academic course and should be treated as such. If you register for Spanish credit must complete all assignments in Spanish. (Prerequisites: SPA 311 or equivalent) In order to register for this course, you must complete the Internship Application questionnaire in which you list your primary learning objectives for the internship by December 1. The internship counts towards the Spanish major/minor at Augsburg but students must get approval from the Spanish department at Augsburg before applying, and it is only reserved for advanced Spanish students. The Internship Application is available in the Post-Decision section of your Global Gateway account.

SPA 411 *Advanced Conversation and Composition*
Emphasizes increasing facility and correctness of written and oral expression through conversations, discussions, reports, debates, written compositions, and grammatical exercises. (Prerequisite: SPA 311 or equivalent.) This course meets the *Augsburg Writing (W) skill requirement.*
Course Offerings for “Migration, Globalization, and the Environment” (MGE)  
(Social Work students, see page 25.)

**ART 231 Pre-Columbian, Colonial, and Contemporary Mexican Art**  
This course, which is also offered in Spanish for Spanish credit, aims to develop an understanding and appreciation of Mexican art from the Pre-Columbian, colonial, and contemporary periods, with emphasis on Frida Kahlo and the muralist movement of Diego Rivera, David Alfredo Siqueiros, and José Clemente Orozco. Students will participate in numerous excursions to many museum as well as archaeological and historical sites. (Prereq: SPA 212 or equivalent or instructor’s consent.) **Please note:** This course includes several day-trips on weekends to ancient ceremonial/pyramid sites such as Chalcatzingo and/or Teotihuacan, as well as beautiful cities such as Puebla and Mexico City. This course meets a fine arts Liberal Arts Foundation (LAF) requirement but NOT the culture requirement for Spanish majors/minors at Augsburg because it is only a 200-level course.

**BIO 118 Environmental Biology**  
In this course you will analyze some of the most important issues in environmental biology with special emphasis on biodiversity, drawing particularly from examples in Mexico. Students will learn about theoretical and applied issues regarding the ecological framework of tropical America through lectures, required readings, fieldwork/lab work. This course may be used as a substitute to meet the ENV 120 requirement in the ENV major and meets Natural Sciences LAF. (No prerequisites.)

**BUS 362 International Business**  
This course views international business from a global perspective, including views of the U.S. government and perspectives of foreign governments. Each topic is supported with real-life case studies. (Prerequisites: ECO 112 or 113 and BUS 242 or BUS 200 or MKT 252) **This course counts towards the International Business major at Augsburg College.**

**HIS/WST 357 Mexican History, Culture, and Cosmovision**  
This course explores Mexican history, culture, and cosmovision with special emphasis on gender and the varied and changing roles of women of diverse backgrounds in Mexican history. Particular attention will be given to understanding how Mexican history has shaped its diverse cultures and vice versa. Emphasis will also be placed on contemporary issues in Mexican history, such as migration and emigration to the United States, as well as U.S.-Mexico relations. This course is intended to provide a helpful framework for those of you who hope to work with Mexican immigrants by developing a basic understanding of Mexican realities today. This course meets the culture requirement for Spanish majors/minors at Augsburg, but majors/minors can only count one course that is taught in English. This course also meets a Humanities LAF at Augsburg College.

**INS 492 Cultural and Career Development (2.0 credits; Required of all MGE students)**  
In this course you will explore your own cultural backgrounds and develop greater cultural self-awareness while increasing your knowledge about diverse cultures, including many different cultures within Mexico. You will examine cultural patterns regarding communication, values, and behavior and build your own cultural competence by successfully managing cultural transitions and communicating across lines of difference. You will develop personal leadership skills through being trained in and learning how to use mindfulness techniques to heighten your awareness of emotionally reactive situations and engage in critical, transformational dialogue, which is an important personal and professional skill regardless of the career that you choose. In addition, you will reflect upon your own personality type and strengths and the ways in which those can influence your career choices. You will also learn to express the way in which your study abroad experience, language and intercultural skills make you a stronger professional and job candidate.
KEY 490 *Vocation and the Meaning of Success*  
This course is the keystone course for business majors and other majors where the major program does not include a keystone element. It draws together all facets of your education by providing opportunities to reflect upon and write about the integration of your classes, personality, strengths, values, business ethics, and future pursuits. **This course meets the keystone requirement for business students. However, you must have junior or senior status to enrol in the course.**

POL/WST 341 *Globalization, Social Struggle, and the Environment*  
This course focuses on contemporary issues facing Latin American societies, using Mexico as a case study. The course will examine the phenomenon of economic globalization and analyze different perspectives regarding the pros and cons of specific types of globalization and their impacts on diverse groups of people and the natural environment. We will explore peoples’ social struggles for access to natural resources and political representation. We will also discuss the relationships between economic globalization and migration and emigration. The course uses feminist and gender analysis to identify the ways in which diverse groups of women and men are differently impacted by political, economic, and immigration policies. This course meets the **culture** requirement for Spanish majors/minors at Augsburg, but majors/minors can only count one course that is taught in English. This course also meets a **Social Sciences LAF** at Augsburg College. It also counts towards the **Environmental Studies major** at Augsburg.

REL/WST 313 *Environmental Theology and Ethics*  
In this course you will gain a basic understanding of contemporary environmental theologies and approaches to environmental ethics, using a few case studies of environmental problems in Mexico. Due to the fact that the dominant religion in Latin America is Christianity and because of the enormous influence of Liberation Theologies on contemporary Latin American politics, special emphasis will be given to Christian approaches to environmental ethics. However, we will also explore other approaches, such as traditional indigenous spirituality and ecofeminism. Attention will be given to the relationship between environmental destruction and social stratification, focusing on the disproportionate effects of environment destruction on women, particularly poor and indigenous women. (No prereq. Normal prereq: REL 100, but this can be waived in the study abroad context) **This course also counts towards the Environmental Studies major at Augsburg. If you register for this course for REL credit, it meets a core curriculum graduation requirement at Augsburg: “Search for Meaning II” (previously REL 200). Students from other schools with religion course graduation requirements may be able to use this course to meet their requirements. Be sure to inquire.**

WEL 119: *Recreational Wellness – Latin Dance.* This one-credit course meets a Lifetime Activity graduation requirement for students at Augsburg College. Students from other schools are welcome to take the course. However, if you are NOT from Augsburg, you should check with your own school to see whether or not it will meet any physical education requirements at your own school. The course teaches basic Latin rhythms, including basic steps of the Cumbia, Salsa, and Merengue dance styles. **It will meet for a total of 21-22 hours: probably two hours/week for 11 weeks.**

**Internship and Independent Study and/or Research Options**  
You may choose to complete an academic internship and/or independent study. Internships and Independent Study courses may be taken for credit in Spanish or another discipline, as listed below. They tend to be concentrated more heavily during the second half of the semester, after the first Spanish course ends. Please note that these are serious academic courses that take up lots of time and require great personal motivation and initiative.
**Internship and Seminar** (Prerequisites: SPA 212 or equivalent, internship application, and Spanish reference form) The internship seminar is a rigorous academic course that involves not only 100 hours of work experience and/or participant observation in a Mexican organization but also participation in a seminar that explores cultural issues, organizational analysis, and personal and professional development through class discussions and written and oral assignments. All placements are made with agencies that have expressed interest in receiving a student. You are encouraged to focus on meeting the organization’s needs, but given the cultural context, more emphasis is placed on learning from the experience than on accomplishing specific tasks.

You may choose to register for credit in any of the following departments:
- American Indian Studies (AIS)
- Business (BUS)
- Cross-Cultural Studies (LCS)
- Environmental Studies (ENV)
- History (HIS)
- Interdisciplinary Studies (INS)
- Marketing (MKT)
- Political Science (POL)
- Religion (REL)
- Spanish (SPA)
- Women’s Studies (WST)
- Youth and Family Ministries (YFM)

Students seeking Spanish credit must complete all assignments in Spanish

If you register for the internship, you must complete and submit an internship application in which you list your primary learning objectives for the internship by December 1. The application includes a Spanish Reference form to be completed by a Spanish professor indicating that your Spanish is strong enough to successfully complete the internship, as well as a brief phone interview in Spanish. **Requests for internships will not be processed unless these forms are submitted on time to Margaret Anderson at anderso4@augsburg.edu and both cgeemexico@augsburg.edu and morganl@augsburg.edu. Please note:** Students who register for the internship seminar must be willing to travel to their internship sites and to work evenings and weekends, as necessary. The internship seminar is a rigorous academic course and should be treated as such. If you want to register for Spanish credit for the internship, please see the description above with the other Spanish course listings. Internship questionnaire and Spanish Reference Form are available in the Post-Decision section of your Global Gateway account.

**Independent Study**
Students who are highly independent and self-motivated may conduct independent, field-based research, particularly during the second half of the semester. You will also meet regularly with an advisor and/or participate in a seminar that explores fieldwork methods and cultural and ethical issues (depending on how many others also complete an independent study). This course option is intended for serious students who want to begin research related to a senior thesis or capstone project. **You must submit a preliminary independent study proposal that includes a reading list by January 15 at the latest.** You may revise your proposal after arrival in Cuernavaca. However, you MUST bring related books and articles with you to Mexico. If you seek Spanish credit, you must complete all work in Spanish and meet with a Spanish instructor on a regular basis. **This is a rigorous academic course that requires preliminary work prior to the start of the semester, as well as great initiative.** Independent study proposal forms are available in the Post-Decision section of your Global Gateway account.
Course Offerings for “Social Work in a Latin American Context”

SWK 294 International Social Welfare: The Mexican Context (required unless special permission is sought and granted) This course strives to develop your understanding of current social, economic, political and cultural realities in Mexico by exploring Mexican history and culture. Particular emphasis will be placed on intercultural communication and the role of U.S. economic and foreign policy in Mexico both historically and currently. This understanding will frame your knowledge of contemporary social welfare and social work practice with migrants and immigrants in the United States and will serve as a foundation for the other Social Work courses taught in Mexico. In order to accomplish those goals, you will explore your own cultural backgrounds and develop greater cultural self-awareness while increasing your knowledge about diverse cultures, including many different cultures within Mexico. You will examine cultural patterns regarding communication, values, and behavior and build your own cultural competence by successfully managing cultural transitions and communicating across lines of difference. You will be trained in and learn how to use mindfulness techniques to heighten your awareness of emotionally reactive situations and engage in critical, transformational dialogue, which is an important personal and professional skill, particularly for social workers. In addition, you will reflect upon your own personality and strengths and the ways in which those can impact you in both personal and professional contexts.

SWK 295 Comparative Social Policy
This course in comparative social policy will use Mexico and the United States as the context for studying policy formation, implementation, analysis, and the influence of values on these processes. Roles and responsibilities of citizens and professionals in formulating and implementing policy responsive to social needs will be addressed. You will probably focus particularly on policies that relate to education, health care, child welfare, and aging.

SWK 316 Social Work with Groups and Families: Theory and Practice
This course is part of the practice sequence in generalist social work education. The primary focus is on the study of human behavior in groups with extensive opportunity to practice skills necessary to be an effective group member and leader. Historical development of group work and mutual aid systems will be studied. The effect of diversity on group interaction in both Mexico and the USA is highlighted. As part of this course, you will participate in a “lab group” in which you will practice your group facilitation skills.

SWK 317 Social Work Field Experience
This course is intended for students who have at least an intermediate level of Spanish. If you need to take an internship and are at a lower level, we highly encourage you to come to Mexico in early January to complete three weeks of intensive Spanish (at your own cost) prior to the start of the semester. You must complete the Fieldwork Application questionnaire by December 1 at the latest. The field experience contributes to the practicum hours required for the BSW degree. You will be placed in a social service agency in order to observe, learn from, and work with social work practitioners and/or others involved in the tasks and activities of the agency. A seminar will be provided to help link theory to practice under the supervision of a Mexican practitioner and the visiting faculty member from a CSWE accredited school. Total hours of placement will be approximately 100-120 in Mexico. Students may opt to complete the fieldwork during an extension in May for an additional fee.

