

## Pre-departure Preparation

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### Payments, Cancellation & Insurance

**Payments:** Your final payment (minus your deposit) is due six-eight weeks prior to departure. Please check your travel seminar brochure for the specific deadline. You may pay your balance by check or with a credit card (please note we only accept Visa or MasterCard). For some programs, you may be billed directly by the organization or group sponsoring your travel seminar.

**Cancellation:** Cancellation notices must be received by the Center for Global Education in writing. A \$250 deposit is non-refundable. A cancellation notice received up to 75 days before departure will be assessed only the deposit plus any non-recoverable costs (i.e. flight deposits, visa fee, etc.). A cancellation notice received 61-74 days before departure will be assessed 25% of the total travel seminar cost; a cancellation notice received 31-60 days before departure will be assessed 50% of the total cost. A cancellation notice received within 30 days of departure will be assessed the full program cost.

In the event that a travel warning is issued by the U.S State Department for a country that will be visited during a program and CGE agrees that it is unsafe to travel there (or the sponsor has an existing written policy against traveling to a country/location with a travel warning), then we will try to reroute that program to another country. If we need to cancel the program, the participants will be refunded any recoverable expenses.

If there is no travel warning, but a participant cancels due to fear of a worldwide crisis, then they may be able to transfer their deposit to another program within the same fiscal year (if CGE agrees); however, they would still be responsible for paying any unrecoverable expenses related to the original trip.

**Cancellation Insurance:** We recommend you purchase trip cancellation insurance to protect yourself against emergencies or unforeseen events that might prevent you from traveling. Some examples of unforeseen disruptions that could require you to cancel your trip are: you or a family member becomes sick or dies; bad weather or natural disasters that results in closed airports, roads, or hotels; jury duty; terrorist attacks/civil unrest in-country or at home; health epidemics (such as H1N1, Ebola); and travel warnings issued by the U.S. Department of State.

You are free to use any insurance company. Make sure the company you work with offers cancellation and trip interruption coverage as a part of the package.

NOTE: In many instances, cancellation insurance must be purchased within 14 days of your first payment towards any trip related costs (i.e.: deposit on program or airline ticket).

**Travel Health/Accident Insurance:** All participants are required to have health/accident insurance that covers medical expenses incurred during the travel seminar and includes emergency evacuation. Please check with your institution to see if they provide coverage for international travel and emergency evacuations. Otherwise, there are a number of reputable providers you may use.

CGE has an account with HTH Worldwide Insurance Services, which provides good medical coverage at our group rate for ages 0-74: \$11.75/weekly or \$40.75/monthly. For more information visit the HTH website at [www.hthstudents.com](http://www.hthstudents.com) using group access code **BIH-2227**. You do not need to be a student to apply for this coverage. If you need assistance with registering online, please contact our office.

### Passport, Visa & Entry Requirements

**Passport:** The information below addresses passport requirements for U.S citizens. Citizens of other countries need to contact the Mexico consulate for entry requirements.

Mexico requires you to have a passport that is valid for at least six months past the scheduled date of departure. While the average processing time for a standard passport application is six weeks, it can take much longer. If your trip is departing within six weeks, we recommend using Expedited Service. Consult the U.S. Department of State's Web page for fees and procedures: <http://travel.state.gov/content/passports/english.html>.

Once you receive your new or renewed passport, you sign it on the designated page opposite your picture to validate it. If you did not provide us with your passport information during CGE registration, please send us a photocopy of this page after signing it. Make sure you also keep a photocopy with you during the trip, separate from where you keep your passport. It is also a good idea to leave a photocopy with a family member or friend at home.

Keep any documents inserted into your passport or given to you by immigration officials upon arriving in the destination country. You will need to present them upon departure.

**Visa & Entry Requirements:** The information below addresses entry requirements for U.S. citizens residing in the United States. U.S. citizens living outside the United States and citizens of a country other than the U.S., check with the Mexico consulate for visa and entry requirements. CGE will assist you in reviewing information, but the responsibility for obtaining and paying for proper documentation is yours.

During your flight to Mexico, you will receive a tourist card where you will fill out the purpose of your trip. Although you are travelling on an educational travel seminar, do not state that you have come to Mexico to study! Rather, indicate that you are visiting as a tourist.

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### Air Travel Arrangements, Deviations & Time Zone

**Air Travel Arrangements & Deviations:** Either you will make your own travel arrangements to and from Mexico or they will be made for you by the organization or group sponsoring your program.

