

Study Abroad



MEXICO-SOCIAL WORK SPRING 2019

Program Guide

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CONGRATULATIONS on being accepted to the UW-Eau Claire program with the Universidad Popular Autonoma del Estado de Puebla, A.C. (UPAEP) Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

Building upon foreign language skills
Gaining new perspectives on a chosen academic field
Increasing understanding of different cultures
Developing different perspectives on U.S. culture
Gaining self-confidence and independence
Learning skills for the future international job market

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

This program guide is to be used together with the general Study Abroad (SA) Handbook. The handbook has information that is valid for all study abroad programs. This guide will provide you with specific information for the Mexico study abroad program. It is designed to complement the SA Handbook, study abroad orientation, and your individual pre-departure preparations.

Please realize that, although this guide contains all of the information available at the time of printing, it is impossible for any single resource to answer all of your questions. Your peer adviser will email additional information throughout the semester. Please contact the Center for International Education (CIE) staff, your peer adviser, and past program participants with your specific questions. You should also make use of the additional written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

- 1) What are YOUR goals for this experience? Common objectives of student travelers include advancement in future profession; desire to gain fluency in a second language; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is truly being immersed in Mexican culture, yet you are going with a group of UW-Eau Claire students, how can you ensure that you do not spend too much time with other U.S. Americans?

The information in this guide was current at the time of printing, though changes may occur at any time.

GENERAL INFORMATION

The Program

UWEC and the Universidad Popular Autónoma del Estado de Puebla (UPAEP) entered an exchange agreement in 2015. In spring 2019, we extended the relationship to include an innovative social work internship, which includes instructional oversight by UWEC Department of Social Work and on-site support by UPAEP.

UPAEP is a private Catholic university founded in 1973 with a focus on giving a broad range of students access to high quality higher education and on giving back to the community. The university has roughly 8500 undergraduates and 3350 graduate students and offers 43 undergraduate and 55 graduate degree programs. The campus is centrally located within the city of Puebla.

The Location

The city of Puebla is located in the state of Puebla, in the center of Mexico, only 70 miles southeast of Mexico City. With a population of two million, it is the fourth largest metropolitan area in Mexico. The campus is just a few blocks away from the central Avenue Juárez and not far from the historic city center, which is an UNESCO Cultural Heritage site.

Travel Advisory Notice

Mexico and the state of Puebla currently have a U.S. State Department Travel Advisory of Level 2: Exercise Increased Caution due to crime. However, there are states and regions of Mexico that have Level 3: Reconsider Travel and Level 4: Do Not Travel Advisories. You can review the full travel advisory on the [U.S State Department- Mexico Advisory page](#).

Because the state of Puebla is located in a Level 2 area, UW-Eau Claire will permit study at this

location. However, please note that changes in the State Department Travel Advisory could result in alteration or suspension of the program.

You are strongly discouraged from traveling to areas of Mexico that are rated as Level 3 and Level 4.

Academic Calendar-Spring 2019

This is a spring semester program. You need to arrive in Mexico City at the Aeropuerto Internacional Benito Juárez (MEX). Below is a calendar of the semester dates:

Arrival: January 14

Orientation: January 16-18

Placement Lectures: January 21-25

Practicum Dates: January 28-May 5

Depart: May 5

It is recommended that you **do not make your flight arrangements until you receive confirmation of your acceptance** from UPAEP.

ACADEMICS

Additional information on program eligibility, as well as academic topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad is included in the Academics section of your Study Abroad Handbook.

Registration at UW-Eau Claire

You need sign the online Payment Plan Agreement (PPA) for the term during which you will be abroad.

You will register for SW 482 for 12 credits. Questions about registration should be

directed to Jamie Tester, Social Work Field Director.

Registration in Mexico

You will also take a three-credit Spanish class at UPAEP. You take a placement test upon your arrival to determine which course.

Credits and Course load

You must take at least 12 US credits in order to maintain full-time status as a student at UW-Eau Claire. Dropping below full-time status may result in **loss of financial aid and/or insurance coverage and must be approved in advance by the Social Work and CIE.**

Reporting your Registration

As soon as you are registered for classes abroad, **log in to your UW-Eau Claire online study abroad account and complete the Course Descriptions questionnaire.** You will find it at <http://www.uwec.edu/cie/studyabroad>.

Choose LOGIN from the top toolbar and log in with your UW-Eau Claire username and password. You will need the:

- course title,
- course number,
- description (translated into English, if possible), and
- number of credits

for each of the classes you are taking, IF no equivalency has previously been established.

If no UW-Eau Claire equivalency has been determined for a class that you registered for, the UW-Eau Claire Study Abroad Coordinator will contact the Registrar's Office for an equivalency and let you know what it is. Please note that the equivalency is determined by the chair of the appropriate department, and that the process of determining an equivalency can

take 2-3 weeks. Because of the time involved, department chairs will only evaluate courses students are actually taking abroad. **In other words, you will not be able to have equivalencies established for 3 or 4 courses so that you can choose which one you wish to take.**

Grades

The grade for SW 482 will be based on the UWEC grading system.