WEL 119: Recreational Wellness – Latin Dance. This one-credit course meets a Lifetime Activity graduation requirement for students at Augsburg College. Students from other schools are welcome to take the course. However, if you are NOT from Augsburg, you should check with your own school to see whether or not it will meet any physical education requirements at your own school. The course teaches basic Latin rhythms, including basic steps of the Cumbia, Salsa, and Merengue dance styles. It will meet for a total of 21-22 hours: probably two hours/week for 11 weeks.
General Course Information – Relevant to ALL Courses

Student Rights and Responsibilities
Students with formally diagnosed learning or physical differences have legal rights to course modifications. If you qualify, please note in the Medical Information Questionnaire and identify any accommodation request you may have so that we may assist you with your course progress.

Excused Absences
Religious holidays and documented illness constitute excused absences. Students are responsible for informing professors in advance, as well as for getting class notes and making up any work that was missed.

Honesty Policy
You are expected to follow the Augsburg Honesty Policy, which you will find in the Appendices of this manual. Except when the assignment expressly encourages group work, it is assumed that all course work will be your own. You are not to copy the work of others. Your name on assignments will be taken as your “pledge” that you have read the honesty policy, understand it, and are following it. The first occurrence of plagiarism will result in the failure of the assignment. A student who commits plagiarism a second time will fail the course.

Explanation of Grades
All courses must be taken for grades (rather than Pass/No Credit) UNLESS you attend a school such as Evergreen State or Hampshire College that does not give grades. In that case, please send documentation of that fact to Margaret Anderson at anderso4@augsburg.edu and Ann Lutterman-Aguilar at lutterma@augsburg.edu

We believe that good evaluation of student work is an art and not a science. The grading system we use attempts to be as explicit as possible regarding the ways in which you are evaluated. Augsburg College uses a numerical grading system, so you will receive a numerical grade on their transcript.

If you attend a school other than Augsburg, you should note that even if your grades from Mexico do not average into your school’s GPA, if you apply for graduate or professional school, you will be asked for a transcript from Augsburg. Therefore, you should still take your courses seriously.

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<th>Number</th>
<th>Letter Equivalent</th>
<th>Percentage</th>
<th>Augsburg Definition</th>
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<tr>
<td>1.0</td>
<td>D</td>
<td>63-67%</td>
<td>Performance below basic course standards</td>
</tr>
<tr>
<td>.5</td>
<td>D-</td>
<td>60-62%</td>
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<tr>
<td>0</td>
<td>F</td>
<td>under 60%</td>
<td>Unacceptable performance (no course credit)</td>
</tr>
</tbody>
</table>

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Grading Criteria

While it may vary slightly from assignment to assignment, most of your work will be graded on the following four criteria: 1) Form, 2) Content, 3) Interpretation and Analysis and 4) Connections. The instructors consider superior work to be work that fulfills the following criteria:

1. **Form:**
   - extremely well organized
   - articulates ideas clearly and concisely
   - correct grammar and spelling
   - legible
   - accurate citation of readings and speakers (using footnotes or endnotes and bibliography)

2. **Content:**
   - includes an articulate statement of your thesis and/or questions for further exploration
   - demonstrates accurate knowledge of the subject
   - scales down information to what is most important
   - exhibits a profound understanding of the main points expressed by guest speakers and in required readings
   - employs solid logic and well-documented data
   - supports arguments with concrete examples from readings, speakers, and own experiences

3. **Interpretation and Analysis:**
   - presents more than just a summary of information
   - analyzes issues from different viewpoints
   - recognizes interrelationships among issues
   - draws upon assigned texts, class sessions and guest speakers to support own thesis
   - makes logical arguments
   - articulates complexities of the issues
   - generates critical questions not addressed fully by authors or speakers
   - applies principles and generalizations already learned to new information

4. **Connections:**
   - demonstrates an understanding of the ways in which issues interrelate with each other
   - integrates knowledge from diverse sources
   - compares ideas of authors of required readings with each other
   - makes connections between ideas raised in required readings with those of guest speakers
   - takes new information acquired in Mexico and effectively integrates it with prior knowledge and experiences
   - synthesizes and integrates information and ideas

**Self-Assessment and Peer Assessments**

You will often be asked to complete and hand in a self-assessment form with your assignments. Although the instructor makes the final determination of points, and hence grades, you are asked to honestly evaluate your own work in order to have input into the grading process and generate a constructive dialogue regarding the evaluation of specific assignments based on explicitly defined criteria. If you disagree with an instructor regarding the evaluation of a particular assignment, you are urged to make an appointment with the instructor to discuss the disagreement. You may also be asked to evaluate other students’ class presentations.
Additional Spanish Course Options Before and After Program

January Classes
Students who would like to brush up on their Spanish by taking additional Spanish classes before the semester begins may make arrangements directly with Universal Centro de Lengua y Comunicación Social, while cc’ing the CGEE staff at cgeemexico@augsburg.edu, Ortega@augsburg.edu, lutterma@augsburg.edu and morganl@augsburg.edu. We particularly advise students who plan to take an internship come in January in order to take Spanish then.

I. Spanish Classes without Academic Credit (Jan. 2-20)
We strongly recommend that you take a full three weeks of Spanish, arriving on January 1 (or Dec. 30) so that you can start Spanish classes on Monday, January 2 and finish on Fri., January 20. Please note that we do not recommend arriving on New Year’s Eve.

We encourage you to choose this non-credit option as a way of improving your Spanish because it gives you the most flexibility in terms of the number of weeks of Spanish that you take. If you aren’t seeking academic credit, you don’t have the pressure of grades; you are simply free to advance at your own pace and to concentrate on learning as much as you can as quickly as you can.

If you choose this option, please contact Ramiro Cuellar at universal@universal-spanish.com by December 1 in order to make arrangements directly with Universal for your Spanish classes. Be sure to mention that you will be a student enrolled in the Center for Global Education and Experience (CGEE) spring semester program that starts in the late afternoon of Friday, January 20, but let Universal know that you are interested in their regular Spanish program and will NOT be seeking academic credit. You will then need to pay Universal directly for your classes. However, CGEE will bill you for your homestay, pick you up from the airport, and introduce you to your host family. Therefore, we ask you to cc cgeemexico@augsburg.edu, morganl@augsburg.edu and lutterma@augsburg.edu on all of your correspondence with Universal, just to keep us informed.

II. Spanish Classes for Academic Credit (Jan. 2-20)
Since Universal does not normally offer our semester courses during the month of January they would have to offer a special course just for you. Therefore, you would have pay an additional fee to Universal on top of the cost for room and board you would pay CGEE during the month of January.

In order to receive academic credit for one course (four credit), you will need to take 60 hours of Spanish: four hours/day, five days/week for three weeks. You would start Spanish classes on Monday, January 2 and finish on Fri., January 20.

The additional academic Spanish course will incur an “overload fee” of $1,909.00 per credit in addition to your regular tuition if this 4-credit course will push you beyond the 19-credit limit at Augsburg. You will also have to pay Universal an additional fee of US $150. In addition, you will have to pay Augsburg CGEE for your additional January room and board costs, which are US $550. This applies to Augsburg and West Chester students.

Students from BSW Mexico Consortium Schools (Winona State and St. Olaf): since you are from a consortium school and register for classes at your home school, the process is different. Be sure to find out whether or not you are to take five courses between January and May without paying extra tuition and whether or not you would have to pay an Overload Fee. If you do, you need to make arrangements to register for the course and pay for it through your home school. In addition to any overload fees from your school, you will also have to pay Universal an additional fee of US $150, and you will have to pay CGEE your January room and board costs (US $550).
ALL students who plan to study Spanish in January:
Please contact Ramiro Cuellar (universal@univeral-spanish.com) and cc Ann Lutterman-Aguilar (lutterma@augsburg.edu), Lisanne Morgan (morganl@augsburg.edu), cgeemexico@augsburg.edu and Margaret Anderson (anderso4@augsburg.edu) by December 1 to make arrangements for the course for which you need to register and homestays, etc. If you are taking Spanish classes for credit, please let Ramiro know that you will be participating in the Augsburg semester program and that Augsburg will pay for your tuition but that you would like him to make your room and board arrangements with a host family and that you will pay him directly for that.

If you are taking Spanish for credit in January or taking three weeks of Spanish prior to the semester, plan to arrive on January 1 (or Dec. 30) so that you can start Spanish classes on Monday, January 2 and finish on Fri., January 20. Please note that we do not recommend arriving on New Year’s Eve.

Please send your flight arrival information to the International Resident Assistant (cgeemexico@augsburg.edu) and cc Margaret Anderson (anderso4@augsburg.edu) and Antonio Ortega (ortega@augsburg.edu) in order to arrange your airport pickup and your homestay with a Mexican family, as well as your additional payment for room and board in January.

Housing/Homestays in January
Since CGEE will be hosting groups of students from other colleges in January, we will not be able to house you in our facilities until Friday, January 20. However, we will arrange your homestay with a Mexican host family and provide your orientation to the family from December 30-January 20. The fees for your orientation, room and board will $550. Please contact Lisanne Morgan if you have questions about the homestay: morganl@augsburg.edu and cgeemexico@augsburg.edu

After the Spring semester ends, you may want to stay in Mexico to take a class or classes during the summer term. As an alum of the semester program, you will receive a 10% discount on the cost of a summer session.

Language and Culture in Cuernavaca – Summer Courses
CGEE offers five 3½-week course blocks in Cuernavaca, Mexico. Each block offers one 4-credit courses, and you may take as many blocks as you like. This is a great time to take additional Spanish courses and/or complete an internship and/or independent research. The cost of each block is $2,995. The program fees include tuition for one class (four credits), course-related field trips, room and board with host families, pre-trip preparation materials, airport or bus transfers, medical/emergency insurance, and general program oversight. See brochure for more details. Augsburg students: additional funding is available for summer courses. Contact Margaret Anderson at anderso4@augsburg.edu for more information.

Dates

<table>
<thead>
<tr>
<th></th>
<th>Block I</th>
<th>Block II</th>
<th>Block III</th>
<th>Block IV</th>
<th>Block V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation dates if this is</td>
<td>May 4 – 8, 2016</td>
<td>May 25 - 29</td>
<td>June 15-19</td>
<td>July 6 - 10</td>
<td>July 27 - 29</td>
</tr>
<tr>
<td>first session you are taking</td>
<td></td>
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<tr>
<td>Dates of Spanish course</td>
<td>May 9 - 27</td>
<td>May 30 - June 17</td>
<td>June 20 - July 8</td>
<td>July 11 - 29</td>
<td>August 1 - 19</td>
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<td>(Mon.-Fri., five hours/day)</td>
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<tr>
<td>Credits</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
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</tr>
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Calendar for “Migration, Globalization and the Environment” (MGE) – Spring 2017

Please note: This calendar is subject to change. One thing that will definitely NOT change is your Spring Break. 🙌 Your starting and ending dates will not change either. You will receive an updated version of the calendar upon arrival in Mexico. For updates on schedule changes, please contact Ann Lutterman-Aguilar at lutterma@augsburg.edu

Prior to the Semester

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>Dec. 1</td>
<td>Registration deadline.</td>
</tr>
<tr>
<td>Dec. 1</td>
<td>Deadline for completing Course Selection Questionnaire in your Global Gateway account.</td>
</tr>
<tr>
<td>Dec. 1</td>
<td>Internship applications due.</td>
</tr>
<tr>
<td>Dec. 1</td>
<td>Registration Deadline for January Spanish courses at Universal. (Classes run from Jan. 2-20.)</td>
</tr>
<tr>
<td>Dec. 1</td>
<td>Deadline for completing required forms and surveys, such as homestay information form, roommate information form, etc.</td>
</tr>
<tr>
<td>Jan. 2-20, 2017</td>
<td>Optional Intensive Spanish course (at own expense) for those who don’t meet the minimum requirement of Spanish or who choose to take an additional course prior to the start of the semester (especially recommended for students completing internships). You can take a 3-week course for credit. In order to get academic credit, you must take AT LEAST three weeks of Spanish, with a minimum of 60 hours. If you only take 1-2 weeks of Spanish, you can improve your Spanish but not receive academic credit. See more information in this manual.</td>
</tr>
<tr>
<td>Jan. 15</td>
<td>Deadline for submitting a preliminary independent study proposal that includes a reading list for those registering for independent study credit.</td>
</tr>
</tbody>
</table>