It is essential that the name on your travel documents be identical to your name as it appears on your passport. If there is a discrepancy, you could be delayed or required to purchase another ticket. Please check your ticket as soon as you receive it. In the event that changes need to be made to the itinerary due to illness, strikes, terrorism, weather, or other causes, CGE staff will assist while ensuring the well-being of all participants. Additional expenses, if any, will be the responsibility of the travel seminar participant.

**Time Zone:** The time is the same as U.S. Central Standard Time (CST) most of the year. However, even though Mexico observes Daylight Saving Time; it does not change time on the same dates as the United States. Therefore, there are a few weeks in both the fall and spring when Mexico is not on CST. Be sure to check a world clock before travelling:  
<http://www.dateandtime.com/worldclock>

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### Packing List & Luggage

**Packing Tips:** Pack as lightly as you can. Be sure to put essential items such as medications, toiletries and camera film (new security equipment at U.S. airports will destroy film in checked luggage) in your carry-on bag in case of a delay or lost luggage.

Pack comfortable clothing. Pants, including jeans and capris, t-shirts without logos and button-down shirts are appropriate. Shorts, sweat suits, athletic gear, and tank tops are seen as very informal and should not be worn to most guest speakers and excursions. Avoid shorts and tank tops or revealing clothing when visiting indigenous communities.

You will be meeting with speakers many days. For church, government, and professional sector visits, you may want to pack one nice button-down shirt, blouse, and slacks or a skirt. However,

most places in Mexico are not particularly formal. Plan to bring items that are lightweight and can be layered in case of temperature or weather changes or air-conditioned rooms.

Do not bring anything with a camouflage pattern or of a military style.

CGE strongly recommends leaving expensive jewelry/watches at home.

**Suggested items to include:**

- Comfortable walking shoes with a closed toe for rural areas and markets, where there may be mud or biting insects
- Sandals or flip flops for shared bathrooms as well as for health and safety reasons (e.g. scorpions)
- Swimsuit and towel (some trips may visit a lake or pool)
- Sweater, sweatshirt or jacket for cool evenings, air-conditioned rooms
- Rain jacket, poncho, or umbrella (May - October)
- Jeans, capris, or other long pants other than shorts for going to guest speakers and excursions
- Toiletries – tampons, mouthwash, disposable razors (these items are available in Mexico, but may be more expensive than in the United States)
- Toilet/tissue paper (it is handy to have because it is not always available, even in public establishments)
- Ear plugs (if you are a light sleeper)
- Sun & insect protection – hat, sunglasses, sunscreen, insect repellent
- Camera, extra batteries, film
- Small flashlight & extra batteries (for dark streets, rural areas)
- Refillable water bottle with a wide mouth that can be easily cleaned
- Power bars or high-protein snacks (especially if you are vegetarian)
- Small backpack or shoulder bag for daytime excursions
- Small bag or luggage that can be used for overnight in-country trips
- Notebook or journal
- Reading material, deck of cards, etc. for waiting times or delays
- Money belt or neck pouch to hold valuables
- ATM card, credit cards
- Moist towelettes and hand sanitizer
- Two-prong plug adapter (if you are bringing electrical appliances)
- Passport and photocopy of the photo page (packed in 2 separate places)

**Luggage:** Due to luggage capacity restraints for most vehicles in Mexico, you are allowed to pack only one large, soft-covered bag and one carry-on, plus a purse, camera case or briefcase. Pack as lightly as you can. In general, if you cannot comfortably walk five city blocks with all of your gear, you have packed too much.

International travel baggage restrictions and fees for excess cargo may vary by airline and destination. In general, the maximum allowance per piece of checked luggage is 50 pounds and 62 linear inches (total length + width + height) for international flights.

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## Weather

The following are average temperatures, not extremes. As in the U.S., weather patterns can vary frequently. We recommend checking weather sites on the internet for the region of Mexico and time of year you will be traveling.

In Mexico City and in Cuernavaca, there are two distinct seasons: rainy and dry. The rainy season extends from late May to late October. During this time it rains frequently, and the total monthly rainfall ranges from 5 to 11 inches; temperatures average in the mid to upper 70s. The dry season temperatures from November to January are cooler with highs in the upper 60s to low 70s; lows range from 50° to 55°F. The month of February is a transition month of increasing temperatures, and from March to May (before the rains begin) temperatures increase to the 80s and even low 90s. Throughout the year, however, temperatures fluctuate from night/early morning to mid-afternoon. We recommend that you plan to wear layers of clothes so that you can wear a long-sleeve shirt or sweater in the morning and take it off in the afternoon as the sun gets stronger.