MGE Semester Dates

*Please note: there will be a number of Saturday excursions related to the ART/SPA 231 and SPA 337 courses that will be optional for other students. There will also be at least one mandatory Saturday excursion for all students. Therefore, before making plans for travel on weekends, please consult Ann at lutterma@augsburg.edu

<table>
<thead>
<tr>
<th>Date</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fri., Jan. 20</td>
<td>Arrival in Mexico City/Cuernavaca by 3:00pm. Airport pick-ups in Mexico City. If you can’t arrive by 3:00pm on Friday, plan to arrive on Thursday. We will pick you up, and you can spend the night in our facilities. Email <a href="mailto:cgeemexico@augsburg.edu">cgeemexico@augsburg.edu</a></td>
</tr>
<tr>
<td>Sat., Jan. 21-Fri., Jan. 27</td>
<td>Orientation week in Cuernavaca with trips to surrounding area.</td>
</tr>
<tr>
<td>Sun., Jan. 29-Thurs., Feb. 2</td>
<td>Rural homestay in the Nahua indigenous community of Amatlán de Quetzalcoatl. The focus of the rural homestay will be on immigration issues, indigenous cultural and spirituality, and environmental issues. You will be given more details upon arrival.</td>
</tr>
<tr>
<td>Mon., Feb. 6-Thurs., March 9</td>
<td>First or only intensive Spanish classes at the Universal Center for Language and Social Communication for five weeks Most Spanish classes will most likely meet from 8:00-10:50am, Mon.-Thurs. for 5 weeks. (60 hours)</td>
</tr>
<tr>
<td>Date</td>
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<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Wed., Feb. 8</td>
<td>Last day for Augsburg students to change Spanish classes (only if absolutely necessary). If you are not an Augsburg student, check with your school to see if this is possible.</td>
</tr>
<tr>
<td>Sat., Feb. 11</td>
<td>Potential all-day excursion to the Teotihuacan pyramids. Required for ART/SPA 231 students and SPA 337 students.</td>
</tr>
<tr>
<td>Sat., Feb. 25</td>
<td>Potential all-day excursion for ART/SPA 231 students and SPA 337 students. Location TBA.</td>
</tr>
<tr>
<td>Wed., March 1</td>
<td>Last day for MGE students to add a class or drop a class without a “W” for “withdrawn” on your transcript. This includes changing a Spanish course level.</td>
</tr>
<tr>
<td>Fri., March 3– Tues., April 4</td>
<td>4.5-week urban homestay. You will travel from March 9-11, so your homestay will end later than the SWK homestay. Due to the start and end of homestay, you should NOT plan to travel on the weekends of March 4-5 or April 1-2. You will need to completely vacate your rooms prior to the start of homestay, as another group may be staying in your rooms while you are away. If you would like a longer homestay, write that on your Homestay Information Form and communicate with Lisanne at <a href="mailto:Mor-ganl@augsburg.edu">Mor-ganl@augsburg.edu</a> and cc <a href="mailto:cgeemexico@augsburg.edu">cgeemexico@augsburg.edu</a></td>
</tr>
<tr>
<td>Wed., March 8 – Sat., March 11 (TBC)</td>
<td>TBC: MGE students join Environmental Studies students visiting from Minnesota for educational seminar in Mexico City and San Miguel de Allende.</td>
</tr>
<tr>
<td>Mon., March 13 – Fri., April 7</td>
<td>Probable dates for second Spanish courses for those who choose them. Please note that the second Spanish course will run 5 days/week for four weeks.</td>
</tr>
<tr>
<td>Sat., April 8 – Sun., April 16</td>
<td>Spring Break (“Holy Week” holidays in Mexico). Please note that you may NOT skip classes on Thursday or Friday prior to the start of Spring Break! Classes will end at 6:00pm on Fri., April 7 and begin again on Mon., April 16 with a trip to Mexico City. Also, be sure to make travel arrangements and hotel reservations 4-6 weeks in advance, as this is a peak travel time in Mexico! You MAY stay with your host family (if they’re not traveling) or in CGEE housing over Spring Break. While food will be available at the CGEE houses, we will determine whether or not full meals are provided Mon.-Wed. after we know how many students will be in town. Be sure to advise <a href="mailto:cgeemexico@augsburg.edu">cgeemexico@augsburg.edu</a> far in advance so that the cooks can plan accordingly. Please know that the cooks are on vacation on Thurs. and Fri. of Semana Santa.</td>
</tr>
<tr>
<td>Sun., April 16</td>
<td>Easter</td>
</tr>
<tr>
<td>Mon., April 17-Fri., April 21</td>
<td>Mexican UNAM students participate in SWK classes and some MGE activities in Cuernavaca. If you are not still in a homestay, you will probably share a room with a Mexican UNAM student or two.</td>
</tr>
<tr>
<td>Wed., May 10</td>
<td>Mexican Mother’s Day (different in Mexico than the U.S.A.)</td>
</tr>
<tr>
<td>Fri., May 12</td>
<td>Last day of classes. Program ends at 6:30pm</td>
</tr>
<tr>
<td>Sat., May 13</td>
<td>Day to pack and say goodbyes. Last day of meals.</td>
</tr>
<tr>
<td>Sun., May 14</td>
<td>Departure day. We will provide transportation to the Mexico City airport on this day (not on other days). Please note that you will be very busy during the semester, so you are encouraged to come early and/or stay and travel afterwards. If you do so, you may make arrangements to store belongings in our storage space as long as you pick them during office hours (Mon.-Fri., 8:00am-3:00pm).</td>
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</table>
After the Semester

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<tr>
<th>Sun., May 14</th>
<th>Relax and/or travel if you plan to participate in a summer course.</th>
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<tr>
<td>Wed., May 3- Sun., August 20</td>
<td>Five different Optional 3½ week summer courses. Study for as little as 3.5 weeks to much as 15.5 weeks. <em>For more information, see the CGEE website at <a href="http://www.augsburg.edu/global/programs/mexico/">http://www.augsburg.edu/global/programs/mexico/</a> and contact Margaret Anderson at <a href="mailto:anderso4@augsburg.edu">anderso4@augsburg.edu</a></em></td>
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Are Weekends Free?
While some weekends are free for independent travel, please note that there will be a number of Saturday or Sunday excursions related to the Mexican Art course that will be optional for other students. There will also be at least one mandatory weekend excursion for all students. If you are completing an internship or fieldwork, you may also need to work on some weekends. Therefore, before making plans for travel on weekends, please consult Ann at lutterma@augsburg.edu

Please note that the best time to travel and/or receive visitors is during your spring break from Sat., April 8-Sun., April 16. You may NOT take off on Fri., April 7 (classes end at 6:00pm that day) or Mon., April 17 when you will be going to Mexico City for several days.

In addition, you may choose to come earlier in January or stay for at least one week after the program ends in May so that you can travel. Please note that you will be very busy during the semester, so it is a great idea to plan to travel before and/or afterwards.
Calendar for Social Work Semester Program – Spring 2017

Please note: This calendar is subject to change. One thing that will definitely NOT change is your Spring Break. 😊 Your starting and ending dates will not change either. You will receive an updated version of the calendar upon arrival in Mexico. For updates on schedule changes, please contact Ann Lutterman-Aguilar at lutterma@augsburg.edu

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<td>Optional Intensive Spanish course (at own expense) for those who don’t meet the minimum requirement of Spanish or who choose to take an additional course prior to the start of the semester (especially recommended for students completing internships). You can take a 3-week course for credit. In order to get academic credit, you must take AT LEAST three weeks of Spanish, with a minimum of 60 hours. If you only take 1-2 weeks of Spanish, you can improve your Spanish but not receive academic credit. See more information in this manual.</td>
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</tbody>
</table>

SWK Semester Dates for Spring 2017

*Please note: there will be a number of Saturday excursions related to the ART/SPA 231 and SPA 337 courses that will be optional for other students. There will also be at least one mandatory Saturday excursion for all students. Therefore, before making plans for travel on weekends, please consult Ann at lutterma@augsburg.edu

<p>| Fri., Jan. 20 | Arrival in Mexico City/Cuernavaca by 3:00pm. Airport pick-ups in Mexico City. If you can’t arrive by 3:00pm on Friday, plan to arrive on Thursday. We will pick you up, and you can spend the night in our facilities. Email <a href="mailto:cgeemexico@augsburg.edu">cgeemexico@augsburg.edu</a> |
| Sat., Jan. 21-Fri., Jan. 27 | Orientation week in Cuernavaca with trips to surrounding area. |
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| Mon., Feb. 6-Thurs., March 9. | First or only intensive Spanish classes at the Universal Center for Language and Social Communication for 5 weeks. Most Spanish classes will most likely meet from 8:00-10:50am, Mon.-Thurs. for five weeks. (60 hours) |
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<td>Last day for Augsburg and West Chester students and any students from non-consortium schools to add a class or drop a class without a “W” for “withdrawn” on your transcript. This includes changing a Spanish course level. Other students: check with your own school for their deadlines!</td>
</tr>
<tr>
<td>Fri., March 3-Fri., March 31</td>
<td>4-week urban homestay. Due to the start and end of homestay, you should NOT plan to travel on the weekends of March 4-5 or March 25-26. You will need to completely vacate your rooms prior to the start of homestay, as another group may be staying in your rooms while you are away. If you would like a longer homestay, write that on your Homestay Information Form and communicate with Lisanne at <a href="mailto:Morganl@augsburg.edu">Morganl@augsburg.edu</a> and cc <a href="mailto:cgeemexico@augsburg.edu">cgeemexico@augsburg.edu</a></td>
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<td>Mon., April 17-Fri., April 21</td>
<td>UNAM National School of Social Work Exchange #1: UNAM students participate in classes in Cuernavaca. They will be housed in the CGEE program houses with you and you may be asked to switch rooms this week in order to share rooms with them. This is also a week for potential site visits from Social Work faculty from the consortium and affiliate schools.</td>
</tr>
<tr>
<td>Mon., April 24-28</td>
<td>UNAM National School of Social Work Exchange #2 in Mexico City: You will participate in a special seminar hosted by the UNAM School of Social Work all week and will most likely stay in a very rustic ecological center, dormitory facility or seminary near the UNAM.</td>
</tr>
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<td>Wed., May 10</td>
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Related Components of the Academic Program  
Spring 2017

We will begin the semester with an intensive week-long orientation seminar starting on the evening of Friday, January 20. Throughout the week, you will spend lots of time getting to know the other students and faculty of both your program and the other semester program that is happening at the same time (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 rest of the semester.

Concurrent Programs
During your semester in Cuernavaca, there will be two different cohorts living and studying in close proximity: “Migration, Globalization and the Environment” (MGE), draws students from many different disciplines from colleges and universities all over the United States. Much like the Social Work program, the MGE program is rooted in the philosophy of community-based experiential education for social transformation.

“Social Work in a Latin American Perspective” (SWK): The goal of this program is to develop cross-culturally competent, ethical social work professionals with a global perspective by providing a semester of transformative, experiential learning focused on social and economic justice. Much like the MGE program, the social work program is rooted in the philosophy of community-based experiential education for social transformation.

Both groups will share housing facilities, eat meals, take Spanish classes, attend many of the same guest lectures, and participate in some of the same field trips. As a result, we will try to coordinate several activities for the two groups. We trust that the opportunity to share experiences and ideas with students from the other program will add to the diversity and richness of your overall experience in Mexico.

Living/Learning Environment
Over the course of the semester, we strive to develop a living and learning environment in which the interpersonal dynamics are consistent with the ideals of social justice we are studying. 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 yourself and the world in which we live.

In order to create this kind of healthy living/learning environment, students and staff will periodically participate in structured discussions and activities designed to foment awareness and responsible behavior with regard to issues of racism, sexism, heterosexism, classism, and intercultural communication. 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. Another element of building a sense of cohesion is the collective responsibility for a few household chores, such as composting, bringing in the drinking water jugs, and keeping the patio, library and computer rooms tidy.

Occasionally, your International Resident Assistant/Fellow will facilitate to discuss issues that affect you as a community of learners. She will also organize optional activities, such as group outings for ice cream or to water parks and other interesting and fun locations.
Speaking Spanish
Although the courses that are not offered for Spanish credit will be taught primarily in English, you will have ample opportunity to use your Spanish. Your courses will involve many field trips and guest lectures in Spanish that will be translated for those who don’t understand. Students who choose to do so may write papers in Spanish for POL/WST 341, HIS/WST 357, the MGE Internship Seminar, the Independent Study, and SWK 294. You are encouraged to speak Spanish as much as possible, even while living in a CGEE program house.

Group Travel Component and Rural Homestays
In order to learn about the impact of globalization, migration and emigration on rural communities in Mexico, the group will spend an intensive 4-5 day seminar in Amatlan de Quetzalcoatl, a rural Nahua indigenous community that has been impacted by emigration, where you will stay with local families. Unlike the urban homestays, in which one student will be placed per household, during the rural homestays, generally two students will be placed in each home. This “deep dive” will take place during the second week of the semester in order to help you make the plunge into a different environment.

You will very likely spend another 1-2 nights with a family in a different rural community near the end of the semester. Please stay tuned for details.

All of the courses and the overall program will include extensive excursions, most of which will be day trips to a wide variety of organizations and communities. Details will be provided after arrival in Cuernavaca. Please remember to bring a small overnight bag or daypack with you for short trips.

For the SWK Cohort Only:
There will be a two-week exchange with the Mexican National School of Social Work at the Universidad Nacional Autónoma de Mexico (UNAM), including one week in Mexico City. We have a formal exchange agreement with the National School of Social Work at the National Autonomous University of Mexico, the UNAM. As a result of this agreement, during the week immediately after Spring Break, a group of the Mexican social work students will come to Cuernavaca for one week to participate in classes and service-learning projects with you here. They will share rooms with you in the program house(s) in Cuernavaca. We hope that you will take advantage of the opportunity to interact with Mexican students and show them around town. Please note that you should try to avoid having visitors come during this week of the semester, as you will be expected to spend most of your time hosting the Mexican social work students.

Immediately following the visit from UNAM students to Cuernavaca, you will spend one week at the UNAM in Mexico City, where you will participate in classes and fieldwork alongside Mexican social work students. You will stay in an informal environmental retreat center owned by the university, where you will be provided meals, as well as transportation to and from classes at the UNAM. The retreat center has strict rules which do not permit students to go out in the evenings. Therefore, if you are interested in exploring night life in Mexico City, you should plan to do that during your spring break, on free weekends or after the semester ends.

For the MGE Cohort Only:
From Wed., March 8 until Sat., March 11 you will most likely join a group of Augsburg students taking an Environmental Studies course in an excursion to Mexico City and an organic ranch outside of San Miguel de Allende.

You may also spend a couple of additional days in Mexico City, where you will most likely stay in a guest house near downtown. You will continue to listen to guest speakers and participate in excursions related to the themes of Migration, Globalization, and the Environment, including a visit to a shelter for migrants on the outskirts of Mexico City. You will receive more information about such trips after arrival in Cuernavaca.
Urban Homestay
One of the most rewarding and challenging parts of your semester will be the month that you spend living in a Mexican home. The homestay is an essential part of the semester program. It is not only a time to be immersed in the Spanish language, 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 are related to the daily lives of your host families. If you want or need a longer homestay, please contact Lisanne Morgan at Morganl@augsburg.edu and cgeemexico@augsburg.edu as soon as possible and also write that on your Homestay information Form.

In an effort to facilitate student contact with people from the Mexican working class, CGEE has relationships with families of modest means, some of whom are involved in community, political, environmental, and/or church activities. We trust that the homestay will be one of your best experiences in Mexico. All of the families that receive students have been carefully chosen by CGEE 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 difficult, and the unavoidable awkward moments, remembering that different is not better or worse, just different.

One student will be placed per home, but most students will be housed with families in the same neighborhoods. The homestay neighborhoods tend to be a 20-50 minute bus ride from CGEE. Previous students have expressed very positive feelings about their homestay experiences (see comments below).

You will be sent a Homestay Information Form on which you can indicate any allergies to pets, special dietary requirements, and other preferences regarding your home stay, such as a request for a gay or lesbian-friendly home, an alcohol-free home, vegetarian food, etc. If it is extremely important to you to conduct a longer homestay, please indicate that on the form and send a separate email highlighting that to Lisanne and the International Resident Assistant/Fellow. Please be sure to return your completed form to Lisanne Morgan at morganl@augsburg.edu and cc the International Resident Assistant/Fellow at cgeemexico@augsburg.edu by December 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.”

“(This 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.”

“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.”
“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.”

“[My host-mother’s] stories and life experiences really opened my eyes to my privilege and changed my definition of the word “HARD”... hard work, hard life, etc. We shared meals together and had good conversation. I learned more about the cultural differences (i.e. time and space), the language, and indirect conversation and how to detect it.”

“I learned so much more about how a Mexican family lives and works. I also was supported with my internship and to be the best person I could be. I think [CGEE] did a good job helping us process the situation before and during the [home stay] experience. [The staff] was always there for us if we needed to talk or process our new experiences.”

“[The family was] welcoming, open to the fact that I made mistakes, great cooks, and very helpful with Spanish. They always made an effort to include me, and they were willing to try new things with me and accept my invitations to go places.”

“I loved being able to spend time in the family, practice my Spanish and talk to my mom and little brother. I felt like family and at the same time they went out of their way to make me feel comfortable. I was overwhelmed by their hospitality... making sure that I had what I needed to get things done homework wise and accompanying me if appropriate. They were interested in my life and asking me questions, seeing my pictures and talking with me...I learned first-hand about the DIF [social service] programs and maquilas and immigration.”
REQUIRED TRAVEL DOCUMENTS

Passport Requirements
Be sure to obtain a passport if you do not have one. If you have one, be sure that it is valid through at least November 14, 2017

To obtain a new passport, you need the following:
- Original birth certificate with an embossed seal,
  OR
- An old U.S. passport (even if it has expired),
  OR
- A certified copy of your birth certificate with the Health Department seal of the state of birth. This can be obtained from the county clerk in the county in which you were born for a small fee. (Note: A birth registration or hospital certificate is not acceptable.)
  AND
- Valid identification, such as a driver’s license.
- Check payable to the Department of State for $110 (10 year passport) plus a $25 execution fee to the facility processing the passport application.
- Two identical passport photographs

To renew your passport, you will need:
- Your most recent passport
- Two identical passport photos
- A $110 fee, payable to the U.S. Department of State

For complete information and application forms, see http://travel.state.gov/passport/passport_1738.html

Once you receive your passport, make two copies of the photo page. Snail mail or email a scan to the Center for Global Education and Experience in Minneapolis, and keep one to carry with you (in a separate place from your passport) when you travel. As a further safeguard, we recommend that you also bring to Mexico a certified copy of your birth certificate (see above where this is described) in case you need to reapply for a lost passport during the semester.

If you are under the age of 18, or are not a U.S. citizen or permanent resident, please contact our Minneapolis office, as there are special documentation procedures you will need to follow.

Visa Requirements and Tourist Cards (Important!)
Entry into Mexico does not require a special visa for U.S. citizens and permanent residents. Upon arrival in Mexico (or 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 therefore may use the standard tourist visa 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 180 days. There will not be a place to indicate that on your form, so be sure to ask.
With the tourist card (visa), 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 (visa) – attached at the bottom of the immigration form – since CGEE staff will have to pay for it later and since you will have to present it to Mexican immigration officials in order to leave Mexico.**

**HEALTH AND SAFETY MATTERS**

**Safety Concerns**
Throughout the course of the semester there are opportunities to visit different parts of the country, including the capital, Mexico City, which claims to be the largest city in the world with a population that is estimated around at least 22 million. It is a diverse city rich with innumerable museums and other cultural attractions. However, as in any large metropolis, there are safety issues both in Mexico City and Cuernavaca. Our staff in Mexico stays informed about the current situation and takes every means possible to ensure the students’ well-being, including providing them with a thorough health and safety orientation upon their arrival to Cuernavaca (see below).

**Registering with the Department of State**
CGEE will register you with the U.S. Department of State’s SMART Traveler program prior to departure from the U.S. in case any emergencies occur while you are in Mexico.

**Security Concerns in Mexico in Light of Recent Drug-Related Violence in Mexico**
The U.S. State Department first issued a travel warning on September 10, 2010 to note the changing security situation in Monterrey, Mexico. The travel warning urges U.S. citizens to defer unnecessary travel to Michoacán, Tamaulipas, and Guerrero, to parts of Chihuahua, Sinaloa, Durango, and Coahuila and advises U.S. citizens residing or traveling in those areas to exercise extreme caution. This warning was most recently updated on April 15, 2016. (See the full text of the Travel Warning at: [https://travel.state.gov/content/passports/en/alertswarnings/mexico-travel-warning.html](https://travel.state.gov/content/passports/en/alertswarnings/mexico-travel-warning.html). The Center for Global Education and Experience does not operate programs or excursions in any of the states mentioned above. Please see the Center’s security statement at [http://www.augsburg.edu/global/healthsafety/](http://www.augsburg.edu/global/healthsafety/)

The Augsburg CGEE faculty and staff in Cuernavaca, Mexico, have been monitoring the reported increase in violence in Cuernavaca and throughout Mexico. The decision to continue programming in Cuernavaca, Mexico City, and 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. **There has been no random drug violence that has placed the general public at risk.**

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 for 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/content/passports/en/alertswarnings/mexico-travel-warning.html](http://travel.state.gov/content/passports/en/alertswarnings/mexico-travel-warning.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.
CGEE has continued to successfully run programs throughout the past semesters for students and professionals, and has programs scheduled in the same locations throughout the coming year. 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.

If you or your parents have concerns about health and/or safety that you would like to discuss with faculty, staff, current or former students, or parents of current and/or former students, please contact Margaret Anderson at anderso4@augsburg.edu so that she can put you in touch with them.

Here are standard practices and procedures our staff in Mexico have in place to protect the safety and security of our students:

**In-Country Health/Safety Orientation.** Upon arrival in Mexico, all trip participants are given an extensive health and safety orientation by one of CGEE’s staff members. This orientation covers topics from drinking water, to the insects they might see, how to deal with catcalls on the street, 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.

**Emergency Contact Cards.** You will be given a credit-card sized emergency contact card to carry at all times. The card includes the phone numbers for lodgings in Mexico, as well as phone numbers for CGEE 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.

**Safe Taxis.** As mentioned above, CGEE 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 CGEE and the location of our houses, and is a reliable, safe option for getting around the city (particularly after dark). We also recommend Radio taxi Citlalili.

You 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 CGEE staff before you travel outside of Cuernavaca. (You can also send that information to cgeemexico@augsburg.edu and lutterma@augsburg.edu via email.) You are also required to carry a charged cell phone with airtime on it at all times so that we can reach if necessary.

**Safes.** We do NOT recommend carrying passports with you in Mexico, except for the visit to the U.S. Embassy in Mexico City and any long-distance travel you conduct during spring break. We have a safe in our office where you can keep your passport and other valuables locked away during your time in Cuernavaca. There are also safe boxes in each room. You may bring a personal lock if you would like to use those safes.

**Cell Phones.** CGEE will provide you with a Mexican cell phone upon arrival in Mexico UNLESS you have your own cell phone to use (at your own expense) and provide us with that number so we can reach you when necessary. Upon arrival in Cuernavaca, you will either give us your cell phone number or a US $30 deposit for one of our cell phones, which will be programmed with the phone numbers of radio taxis, CGEE-Mexico faculty and staff phone numbers, and emergency numbers, such as hospitals, police, etc. You will receive your deposit back at the end of the semester when you return the phone. If you lose the phone, you will be provided with a new phone but forfeit your deposit.
CGEE cell phones will have enough air time on them for you to call radio taxis and make emergency calls. However, should you choose to use the cell phones for personal use, you will need to add airtime, which is easy to do.