In mountainous regions such as the highlands in Chiapas or Oaxaca, daytime temperatures are warm (70s & 80s), but evenings during November through February can be very cold with temperatures dropping as low as the upper 30s. Keep in mind that there will not be central heating!

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## Money

Most participants find \$150-\$250 to be sufficient spending money for a two-week trip to Mexico. Of course, how much you bring will depend on your personal spending habits.

Plan to bring an ATM card if you have one, along with some cash. We recommend exchanging your dollars into pesos at the airport upon arrival in Mexico. Money exchanges will not accept U.S. dollar bills that are torn or have writing on them. CGE strongly encourages you to bring a money belt.

For current information concerning exchange rates, refer to <http://www.xe.com>

ATMs are relatively accessible in urban areas. There are several in downtown Cuernavaca. Credit cards may also be accepted in more elegant shops and restaurants. Important: It is a good idea to call your credit card company to let them know that you will be using your card outside of the country for a set time. Some people encounter trouble using a credit card abroad because the credit card company assumes that it has been stolen.

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## Accommodations, Local Cell Phone & Electrical Current

**Accommodations:** CGE operates its own guesthouses in Cuernavaca, Casa CEMAL and Casa Augsburg, located across the street from each other. The guestrooms are dormitory-style, with bunk-beds and shared bathrooms. Accommodations in the countryside will be more basic than those in the major cities. Some travel seminars may include a homestay to introduce you to family life in Mexico. During a homestay, you may not always have access to hot water or standard mattresses. We are confident that this experience will enhance your understanding of the country in a challenging, experiential manner.

### Local Cell Phone

You will be given a local Mexican cell phone for use during your trip which you must return at the end of trip. Each cell phone has several phone numbers programmed on them so that you may quickly call radio-taxis and emergency numbers, as well as to enable staff to contact you in the event of an emergency.

**Electrical Current:** The electrical current is the same as in the U.S. (110 volts, 60 cycles). However, most outlets cannot accommodate a grounding prong or wide flange. If you are bringing electrical appliances, you will need to bring a two-prong adapter to fit an outlet with two narrow slots.

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## Health & Safety Information

**Health:** Review your vaccinations: Check with your doctor or the Centers for Disease Control (CDC) regarding recommended vaccinations for travel to Mexico. Currently, the CDC recommends that you be up-to-date on diphtheria-tetanus and measles, and that you consider an immune globulin vaccine for protection against Hepatitis A. You may call the CDC at 404/332-4559 or visit their website at <http://www.cdc.gov/travel/>

- **Bring enough medical/health supplies.** If you take a prescription or medication, make sure you bring enough to last your entire seminar, including a possible day or two of delay. Be prepared, and bring medical and health supplies for potential problems. Many medications, including common over-the-counter items, may not be readily available.
- **Drink only purified water.** It is best to drink bottled water or water from trusted sources. You will be provided with purified water during your seminar. Don't forget to use purified water when you brush your teeth. Avoid ice cubes.
- **Drink enough water.** Besides drinking contaminated water, the most common health problem is not drinking enough water and getting dehydrated and/or constipated.
- **Wash your hands with soap** whenever possible or use hand sanitizer when soap and water is not available. Clean food and water can be contaminated by dirty hands.
- **Watch your food.** Eat meat, fish and vegetables only if they are well cooked, and avoid salads unless the greens have been washed with purified water. Fruit that you peel is the safest. CGE staff will give you more information on safe eating and drinking habits.

- **Pace yourself.** While strenuous walking is not a regular part of any travel seminar, there may be an occasion when a long walk is necessary to reach a certain location. CGE staff will keep you informed whenever possible. If a particular health condition makes strenuous walking a concern, please communicate your limitations to your group leader and CGE staff.
- **Be aware of your environment.** The high altitude in Cuernavaca (5,000') and Mexico City (7,300') may cause you to tire easily. In addition, the pollution in these cities can be very bad. This tends to be especially true during the dry season (November to late May). If you have a history of allergies, other respiratory illness or heart problems, you could experience complications during your stay. If you use any type of medication for these problems, be sure to bring an adequate amount after consulting your doctor.
- **If you get sick, please let your trip leader or CGE staff know right away.** This will help to pinpoint problems with food and water. They can arrange a visit to a doctor or medical clinic if necessary.