**On-Call System.** Every evening and weekend 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” is widely distributed (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 and cell phones in case the emergency cell phone does not work for some reason or other. Between 10:00pm and 5:00am, you can also talk with one of the night watchmen who are at the house.

**Night watchman.** There is a night watchman on duty every night of the week between 10:00pm and 5:00am. The night watchman does rounds of both CGEE houses and sits outside to monitor our facilities and the neighbourhood activity.

**Security Cameras.** The CGEE houses have security cameras in front of them 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 risks of crime.

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

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

- **Carry a charged cell phone with airtime on it at all times**, so that we can reach you and you can reach us in case of emergency. You can also use this phone to call radio taxis (see below). It will be programmed with CGEE staff home numbers, on-call numbers, emergency numbers, radio taxi numbers, and other numbers you may need. CGEE will provide you a cell phone upon arrival in Cuernavaca unless you have your own cell phone that you want to use in Mexico and provide us with that number. You will need to pay a deposit of US $30 for the CGEE cell phone, and the money will be returned to you when you return the phone after the semester ends.

- 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.

- **Ask CGEE-Mexico faculty and staff and other local people about the safety of places you intend to visit.**

- **Avoid The Bull,** which has opened and closed over time, but is known for using roofies. Most importantly, former students were roofied and then sexually assaulted there. As you hear of incidents like this from people you meet, tell the staff and other students so that we can all reduce our risks.
• 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. The recommended list 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 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. Please, be extremely responsible in this matter.

• 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 face consequences with Mexican authorities. CGEE cannot bail you out, in the case you are arrested.

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

• 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 or anywhere in the state of Guerrero, including Taxco or Zihuatanejo/Ixtapa, as there are strict travel warnings there. As mentioned earlier, you should check the U.S. State Department website before travelling outside of Cuernavaca and give your travel contact information to CGEE 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 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.

Common Health Issues
Staff and students at CGEE 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 has been contaminated with infected human feces.

CGEE 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 potential 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 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
You 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, which is transmitted by mosquitoes, has recently been found in Morelos, mainly in the southern part of the state rather than Cuernavaca. Therefore, it is wise to reduce the risk of acquiring dengue by remaining in well-screened or air-conditioned areas when possible, wearing clothing that adequately covers the arms and legs, and applying insect repellent to both skin and clothing. The most effective repellents are those containing N,N-diethylmetatoluamide (DEET).

Chikunguya
The Chikungunya virus, which causes fever and joint pain, is also present in state of Morelos. It is not life-threatening, but there is no vaccine to prevent or medicine to treat chikungunya virus. Again, travelers should protect themselves by preventing mosquito bites (use insect repellent, wear long sleeves and pants, and stay in places with air conditioning or that use window and door screens).

Zika Virus
On February 1, 2016, the World Health Organization (WHO) declared a public health emergency over the potential complications of Zika virus. WHO has not issued any trade or travel restrictions to the affected areas; however, WHO advises that women who are pregnant or planning to become pregnant should take extra care to protect themselves from mosquito bites.

Note that Zika virus is primarily spread to people through mosquito bites. Currently, there is no vaccine to prevent or medicine to treat Zika. Zika causes a relatively mild illness, and the most common symptoms of Zika are fever, rash, joint pain, or red eyes; four in five people who acquire Zika infection may have no symptoms.

Augsburg CGEE is NOT cancelling or withdrawing travelers from programming, however our staff are closely monitoring the situation and we will be following CDC/US Government recommendations and alerts and will provide updates as needed. A link the CDC alert can be found here which provides recommendations and precautions for travelers:  http://www.cdc.gov/media/releases/2016/s0315-zika-virus-travel.html
Health Care Providers
The Center staff in Cuernavaca has done extensive research on health providers in the area. In addition, our health insurance provider can set up an appointment for you with English-speaking doctors in general care, gastroenterology, gynecology, ear, nose and throat, mental health. You do not need to pay up front, as the doctor’s costs are covered by the insurance. However, medicines are not always covered, so you need to budget money for medicines just in case.

There are several prestigious, well-equipped, modern hospitals only a 15-20 minute drive from the CGEE facilities, and the hospital covered by your health insurance (Hospital Henri Dunant) is considered one of the two best hospitals in the region.

CGEE-Mexico staff are also familiar with homeopathic doctors if you prefer that. However, it may not be covered by the health insurance.

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 Río Mayo). For information, contact Ann at lutterma@augsburg.edu

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 CGEEE-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 Río Mayo). There are Al-Anon meetings in Spanish at the same location on Mondays, Tuesdays, and Thursdays from 5:30-7:00pm.

In addition, there are on-line Alcoholics Anonymous (AA) and Al-Anon groups and meetings that you can attend via the Internet. For example, past students have participated in the following: http://www.usrecovery.info/Chat/AA.htm and http://xat.com/AAnonymous_Room?p=0&andss=0 for AA, and http://www.12stepforums.net/alanon.html for Al-Anon.

Mental Health
If you are seeing a therapist or psychiatrist at home, be sure to inquire as to whether or not it is feasible for you to have online sessions via Skype or another format while you are in Mexico. Some therapists are open to this, and that way you can continue to work with the person whom you already know. If, on the other hand, you want to see a psychiatrist in Mexico, our insurance will connect you to an excellent English-speaking one. In addition, past CGEE students who have preferred to see a psychologist instead of a psychiatrist, have often made appointments with English-speaking Adela Iglesias: 311-2244, or cel: (044) 777-104-2077. If you have any questions or concerns, please ask a staff member.
Past students have also taken advantage of online chat groups and online support group meetings a variety of issues, including anxiety, depression, and other mental health issues. One website that has many different online support groups and chats on a variety of issues is the Daily Strength website: http://www.dailystrength.org/component/option,com_comprofiler/task,ie_login/fb_login,1. Another is Healthful Chats at http://www.healthfulchat.org/mental-health-chat-rooms.html. The latter hosts a wide variety of chatrooms and support groups for issues such as anxiety bipolar disorder, body dysmorphic disorder, depression, eating disorders, gender identity, OCD, and PTSD. The inclusion of these sites here is not intended as an endorsement but rather a way to share some of the resources available and to make you aware of the plethora of resources on the worldwide web. If you find other resources that you like better, please let us know, and we will include them in future versions of this manual.

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 to Mexico and the process should be initiated as soon as possible since the immunization usually requires two shots a month apart. Again, if you have already been immunized, inoculation must have occurred within the last three 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 an immune globulin (IG) shot or Hepatitis A vaccine for protection against Hepatitis A. 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. Hepatitis A vaccine is preferred for persons who plan to travel repeatedly or reside for long periods of time in intermediate or high-risk areas. Immune globulin is recommended for persons of all ages who desire only short-term protection. The vaccine requires a series of injections, the first of which must take place at least four weeks prior to travel. The immune globulin is a single dose shot. Because it offers only short-term protections, it should be administered shortly prior to travel. Our most recent information, however, says that immune globulin is in very short supply.

Malaria: Some travelers to Mexico and Central America opt to take chloroquine that 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 water.
- 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 of 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 are in Cuernavaca. At some point during the semester, you will undoubtedly have an upset stomach. 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 acidophilus and take a tablet/capsule before eating or drinking anything. It is available in health stores in the U.S. 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 diarrhea.

Insurance

Medical Insurance: As a CGEE student, you will be covered by Augsburg College’s Foreign Travel Abroad insurance, administered 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. We strongly recommend you access the site prior to departure so you are familiar with the program and its benefits. To do so, go to http://www.eiia.org/internationaltravel/ and register using Group ID: C2EII, Website Activation Code150424.

Should you require any medical care during your semester in Mexico, you should contact the International Resident Assistant or another staff member who can call the insurance company for you to set up an appointment so that you do not need to pay medical costs up front – unless you choose to see a homeopathic doctor. In some cases, the insurance will cover the costs of x-rays and lab work, but they may not always do so. Therefore, costs that you should budget for are medicines, which can cost between US $50 and $100 dollars, and lab work (US $10-100), depending on the particular medicines and type of lab work being conducted.

You will be responsible for getting to and from any appointments and paying for transportation. If you need language assistance or other help, please talk to the International Resident Assistant or another member of the staff. 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, lost, 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 property insurance for any theft or damages.
ARRIVAL AND DEPARTURE INFORMATION

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 either Cuernavaca or Mexico City. Please plan to arrive at the airport by 3:00pm on Friday, January 20 in order to have supper and begin the orientation that evening. We will arrange for one or two pick-up times at a meeting point in the Mexico City airport on Friday as well as a pick-up at the Cuernavaca airport, which has limited flights from the United States (Chicago, Oakland, and a few other cities). These times will be based on the arrival times of all group members. Therefore, you may have to wait for a couple of hours in the airport to coordinate with our pick-up times.

In order to coordinate appropriate meeting times, you will need to notify us of your travel plans as soon as you have your flight information. Email your itinerary to our Minneapolis office (anderso4@augsburg.edu) and the International Resident Assistant (cgeemexico@augsburg.edu).

If you need to arrive on Thursday, you may stay in our facilities overnight for free. However, please contact the International Resident Assistant at cgeemexico@augsburg.edu as soon as possible to make arrangements. If you will already be in Cuernavaca (in order to take extra Spanish classes before the semester or to travel before classes start) you will need to check with CGEE staff about the possibilities of staying at the CGEE guesthouse or make alternative housing arrangements. Again, please let the International Resident Assistant (cgeemexico@augsburg.edu) know of your plans.

The last day of classes is Fri., May 12. We will finish around 6:00pm that day. Saturday, May 13 will be free for you to pack and say goodbye before departing on Sunday, May 14. The Center will provide transportation to the airport in Mexico City on Sunday, May 14. If you depart on a different day, you must make your own arrangements (including payment) for transportation. 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 11:00am. If you must take an earlier flight, you may need to take the bus to the airport. There are comfortable direct buses from Cuernavaca to the airport that leave as early as 3:15am and cost approximately US $15.

Should you decide to stay for a few days after the program ends, please remember that no meals will be provided after breakfast on Sunday, May 14 and that you must vacate your room by 12:00pm on Mon., May 15.

Storage after the end of the semester
You may make arrangements to store your belongings in one of our facilities. However, please note that CGEE takes no legal responsibility for items lost or stolen while in storage. In addition, you must arrange to collect your items from storage during office hours: Monday-Friday, 9:00am-2:30pm.
LOCALE AND FACILITIES

Cuernavaca
You will spend most of the semester 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 hours south of Mexico City. Both the city and the state are important in Mexican history: the palace of the Spanish conqueror, Hernán Cortés, borders the central plaza in Cuernavaca; the state itself was named after Father José María Morelos y Pavon, 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 grassroots education, alternative health practices, Base Christian Communities (“BCCs”), and economic cooperatives, as well as its free trade zone (CIVAC), which serves national and international businesses, such as NISSAN. North Americans, Japanese and Europeans are attracted to Cuernavaca’s climate and its numerous Spanish language schools.

Currency
The unit of currency in Mexico is the peso. The exchange rate at the time of printing was approximately $19.69 pesos to US $1. However, the rate fluctuates.

Time
Most of the year the time is the same as U.S. Central Standard time. Mexico also employs daylight savings, just as in the United States, although Mexico changes time on different days than the United States. Therefore, there are a few weeks of the year in which Mexico is on Mountain time rather than Central Standard. Please be sure to check.

Weather Conditions
In Cuernavaca, the climate will usually be sunny and pleasant (70° - 80° F) most days, cooling at night. There is a dry and a rainy season. You will be there mostly during the dry season (October-April), when temperatures are lower in January (50°s and 60°s F) and steadily climb through April and May, when it can get quite hot. You may catch the beginning of the rainy season (May-October), when there are often daily afternoon and evening showers.

The altitude is high, both in Cuernavaca (6,000 ft) and Mexico City (7,300 ft), so you may find yourself getting tired more easily until you acclimate. Again, be sure to drink 2-3 times as much water as you are used to drinking.

Housing
The Center for Global Education and Experience (CGEE) maintains two houses in Cuernavaca for its study programs. One of these will be your home base during the semester. 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 CGEE: Centro para la Educación Mundial). It has five bedrooms with bunk beds, six bathrooms, a dining room, a living room, a classroom, small library, a study room equipped with a printer, four computers with internet access, ample garden space, and wireless access for students who bring laptop computers. Approximately 2-3 students will share each bedroom. All meals will be prepared for you and served in Casa CEMAL, and you will participate in dish duty.
The other house CGEE maintains is called Casa Augsburg, which is across the street from Casa CEMAL. Often referred to as Casa Verde, this house has several bedrooms, many bathrooms, one large classroom, a living room, kitchenette, and several spaces to study or hang out.

We will most likely designate one of the houses an alcohol-free house in support of students who are addressing issues of recovery and for those who simply prefer an alcohol-free space.

Dining facilities are in Casa CEMAL and classrooms are in both houses, so both will be used by all students for program activities. There are also facilities to wash clothes by hand in both houses, although some students choose to go to the nearby laundromat, which charges reasonable prices for full service washing, drying and folding.

In order to get a better idea of what the houses look like, take the “CGEE-Mexico house tour” at http://www.youtube.com/watch?v=JhmKdiyaprUandfeature=relmfu

The Universal language school, which has a small swimming pool, ping-pong table and racquetball court, is conveniently located on the same street as the CGEE houses. Also located on the same street are a bakery, a laundromat, an Internet café, four small grocery stores, two stationery stores, a Pentecostal Church, and the San Antón Catholic Church.

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.

House Rules
As mentioned in the section regarding the Living/Learning Environment, you will be expected to wash your own dishes and participate in other household chores, such as composting. As a group, you will have to determine your own rules regarding quiet hours, phone usage, and other issues that will affect the group.

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. Importantly, the Mexican government makes no distinction between it and so-called “hard” drugs. Any students who use it or any other illegal drug while in Mexico will be sent home, as illegal drug use can endanger you and jeopardize the college’s legal status in this country, especially in light of the current violence taking place between opposing drug cartels.

If you are 18 or older, you may legally drink alcoholic beverages in Mexico. Moderate consumption of beer and other alcoholic beverages is allowed in public spaces in Casa Augsburg and Casa CEMAL. However, drunk and disorderly conduct is not permitted and is grounds for being sent home. In addition, participants may not drink during any class sessions, including interdisciplinary sessions and reflections, and sessions with outside speakers. Most importantly, we encourage you to create a comfortable living and learning environment that is not dependent upon alcohol consumption, as any group of people inevitably has at least one or more alcoholics in the group. Please be sensitive to your peers, some of whom who may be in recovery or may have suffered from the alcohol abuse of family members and friends. Please seek out alternatives to drinking rather than adding to the alarming rates of students in study abroad who abuse alcohol.
While we would like you to make yourself at home in the CGEE program houses during the weeks 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, **you may not give the phone numbers of the CGEE houses** out to people that you have just met. You may only give them to family members and friends from home. When meeting new people, ask them for their phone numbers and call them instead. If you choose to give out the number of your cell phone, that is up to you.

You are encouraged to get together with new friends in Cuernavaca in public parks, inexpensive restaurants, and other gathering places. For suggestions, please talk to the CGEE staff, who encourage you to make friends locally and spend time with them in the community.

With the exception of family members, as students, with the exception of members of your Mexican host family, **you may not invite visitors inside either of the CGEE houses without seeking permission 24 hours in advance.** This is due to the commitment of maintaining the safety and security of the entire group. **For safety reasons, you may not have parties in the CGEE residencies in Mexico. If you want to invite friends over, you must write a formal request and give it to the International Resident Assistant/Fellow at least 24 hours in advance.**

If you do have visitors over, **you are responsible for signing them in with their I.D.** (writing down their official ID number) in the notebook near the front door. You **must then accompany them in public spaces** as long as they are on the premises. Do not leave your guests unattended.

From Sundays through Thursdays, visitors must leave by 10:00pm. On Fridays and Saturdays, visitors must leave by midnight. If a visitor arrives after 10:00pm, a night watchman will sign the person in and photocopy her/his ID. If visitors have not left by the designated times, the night watchman on duty will escort them out. Any visitors who engage in drunk and disorderly conduct will not be allowed back on the premises.

During the weeks that you live with host families, you may continue to use the library and computer services at Casa CEMAL between 7:00 am and 10:00pm. However, during the home stay, bedrooms are off limits, as they may be used by other groups or be left alone so that the cleaning staff does not have to do extra work. You may not shower or sleep in either Casa CEMAL or Casa Augsburg. Students who are found on the CGEE premises after 10:00pm or before 7:00am will be charged a fine of US $20.

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

**Roommate Assignments**

You will receive a **Roommate Information Form** via e-mail. Completing this form will allow you to express preferences according to your personal habits that will make for better roommate matching. Please email it to the International Resident Assistant/Fellow (**cgeemexico@augsburg.edu**) by Dec. 1. If you do not complete the form on time, you will simply be assigned a room. Upon arrival we will give you your room assignment in one of the two houses.

**Housing Dates**

The CGEE dorm facilities will be open for you to move into on Friday, January 20. You must move out by 12:00pm on Monday, May 15 UNLESS you are staying to participate in summer course or make special arrangements to rent a room IF space is available. (See the Arrival and Departure Information section for details.)
We will be housing other individuals and/or groups during your home stay in Cuernavaca. Consequently, you must completely vacate your room, taking with you all your personal items. This includes all clothing, toiletries, school books, medication, luggage, etc. There will be a storage place for you to store things that you do not want to take with you to your home stay. Just check with your International Resident Assistant in advance.

At least one week before Spring Break, you must let the International Resident Assistant/Fellow (cgeemexico@augsburg.edu) what your travel plans are and whether or not you need to stay in one of our facilities because we will be hosting another group of students here during that time.

During Spring Break, the dorms will be open and food will be available for you to make your own sandwiches, soups, and salads IF you let us know in advance. However, unless a large number of students plan to stay over break, no freshly prepared meals will be provided. Moreover, the local staff has vacation from Thursday through Sunday of Spring Break. Therefore, no meals will be provided during those days.

Key, Linen and Cell Phone Deposit
Upon arrival in Cuernavaca, you will be given a set of keys and a cell phone in exchange for a US $30 deposit which will be returned to you at the end of the semester when you return your keys, linens, and cell phone. The keys that you will be given are just for the inside doors because you access the outside gates via your pin and password, which we will record shortly after your arrival. The cell phone is for your own safety and for us to reach you in case of emergencies. You will be assigned a phone upon arrival unless you already have your own. If you do, we ask you to give us that number so that we can contact in you in case of emergencies.

Housing/Room Rentals for Family and Friends
You are welcome to have family and friends visit you during the semester. Immediate family members and legal guardians may stay for free for up to one week, if space allows. In addition, if space is available, friends may rent a room in Casa Augsburg or Casa CEMAL at the rate of US $15 per person per day for lodging.

Please note, however, that there are limited times during the semester that any rooms are likely to be free, so you should check with the International Resident Assistant. Reservations must be made at least one week in advance. To find out about availability and to reserve rooms, please contact the International Resident Assistant/Fellow at cgeemexico@augsburg.edu as soon as you have your visitors’ dates. You or your guests should also make arrangements to pay during regular office hours: Monday-Friday, 9:00am-2:30pm. If space is unavailable in our program houses, there are nearby hotels and guesthouses that offer inexpensive, comfortable accommodations.

Meals for guests: If your guests choose to eat at Casa CEMAL, meals are available at the following costs: US $5 for lunch and US $5 for supper. Please make arrangements in advance with your intern (so that they can advise the cooks that there will be additional people) and pay the cost for meals in the office between 9:00am and 2:30pm.
COMMUNICATION

Keeping in touch with family and friends is very important. You should also inform your study abroad office and/or registrar where you can receive mail during the semester.

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 up 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 in taxes!

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.

If your school is planning to send you mail during the semester, DO NOT give them the address of CGEE in Minneapolis as it will not be forwarded. Be sure to give them the Mexico mailing address listed above.

Phones

Phone Calls
Calls to and from the United States: CGEE pays for a monthly Vonage phone account through the Internet that allows us to make and receive unlimited calls as if we were in Minneapolis. We have one of those phones in our office and one in the library in Casa CEMAL. For family and friends from the Twin Cities, this is a local call. For everyone outside of the Twin Cities and within the United States, the call is a national long distance call.

Calls within Mexico: In addition to the Vonage phone system, we also maintain Mexican phone numbers for local calls within Mexico. Please note that if you are making a long distance call from within Mexico, you must do so from 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. For calls through the Mexican phone lines, 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>CGEE Mexico Offices</th>
<th>Casa CEMAL</th>
<th>Casa Verde</th>
</tr>
</thead>
</table>
|                                | (612) 605-7230 via VONAGE phone  
* Ext. 105 = Ann Lutterman-Aguilar, Mexico Site Director  
* Ext. 101 = Naty Rosas, Office Manager  
* Ext. 102 = Lisanne Moran, Homestay and Internship Coordinator  
* Ext. 114 = International Resident Assistant | (612) 605-7222 via VONAGE phone (phone line in basement computer/study room)                                     | Mexican phone line from U.S.: 011-52-777-312-5641                                               |

Calls within Mexico

<table>
<thead>
<tr>
<th>Calls within Mexico</th>
<th>CGEE Mexico Offices</th>
<th>Casa CEMAL</th>
<th>Casa Verde</th>
</tr>
</thead>
</table>
|                     | (01-777) 312-3578 or (01-777) 310-1184/ 312-4245  
Ext. 115 Fax  
(Same extensions are used as listed above.) | (01-777) 312-3578 or 310-1184/ 312-4245  
Ext. 109 and 110 - Living room / Kitchen area - these are the extensions you should give out to people calling you locally.  
(Same extensions are used as listed in the column to the left.) | (01-777) 312-5641                                                                                     |

Give a copy of your semester calendar to friends and family or at least let them know when you will be traveling or otherwise unavailable (ex.: during the rural homestay, the seminar in Mexico City, Spring Break, etc.).

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 CGEE 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 CGEE 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 stated previously, CGEE 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

*Casa CEMAL* has a printer and three PC computers, 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 three PC computers, plus **wireless Internet access and additional cable access for students who bring laptop computers.** In addition to our limited computer services, there are many Internet cafés nearby. **If you have a laptop computer, you are encouraged to bring it, along with a card for wireless Internet access, but seriously consider getting insurance for the laptop.**

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 do not count on having fast or constant Internet access. With that stated, be sure to complete online assignments (or those that require printing) in advance.

CGEE Communication with Parents

If you indicated your consent on your Post-Decision Information questionnaire, we will be sending an email and electronic copy of this program manual to your parents before the program begins. This letter will introduce the Center for Global Education and Experience, describe what the semester is like, and extend an invitation for them to visit Cuernavaca while you are here.

Once you receive the detailed calendar, please give a copy to close friends and family so that they know when you will be living in the CGEE guesthouses, traveling or in homestay with Mexican families.
TRAVEL WITHIN MEXICO

Upon arrival in Cuernavaca, you will be provided with information regarding local tourist attractions and potential day-trips and weekend trips, as well as the schedule of trips related to the Mexican art course, which are open to all students and free of cost. In addition, the International Resident Assistant and Universal Language School organize optional weekend trips, most of which have an additional fee of US $15 – $20. We encourage you to bring a travel guide such as Lonely Planet or The Berkeley Guide to Mexico.

Weekend Travel
Day trips and weekend trips are possible during the semester while in Mexico. Popular weekend destinations include Toluca, Puebla, Cholula, Mexico City, Querétaro, and the pyramids of Teotihuacán and Tula. To give you an idea of prices, the bus ride to Mexico City takes about 1½-2 hours and costs about US $7 one-way. Modest hotel accommodations can often be found for approximately US $15-20/person. Again, for safety reasons, we highly recommend that students: 1) use only radio taxis; 2) travel in pairs or small groups, and 3) avoid traveling alone or taking overnight buses.