### **Possible Ailments:**

*Traveler's Diarrhea:* Just the change in food, water and climate can lead to an upset stomach. If you get diarrhea, treat it with Pepto-Bismol and drink lots of water. When you are ready to eat again, start with rice, bread, crackers, and broth (bring bouillon cubes or dry soup). Imodium (Loperamide is the generic equivalent) is a stronger medication to be used only when absolutely necessary. It does not cure the diarrhea but slows down the digestive system, which can lead to other problems. Some herbal teas such as ginger root, raspberry, comfrey, and peppermint are thought to aid in the prevention and treatment of diarrhea. Feel free to bring some tea bags with you.

*Hepatitis A:* According to the CDC, travelers to Mexico are at high risk for Hepatitis A. Studies have shown that travelers in developing countries with "standard" itineraries, accommodations, and food consumption behavior may contract Hepatitis A.

*Malaria:* Malaria is a mosquito-borne illness that is present in some regions of Mexico (primarily in rural areas). CGE will advise you if your travel seminar may encounter malaria risk and indicate what precautions will be necessary. In Cuernavaca there is no risk of malaria.

*Cholera:* Cholera is active in Mexico. There is no satisfactory cholera vaccine. Avoiding contaminated food and water is the best prevention: "Boil it, cook it, peel it, or forget it!"

*Dengue Fever:* This disease is primarily an urban viral infection transmitted by mosquitoes. Since there is no preventative medicine for dengue fever, take measures to avoid mosquito bites such as using DEET repellent and covering your arms and legs, especially from dusk to dawn.

*Typhoid:* Typhoid Fever is a bacterial infection transmitted through contaminated food and/or water, or directly between people. The CDC recommends a typhoid vaccination for those traveling to rural areas or staying in Mexico more than six weeks.

*Scorpions:* Scorpions are common, especially during the rainy season (late May-late October). Most are not poisonous, but some people may have an allergic reaction to the sting, just as with bee or wasp stings. The best way to avoid being stung is to not walk around barefoot, to look before you get out of bed, and to shake out your clothing and shoes before you put them on.

### **Safety:**

Your safety is our highest concern. Since 1982, more than 10,000 people have participated in CGE travel seminars. CGE has thus gained a great deal of experience with group travel. Our in-country staff carefully monitors the situation in Mexico. CGE will not hesitate to cancel a trip should something occur that would make it appear to be unsafe to travel to a specific country or area.

For up-to-date CGE Safety Notices please visit:  
<http://www.augsburg.edu/global/about/safety.html>

Out of our extensive experience we have developed the following guidelines for you to observe before and during your travel seminar. These guidelines come out of important safety, security and cultural concerns. At times, the reasons for these guidelines may not always seem obvious to you. Keep in mind that following these guidelines helps to ensure the safety of travel seminar participants, CGE staff, and resource people. In addition, they enhance the group's educational experience and foster long-term relationships of trust and mutual respect which CGE seeks to develop in Mexico.

If all participants follow these guidelines, it means less inconvenience for you and the group and less work for our staff. Thanks! Please read these guidelines carefully and be familiar with them before your departure.

As you prepare for your travel seminar to Mexico, please keep the following in mind. . .

- Shorts, short skirts, tank tops or flip flops are often not appropriate for meetings with resource people, especially in places other than the CGE guest house. However, you may use this clothing during your free time in the guest house.
- Military clothing and hats could be mistaken for military apparel and should not be taken on the trip. Apparel with U.S. patriotic messages or symbols (such as conspicuously displayed flags) could provoke aggressive responses and should be left at home.
- Bring a small lock for your bag. You should also bring a money belt that can be hidden under your clothes in which to keep your money and important documents.
- Please do not bring any expensive jewelry or watches. Anything that looks expensive, should be left at home.
- Bring a pair of closed-toed shoes or nice sandals (not flip-flops) for excursions. Some trips include walking or light hiking, so tennis shoes may be useful.

If in doubt about the appropriateness of an item, it is best to err on the side of caution.



## **When you arrive at the airport in Mexico:**

You may be asked by Mexican officials about your itinerary and schedule. If so, simply respond: **you don't know your schedule**. (You will receive a tentative schedule of appointments from CGE staff upon arrival in Mexico). Identify yourself as a tourist if asked: the official purpose of your trip is tourism. Watch your bags and documents at the airport.