It is very important that our staff be able to reach you in case of an emergency. Therefore, you are required to complete and turn in a Travel Information Form and give it to the CGEE staff before you travel outside of Cuernavaca. You must also carry a charged cell phone with airtime on it at all times, so that we can reach you and you can reach us in case of emergency.

Travel during Spring Break
During the break, if you choose not to travel, you may stay in a CGEE program house, as the dorms will be open, but you may have to move rooms because we will have another group here at that time.

In any case, you need to let us know what your Spring Break plans are at least one week in advance. If you decide to travel, be sure to make reservations 4-6 weeks in advance, as this break falls during Semana Santa (“Holy Week”), and many Mexicans go on vacation at this time. Making hotel reservations in advance IS A MUST!

Optional Travel After the Program Ends
After the program ends, you may want to stay in Mexico for an extra week or two in order to travel with other students, family members, or friends. Popular destinations include Chiapas, Guadalajara, Oaxaca, Puerto Escondido, and Puerto Vallarta.

You may also want to consider taking additional Spanish courses, an internship, or independent study during part or all of the summer. We advise that you decide this before arranging your return date, as we have found that students often want to stay for at least one more week but have set the date of departure immediately after the program ends. Keep in mind that most airlines charge at least US $100 for any date changes.

Please remember that the last meal served on campus will be breakfast on Sunday, May 14. You must move out of your room by 12:00pm on Monday, May 15. You may make arrangements to store your belongings in one of our facilities if you plan to travel within the region. However, CGEE takes no legal responsibility for items that are lost or stolen while in storage. In addition, you must arrange to collect your items from storage during office hours: Monday-Friday, 9:00am-2:30pm.
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 and ocean beaches, such as Puerto Escondido, and cities such as Guadalajara, Oaxaca, and Veracruz. When traveling overland on a careful budget, about US $50 per day is sufficient for transportation, room and board (depending on where you go, prices can vary quite a bit). You may want to allot extra funds ($100-$300 recommended) for souvenir purchases, nightlife, emergencies or other extras.

Visits from Family and Friends
As stated earlier, family and friends are more than welcome to come and visit; the best times are during the long weekends, Spring Break and after the semester ends. Please note that it is best to receive visitors at these times, due to the large number of speakers and excursions and the overall intensity of 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. (See the “Housing/Room Rentals for Family and Friends” section for more details).

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 arrive during Spring Break or after the semester 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 prior to a long weekend or at another time during the semester, 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. (See the “Housing/Room Rentals for Family and Friends” section for more details).

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]
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](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: 57-05-07-71  
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
Nezahuatcoyotl #37, Centro (downtown)
Phone: 312-70-33 and 310-0395

(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/](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)
television: 318-57-67/318-96-84 fax: 312-91-26
e-mail: reservaciones@maria-cristina.com

**Hotels from $200 – $350 USD**
Ricardo Linares #107
television: 314-14-66/312-46-46 fax: 318-36-72
e-mail: reservaciones@lasmananitas.com.mx
HOTELS IN TEPOTZLAN, 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
## EXTRACURRICULAR ACTIVITIES IN CUERNAVACA

### Exercise Options in Cuernavaca

**Sports**

There are a number of gyms and workout facilities in the Cuernavaca area that 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. You may want to call them or stop by to verify schedules and prices.

<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>Dragon de Jade</td>
<td>Colonia Tetela</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.</td>
<td>*Stop by or call or more info.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>*Stop by or call for more info.</td>
<td></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>
<tr>
<td>Combat Academy</td>
<td>On J.H. Preciado, about a 5-10 minute walk from Casa CEMAL</td>
<td>J.H. Preciado (our street)</td>
<td>Classes: kickboxing, muay thai, jujitsu</td>
<td>Kickboxing: Mon, Wed, Fri, 9-11am and 6-8pm Muay thai: Tuesdays and Thursdays 9-11am and 6-8pm</td>
<td>400 pesos for a monthly membership 1st class free</td>
</tr>
<tr>
<td>Legion CF</td>
<td>On Plan de Ayala, near the dance place, Samanna. Next to a KFC and Burger King. You can look for them on Facebook.</td>
<td>Potrero Verde, which makes corner with Plan de Ayala</td>
<td>Classes: CrossFit, Muay Thai, Brazilian Jiu Jitsu</td>
<td>Mon-Fri: 7:00am-9:00am 5:00pm-9:00pm</td>
<td>490 pesos a month with student discount 3 free trial classes</td>
</tr>
</tbody>
</table>
Gyms (con’t)

<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>German’s Gym</td>
<td>Up the street of JH Preciado, past Puente 2000. It is on the left.</td>
<td>Phone: 310-0767 Find them on Facebook</td>
<td>Gym is equipped with machines and free weights (like bars and a few kettlebells). There are also a few running and aerobics machines.</td>
<td>Hours vary</td>
<td>Membership fees start at 250 pesos. Visit or call for more info</td>
</tr>
<tr>
<td>Zumba</td>
<td>Up the street of JH Preciado, past Puente 2000. It is on the left. On top of German’s Gym</td>
<td></td>
<td>Hours vary, mostly in the afternoon</td>
<td>One class is 30 pesos, and one month is 150</td>
<td></td>
</tr>
</tbody>
</table>

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.

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 CEMAL, 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. There are also soccer teams to which the staff can connect you.

Horseback riding: Centro Ecuestre La Cabaña offers basic classes, including equine therapy, during weekdays. They have a Facebook page, call for more information at 349-0412. It is located on the federal highway (“la libre,” not the toll road) to Mexico City, near Monte Casino. Another option is Lienzo Charro de Cuernavaca on Avenida Universidad (you can take bus “Ruta 1” from Avenida Morelos). You can also check out Real Montecassino Club Hípico in Colonia Vista Hermosa, which offers advanced classes that cost $300 pesos per hour. T-F 8:00am - 6:00pm, Sat and Sun. 9:00am-2:00pm. (See http://www.clubhipicovistahermosa.com.mx/contacto/ for more information.)
Activities at the Community Center
The Center is up the street JH Preciado, past Puente 2000, and next to the cemetery. The classes may have a minimal cost.

**Capoeira**: Students have enjoyed taking Capoeira class week days afternoon in Cuernavaca. Classes are usually 100 pesos per class or you can discuss with instructor to obtain a package deal.

**Knitting, Sewing, and other crafts**: Right before reaching Cuernavaca’s cathedral (about 10 minute walk) you can find a small crafts store that offers supplies and classes for no extra cost, M-W and Sat. mornings. Near there, there are also various places that offer workshops, including drawing, literature, sculpting, etc.

Other classes available:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballet</td>
<td>Friday 4:00-6:00pm</td>
</tr>
<tr>
<td>Beauty (belleza)</td>
<td>• Friday 9:00am-1:00pm</td>
</tr>
<tr>
<td></td>
<td>• Monday and Wednesday, 10:00am-12:00pm and 4:00-6:00pm</td>
</tr>
<tr>
<td>Embroidery (bordado con liston):</td>
<td>Tuesday and Thursday 4:00-6:00pm</td>
</tr>
<tr>
<td>Cut and Confection (corte y confeccion):</td>
<td>• Wednesday and Friday 10:00am-12:00pm</td>
</tr>
<tr>
<td></td>
<td>• Tuesday and Thursday 4:00-6:00pm</td>
</tr>
<tr>
<td>Drawing and Painting</td>
<td>Tuesday and Thursday 4:00-6:00pm</td>
</tr>
<tr>
<td>Faux Stained Glass (falso vitral):</td>
<td>Wednesday 9:00am-1:00pm</td>
</tr>
<tr>
<td>Artistic Gelatin (gelatina artistica):</td>
<td>Tuesday 9:00am-1:00pm</td>
</tr>
<tr>
<td>Sandal-Making (huaracheria):</td>
<td>Wednesday 4:00-7:00pm</td>
</tr>
<tr>
<td>Textile Painting (pintura textil):</td>
<td>• Monday 4:00-7:00pm</td>
</tr>
<tr>
<td></td>
<td>• Tuesday and Thursday, 10:00am-12:00pm</td>
</tr>
<tr>
<td>Baking/Dessert-Making (reposteria):</td>
<td>Thursday 9:00am-1:00pm</td>
</tr>
<tr>
<td>Salsa Dancing</td>
<td>Tuesday and Thursday, 10:00am-12:00pm</td>
</tr>
<tr>
<td>Tae Kondo:</td>
<td>Monday, Tuesday, and Thursday, 4:00-6:00pm</td>
</tr>
<tr>
<td>Yoga:</td>
<td>Tuesday and Thursday, 8:00-9:00am</td>
</tr>
<tr>
<td>Zumba:</td>
<td>• Monday, Wednesday, and Friday</td>
</tr>
<tr>
<td></td>
<td>• 8:00-9:00am</td>
</tr>
<tr>
<td></td>
<td>• 6:00-7:00pm</td>
</tr>
</tbody>
</table>

**Recommended Library**
**St. Michael’s and All Angels Church (English Library)**: Calle Minerva #1, Colonia Las Delicias, (316-7049). Open Monday-Saturday 10:30am - 1:00pm and Friday 4:00-6:00pm.

**Socially Responsible Nightlife in Cuernavaca**
It is important to note that overt discrimination on the basis of race, class, and sexual orientation is very common in Cuernavaca. There are numerous clubs whose bouncers are known for only allowing foreigners and 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 (which are more expensive than in the U.S.), restaurants, cafes, 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 (just past the Superama and before the Farmacia de los Aho-rros). 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 meet-ing place for foreigners and Mexicans. There are evening happy hour specials 8:00-10:00pm. Live Salsa and Cumbia music on Sun, Thursday and Fri evenings and lively dancing initiated by the diners. No cover. (also see listing in Restaurants).
- *Barecito*: Calle 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](http://www.geocities.com/barecito) They also have a FB page.
- *La Maga*: Calle Morrow #9, Col. Centro, near La India Bonita, second floor. Good drinks, cozy and artsy envi-ronment with live music most weekend nights (also see listing in Restaurants). During the daytime, this has a great, and inexpensive salad bar and buffet.
- *La Rana Sabia*: In front of the Cuernavaca cathedral, this is a very nice place to visit if you are interested in workshops and literary gatherings, including poetry slams.
- *El Telón*: (en Tepoztlán) Very good place to dance salsa in the Tepoztlán area. Only open Saturday 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.
IV. PLACES TO AVOID (PLEASE TAKE THIS SERIOUSLY!)

- Avoid The Bull, la Terraza, and Club vice, where violent incidents have taken place against students. These are bars where former students and others have reported having roofies put in their drinks and then been sexually assaulted. We do not consider them safe.
- Avoid Drea’s Karaoke Bar, on Avenida Vicente Guerrero.
- Avoid any other bars, discos, and nightclubs that CGEE 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 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 Guerrerro, Colonia Centro, Cuernavaca, Phone: 315-2870

Baptist

Iglesia Bautista Monte Abarim
Ocotepce #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 Reeleccion #31, Colonia Centro, Cuernavaca
Phone: 312-9429

Non-Denominational Christian

Centro Cristiano
Alvaro Obregon 321
Phone: (777) 318 - 59 – 65
Email: contacto@cccuernavaca.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
M-F (except Tuesdays) 6pm. Sunday: 8am, 9:30am, 10:30am, and 6pm. No mass on Sat.

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.
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; deposits for keys, linens, and cell phones; weekend and Spring Break travel, and any medical expenses incurred while in Mexico that are not covered by the health insurance (sometimes medicines, lab work, etc.)

CGEE 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 cash advances can be 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. International ATM machines are available in cities all over Mexico.

Make sure to contact your bank/credit card company to let them know you will be using your card outside the country so that they will not be alerted when international charges come in.

The amount of money you will need depends on your lifestyle: the number and cost of gifts and souvenirs you purchase, how much you like to go out to the movies or go dancing in clubs, and how much additional travel you plan, as well as how simply or extravagantly you do it. The week after the program ends offers an excellent opportunity to travel, perhaps with family or friends who may be able to visit, or with other program participants. In addition don’t forget to budget money to pay for any medicines or other expenses not covered by the health insurance.

In the past, most students have brought between US $500-$1,500. Many students spend U.S. $500-$1,000 while fewer spend U.S. $1,000-$1,500. How much you bring obviously depends upon your own spending patterns and financial capabilities.

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!
WHAT TO BRING TO MEXICO

We cannot emphasize enough the matter of packing lightly! 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 or two, you will need one piece of luggage that is small enough to use as a bag for overnight or weekend trips elsewhere.

With regard to clothing, shorts and flip-flops are not appropriate for many of our fieldtrips or sessions with guest speakers. The CGEE staff will advise you regarding the appropriate clothing to wear for any particular speaker or field trip, though in general we ask both women and men not to wear shorts except during their free time. Please avoid bringing military style, olive-colored clothing, or clothing with patriotic slogans on it.

Students who register for the internship or fieldwork course should expect to be seen as professionals in their placements and dress accordingly. 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. Flip-flops are not appropriate; however students may wear sandals. Nice jeans or other pants and casual skirts are fine. Split dresses or split-skirts that function like shorts are also fine. Be sure to bring a few shirts that are not T-shirts, crop tops, or tank tops.

We also encourage you to dress professionally when we visit Mexican government offices, factories, maquiladoras, schools, and social service agencies. Depending on the occasion, we may ask you not to wear jeans, shorts, tennis shoes, hiking boots, or flip-flops. It is important to note that factories and maquiladoras do not usually allow people to wear any kind of open-toe shoes, tennis shoes, or high-heeled shoes.

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

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 contact lens solution, suntan lotion, condoms and tampons, are available but at prices somewhat higher than in the United States.

The electrical current is the same as in the U.S., so you do not need any special adapters. In the CGEE guesthouses, the plugs 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.
Suggested Check List of Things to Pack

*These are just suggestions! Please do not feel restricted by this list!* 😊

**Clothes**

- 2-3 pairs nice jeans/pants
- 2-3 semi-professional outfits-can include collared shirts, casual skirts/dresses, khakis.
- 2-3 professional outfits for those doing internships and certain kinds of independent study
- 2 pairs of shorts
- 2-3 short-sleeved shirts
- 2-3 tank tops or T-shirts
- 2-3 long-sleeved, warmer shirts/ tops
- 2-3 outfits for night-life (something you could wear to *fiestas* or clubs if you like to go dancing)
- 1-2 light sweaters
- 1 warm sweater and/or light jacket
- Nightshirt or pajamas
- Bathrobe (optional)
- Underwear
- 6-7 pairs of socks
- 2 pairs of comfortable shoes (1 pair you can wear when dressing up, making sure that at least one pair is closed-toe and flat, for potential visits to a factories)
- 1 pair of slippers or flip-flops that you can wear around the house
- Sneakers
- Hiking boots if you plan to hike
- Work-out clothes if you like to exercise
- Swimsuit
- A towel you can use during homestay and travel to beaches, etc.

**Other Items to Pack**

- Passport that will not expire within six months of the time you leave Mexico (at least not before November 14, 2017)
- 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) and US $30 for cell phone and linen deposit
- Health insurance information and EIIA card and Travel Abroad Insurance Information
- Required books for courses (see book list)
- Spanish/English dictionary
- Laptop computer with a card for wireless internet access (if you have one)
- 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
- Electronic device for playing music
- Journal and/or notebook
- Any medications you use, along with prescriptions (preferably in their original containers, and should be in your carry-on luggage.) *Please note that medications CANNOT be mailed to Mexico and that U.S. prescriptions cannot be refilled in Mexico. Bring the amount you need for the whole semester! If you don’t have enough, you will have to see a Mexican doctor to get a new prescription.*
- Small flashlight for when the electricity goes out
- Small gift/souvenir (calendar/picture book) from your home state to give to your family in Mexico
Suggesting Packing List (con’t)

___ 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
___ Planner
Words of Wisdom from Former MGE Students

“This program will challenge you mentally, physically, and emotionally, but if you open your mind and heart to learning more about the world than you ever have before, it can change your life.”

“This program gives you hands-on personal experience that can never be received in the classroom.”

“I had so much fun this past semester. The contacts that CGEE has in Cuernavaca are really incredible. This is an intense semester and it really opened my eyes to issues both in Mexico and in my own life.”

“There is so much going on during the semester! I found it really helpful to keep a journal. It was interesting to go back later and see what I was experiencing, thinking, and feeling at the time; it helped me reflect on and integrate everything I had learned.”

“Nothing prepares you for this trip. You meet people with amazing stories and passion. It makes you think about what it means to get an education and what it means to have privilege. It is not emotionally easy but you grow a lot. The support group that you develop is nothing like what you will have back in your home school.”

“…when I came here, I could barely speak any Spanish or understand very much. Now, I feel like I’m able to have good conversations and even have meaningful friendships with Mexicans.”

“I was extremely impressed by all of the staff here. I thought everyone was extremely friendly, helpful, and passionate about their work. I really enjoyed getting to know everyone and listening to their personal stories. It was especially nice to have the faculty and students interact so frequently outside the classroom and in non-academic environments such as eating lunch together.”

“This program will open your eyes to the reality of the world, help you process it and lead you to discover how you can use your knowledge for the rest of your life.”

“The program helps create culturally-competent individuals as well as rounding off the fine arts aspect of education. It brings new meaning to putting yourself in someone else’s shoes and attempting to perceive their lives in order to help facilitate changes.”

“This is the program for people who ever wondered if there was more to Mexico than beautiful beaches, tequila, and salsa dancing. This is not a vacation, and it’s not a service trip. You don’t come to ease your conscience but to change it and engage it in a new way forever.”
Words of Wisdom from Former SWK Students

“If you let it, this program will change your life.”

“Keep a journal! It’s crazy how much you forget every day...”

“I had no idea how valuable and important and life-changing this experience would be before I came, but now that I have done it, I can’t imagine my education or my life being complete without it.”

“It is an amazing experience. You meet so many interesting people. You learn about yourself, you’re challenged, your eyes are opened, your views are changed or strengthened and you become a more culturally competent social worker.”

“This program provides incredible opportunities to see many of the different faces and realities in Mexico and Latin America that the average traveler would never get the opportunity to experience.”

“I had been planning to go on this trip since I came to Augsburg. It fit perfectly with both of my majors, and with my desire to learn Spanish. I just thought that this was the opportunity of my life to experience living and learning in another country, which is something that I always wanted to do.”

“The SWK program challenges you to look inside yourself and the reality in which you live to discover what’s often hidden, offering you the power to change it.”

“This program is not just a semester program. It forces you to think about making life long changes and to dedicate yourself more to promoting social change. I am leaving this program now knowing that the real work from this semester is just beginning with my trip home, because it is a challenge to change our lives so we can align our lives with our ideologies. There are lasting effects of a semester like this when you decide you want to change the way you interact in your community and how you relate with your country.”
For Students of Color

Despite the fact that more and more students from the United States are studying abroad, according to recent data from Open Door (an organization that monitors study abroad) out of 205,983 students who studied abroad recently, 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:

1. 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.

2. 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.

3. 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://studyabroad.msu.edu/people/studentsofcolor/index.html

4. 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.

5. 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://www0.un.org/cyberschoolbus/racism2001/orglinks.asp)
- [http://www.drix.net/jdowling/antiracism.html](http://www.drix.net/jdowling/antiracism.html)
- [http://www.hopesite.ca/rekindle/links/racism_hrights.html](http://www.hopesite.ca/rekindle/links/racism_hrights.html)
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 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.

Second, 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!
For LGBTQ Students
BY LGBTQ Students who Studied in Mexico

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**

(CG Staff Note: The make-up of the GSA varies from semester to semester, as do the activities, which depend on the students’ interest in any given semester. The testimony below reflects one student’s opinions and experience.)

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 gay activist. 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.
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 PDAs 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 because 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:

The GSA ("Gay-Straight Alliance") in Cuernavaca, Mexico

What is the GSA?
The “Gay-Straight Alliance” (GSA) is part of a national network in the United States that is geared towards "empowering youth activists to fight homophobia and transfobia in schools." (http://gsanetwork.org/ ) The GSA at CGE-Mexico shares the values and mission of the GSA network.

The GSA at CGE-Mexico is an alliance of GLIBTAQQ (Gay, Lesbian, Intersex, Bisexual, Transgender, Asexual, Queer, and Questioning) and “straight” (heterosexual) students, faculty, and staff who are committed to trying to provide an open and affirming space for GLIBTAQQ-identified students and those who are questioning their sexual identities. This is particularly important in this context because many GLIBTAQQ students have been able to “come out” in their own universities or home communities and are now afraid of having to go back “into the closet” while studying abroad. At the same time, others may never have been able to live “out of the closet” and long for spaces where they can be accepted for who they are. This is NOT an exclusive group! ANYONE who shares the values of the GSA is WELCOME to join! In fact, students, faculty, and staff at Universal language school have also been invited to attend. :-)

GSAs Strive to:
1. “Create safe environments for students to support each other and learn about homophobia and other oppressions,
2. Educate the school community about homophobia, gender identity, and sexual orientation issues, and
3. Fight discrimination, harassment, and violence in schools.”

Why GSA Groups Are Important to Establish:
• GSAs groups provide GLIBTAQQ students with a safety net and an open space in which to socialize and enjoy each other’s company, as well as that of straight allies.
• GSA groups can help GLIBTAQQ students break through the isolation to find support from peers, faculty, and staff.
• GSA groups unite GLIBTAQQ students, straight allies, and members of the community who are committed to making the world safer and more accepting of GLIBTAQQ people.
• GSAs draw on the courage of GLIBTAQQ people and the commitment of straight allies working in partnership to build bridges.
• “Strong, well-supported GSAs can have a major impact on the education environment and possess the power to transform individuals, school cultures, and educational institutions.”

Moreover, GSAs are necessary because far too many GLIBTAQQ students “face pervasive harassment and violence in schools” and universities “because of their actual or perceived sexual orientation or gender identity. Research shows that youth harassed on the basis of sexual orientation are:
• More than twice as likely to report depression and seriously consider suicide
• More likely to report low grades, smoke, drink alcohol or use drugs
• More likely to become victims of violence
• 3 times as likely to carry a weapon
• 3 times as likely to report missing school in the last 30 days
• While youth who are harassed report weaker connections to school and less support from teachers and other adults, research shows students with GSA clubs at their school feel safer and more supported.”
Why did CGE-Mexico start a GSA?
- Because it is a starting point to create safe space for a group that has been oppressed and discriminated against in both U.S. and Mexican society.
- Because we tend to receive many GLIBTAQQ students, we have tried to open study abroad up to GLIBTAQQ students, and are trying to respond to the suggestions of prior GLIBTAQQ students.

A Comment from a Former CGE-Mexico GSA Student Member:
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... 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 homestay.

Can CGE-Mexico start other groups in addition to the GSA?
- Yes! CGE-Mexico faculty and staff are completely open to creating other groups of interest to students.
- If you are interested in starting something new, please share your interest with the director or any of the faculty and staff! :)

Details and Logistics re. the CGE-Mexico GSA:
If there are students interested in participating in a GSA this semester, the group will try to meet approximately every other week and mix discussion of topics that the students are interested in with cultural events and activities.

Past CGE-Mexico Activities have included the following:
- Discussion of GLIBTAQQ life and GLIBTAQQ-friendly spaces in Mexico,
- Sharing of coming out stories,
- Attending a drag show,
- Going to a concert by a gay flautist and activist,
- Watching and discussing the movie Milk and the movie For the Bible Tells Me So,
- Celebrating birthdays of group participants,
- And visiting the HIV/AIDS education organization Grupo CD4 and the headquarters of the magazine Queernavaca.

Please use your imagination to come up with suggestions for themes, activities, and outings! All ideas are welcome! :)