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## **Do's and Don'ts**

### **While on the travel seminar . . .**

#### **Do . . .**

- Listen carefully to all safety information during your in-country orientation.
- Keep a copy of your passport with you at all times. Only carry your passport with you when changing money, going to the U.S. Embassy, or if otherwise instructed by the staff.
- Stay close together as a group when you are out in public and always travel in groups of two or more.
- Always ask permission of a person before taping or photographing.
- Be cautious about what you say in public (including airplanes, airports, restaurants and hotel lobbies). There will most likely be people around you who will understand English. Also, North Americans tend to speak in louder voices, so keep your voice at a low level--even when in your hotel room.
- Be respectful of resource people, even those with whom your views differ. This doesn't mean that you have to avoid asking the "hard" questions, just ask them in a non-confrontational way.
- Be respectful of other group members. Before asking multiple questions of resource people, look around to see if other people have questions and remember that people have varied learning styles and may need more time before asking questions. Remember that you are part of a learning community and not simply an independent traveler.
- Drink a lot of water to maintain good health. When the weather is hot and at a high altitude, you will dehydrate much more quickly! CGE staff will help you find sources of safe water.

#### **Don't . . .**

- Leave suitcases, bags, or purses unattended, even for a minute!
- Handle large amounts of money in public. Know how much you have and where it is.
- Give anybody any reason to rob you. That means don't wear flashy (or any) jewelry, watches, bulging pockets, or expensive-looking sunglasses.
- Disclose the tentative schedule or names of resource persons and groups of which you may be aware. This information should not be given either to "friendly strangers," to

other resource persons on the program, or to anyone outside of your group. If you want to ask someone about information provided by another resource person/organization, find a way to do this without mentioning the other person/organization (e.g. "I read before I came that. . .").

- Photograph military personnel or military installations. In many countries, airports and bridges are included in this prohibition. This is true for U.S. immigration and customs areas as well.

Your group will have an orientation session upon arrival in Mexico. You will receive additional information and have the opportunity to ask questions at that time. In the meantime, if you have any questions about the information above, call the International Travel Seminars Staff at CGE: 1-800-299-8889.

*NOTE:* It's likely you will hear the above guidelines again at various points during your travel seminar. We ask for and appreciate your patience with this fact in advance of your trip.

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### Policy on Controlled Substances

**Policy on Controlled Substances:** Because of a past incident with one of our travel seminar groups, we would like to bring the following information to your attention:

The use, possession, transport, or purchase of "controlled substances" (i.e., illegal drugs) by a travel seminar participant carries significant risks and penalties for the participant, the entire group, and CGE's reputation and legal status in the countries in which we work.

A participant who uses illegal drugs while on a CGE program will be sent home at his or her own expense. If the participant is detained or arrested, legal officials in the site of the arrest (U.S. or foreign country) likely will not permit CGE staff to contact or assist the detained person in any way. CGE's responsibility for the participant ends at the time of detention or arrest for drug violations.

United States law prohibits the transport of illegal drugs across its borders. Also, U.S. law does not protect U.S. citizens, U.S. residents, or others traveling abroad who violate foreign drug laws. The laws that prevail are those of the country in which the law was broken.

Please reference the U.S. State Department's Travel Warning on Drugs Abroad for more information [http://travel.state.gov/travel/living/drugs/drugs\\_1237.html](http://travel.state.gov/travel/living/drugs/drugs_1237.html)

**And remember:**

Police and customs officials have the right to search your luggage for drugs.

In many countries local laws make no distinction between hard and soft drugs.

United States laws DO NOT apply to U.S. citizens or U.S. residents abroad who violate foreign laws. Once you are overseas, you are subject to the same penalties for drug violations as the nationals of the country you are visiting.

In some countries, anyone who is caught with even a very small quantity of drugs for personal use may be tried and receive the same sentence as a large-scale trafficker.

If you are arrested for drug possession abroad you may be subject to interrogation and/or solitary confinement for up to a year before trial and receive a mandatory prison sentence of seven years to life if you are convicted.

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### Suggested Publication Guidelines

**Suggested Publication Guidelines:** Some participants write blog posts or an article for their community newspaper, organizational newsletter or other media outlet following their travel seminar. In order to minimize risks to the security of resource persons who will meet with your group, without obscuring the written information or losing the strength or credibility of the article, we suggest the following publication guidelines. You will learn more about security-related issues when you arrive in each country. We appreciate your consideration of these guidelines.

- Some people and organizations with which you meet may ask that you not identify them by name in anything published about your visit.
- In order to be more forthcoming in his/her presentation, a resource person may request no photographs, tape recordings or videotaping.
- Visits to U.S. Embassies are considered to be background briefings only and are officially "off the record." Embassy personnel ask not to be quoted or identified by name.
- Cameras, cell phones, and tape recorders are not allowed inside U.S. Embassies.
- Some government offices require that cameras and tape recorders be inspected prior to granting permission to take these items inside the building.
- We request respect for all speakers, whether you agree or disagree with their perspective. Ask the "hard questions," but be aware of the manner and tone in which they are stated.

The following are some examples of journalism following the suggested guidelines:

*"Some of the church people that had gathered after the trial was canceled were bitter. 'Here you don't see any justice,' said one woman, 'only injustice.'"*

*"American diplomats and Mexican political analysts argue that the gains in curbing gross human rights abuses, stabilizing the economy, training the army and supporting an elected civilian government are essential and hard-won first steps."*

*"Local religious sources and foreign development workers in different parts of the country report that . . ."*

*"'We often go hungry to feed our children,' says an agricultural laborer with three children."*

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## Gift Giving

The Center for Global Education is committed to building long-lasting relationships with the communities in our host countries. As part of that commitment we have a policy of not giving gifts, no matter how small or inexpensive, to people on the streets, including not giving candy to children. Regardless of the intentions, the practice of gift-giving can lead to ill feelings among both givers and receivers. It also reinforces the stereotype of North Americans as patronizing, wealthy foreigners. If you wish to share something with the people you meet, we suggest you bring postcards, photos or mementoes from your home community and family.

Some groups may decide to make a monetary donation to one or more of the organizations with which they meet. This is always done in coordination with CGE staff, and the donation is given to a responsible individual within the organization to ensure that it goes for the intended purpose. This type of gift-giving is always voluntary.

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## Diversity

The Center for Global Education strives to create for its participants an intentionally diverse community of co-learners where a variety of cultures and backgrounds is represented. Students, faculty, and staff help each other respond to issues of oppression such as racism, sexism, homophobia, economic inequality, xenophobia, classism, and religious discrimination, in an environment where diversity expands participants' thinking and worldview.

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## **Under 18 Years Old**

The Center for Global Education coordinates a number of travel seminars for high school youth. Young adults under the age of 18 are welcome to participate on a travel seminar provided they and their parents and/or legal guardians have completed a travel permission form and checked with CGE in advance. Programming on some travel seminars allows for the limited participation of children traveling with parents. Requests for children to accompany adult travel seminar participants are considered on a case-by-case basis. All travelers under 18 years of age are required to carry along two notarized letters or consent forms with their passport. For your convenience, we have provided a certificate of consent form. These forms are found on the “Register” web page at:

<http://www.augsburg.edu/global/seminars-join/register/>

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## **Contact Information**

Due to the relatively short duration of your travel seminar, friends and family should not expect to send you mail. However, friends and family may place a direct-dial call to you. Before your departure, CGE will provide you with direct-dial emergency numbers for the places you will be staying. It is much less expensive to call from the U.S. to Mexico than vice versa. Most of the accommodations CGE uses do not have phones in the rooms. However, when staying in CGE facilities in Cuernavaca, you will have access to Wi-Fi, computers with internet, and Voice-Over-Internet (VOI) phone, which you can use for free to email and make calls to the United States and Canada. When travelling outside of Cuernavaca, you may also have Wi-Fi or internet access. In urban areas in Mexico, email is relatively accessible.

When staying outside of CGE facilities in Cuernavaca, we recommend that for international calls participants use an AT&T, MCI or Sprint calling card. Pre-paid calling cards purchased in the United States do not usually work in Mexico.

After-hours emergency cell phone carried by a Minneapolis staff member whenever a travel seminar is in progress: 612-817-2830

Center for Global Education at Augsburg College  
Campus Box 307  
2211 Riverside Avenue  
Minneapolis, MN 55454  
Local: 612-330-1159  
Toll-Free: 800-299-8889  
Fax: 612-330-1695  
[gloaled@augsborg.edu](mailto:gloaled@augsborg.edu)