The grades for your Spanish class will be given on the Mexican scale as number grades. The grades will be converted to U.S. grades according to the following scale:

UPAEP Grade	UWEC Equivalent
9.5-10	A
9.2-9.4	A-
8.9-9.1	B+
8.6-8.8	B
8.3-8.5	B-
8.0-8.2	C+
7.7-7.9	C
7.4-7.6	C-
7.0-7.3	D
Below 7.0	F

Note that UW-Eau Claire students abroad are not allowed to take classes pass/fail, and that grades from Mexico are figured into your UW-Eau Claire GPA.

Transcripts & Credit Transfer

UPAEP will send a transcript for your time abroad to UW-Eau Claire. **Grade reports typically arrive in mid-June, occasionally later.** Because this is later than the UW-Eau Claire semester, you will initially receive a grade report with "NR" (not reported) for all courses. This will be changed once the grades arrive. **If you are a senior studying abroad for your last semester, be sure to read the**

information about transcripts and graduation in your Study Abroad Handbook.

Language Immersion Requirement

If you are a Spanish or LAS major or minor and need to have the fulfillment of your language immersion requirement noted on your degree audit, this program fulfills the requirement. **You must go to the Foreign Language Department and ask them to send a form to the Registrar's Office, confirming that you have met the requirement.** This does not happen automatically because not all foreign language majors and minors have this requirement. It is up to the individual student to make the request.

Placement

UPAEP will identify an appropriate social work practicum for you. After orientation and your Spanish placement test, you will begin your practicum on January 28. You are expected to work a minimum of 32 hours a week in our practicum.

You are also expected to join via Skype or other video conferencing Mr. Josh Potter-Efron's class every Wednesday at 3:00 pm and attend all meetings arranged by UWEC Field Director Jamie Tester and the UPAEP internship supervisor. Questions can be directed to Jamie Tester, Field Director.

Mexican Academic System

It is important that you realize you are taking a course from Mexican professors in the Mexican academic system. You are expected to adapt to their teaching style.

Each professor will explain the academic criteria for the course and how you will be graded at the beginning of the course. If you do not understand the academic criteria, speak

up! Ask your professor – they will be more than happy to help you, but they won't know you have questions unless you ask.

A 75% attendance in each class is mandatory for passing the course. If you pass all other parts of the course, but don't meet the required attendance percentage, you will fail the course due to absences.

MONEY MATTERS

Information about how payments are made, when they are due, and the withdrawal/refund deadlines, financial aid, scholarships, budgeting and ways to bring money abroad is in your Study Abroad Handbook.

Cost Estimate

You can find the most current cost estimate for your program, in easily printable format, in the Study Abroad Application System. Remember that the cost estimate includes what you pay to UW-Eau Claire, what you pay to UPAEP (Universidad Popular Autónoma del Estado de Puebla), and what you pay directly to other vendors.

How to Pay Your Fees

CISI Insurance Fee. You will pay this fee (estimated at \$170) at Blugold Central. Jackson Schmidtke in the Center for International Education will enroll you in the insurance and provide you instructions on how to pay your fee.

CIE Administration Fees. You will pay these fees (\$605) at Blugold Central. The Center for International Education will provide you with a deposit slip to pay those fees. Payment is due January 7, 2019.

UPAEP Fees. You will pay an estimated total of \$3934 directly to UPAEP to cover the following items:

- \$2,000- UPAEP Fee
- \$1,814- Room and Board with Host Family
- \$120 Student Services Fee

You will need to wire the funds to UPAEP using the following details.

Banco (Bank Name): HSBC

Beneficiario (Account Holder): UNIVERSIDAD POPULAR AUTONOMA DEL ESTADO DE PUEBLA A.C.

Número de Cuenta (Account Number): 7003100468

Clabe Interbancaria: 021650070031004683

SWIFT: BIMEMXMM

PLAZA: 25 PUEBLA

SUCURSAL (Branch): 918 SEGMENTO SUR

DOMICILIO SUCURSAL (Home Branch): AV.

TEZIUTLAN SUR NO. 103 COL. LA PAZ PUEBLA , PUEBLA C.P.72160

Payment is due January 7, 2019. Once you complete the wire, you should email Octavio Gonzalez Nunez octavio.gonzalez01@upaep.mx a receipt so he can track your payment.

Currency Exchange

The currency of Mexico is the peso. When you see "\$" in Mexico, it generally refers to pesos, not dollars! However, in areas with lots of tourist traffic, costs may be in US dollars. If you see M.N. or MXP as abbreviations, prices are in pesos; DLLS is the abbreviation for dollars.

There are 20 and 50 centavo coins, 1, 2, 5, 10 and 10 peso coins, and 20, 50, 100, 200 and 500 peso bills. It can be hard to use large bills for small purchases, such as in cafes, in taxis,

etc. so be sure to keep coins and smaller bills on hand.

The exchange rate as of November 17, 2018 was \$1 USD = 20.2207 pesos. You can find current exchange rates at

<https://www.oanda.com/currency/converter/>.

HEALTH & SAFETY

Additional information on these issues, as well as information on CISI insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.

Before You Go

In addition to the general health precautions listed in your Study Abroad Handbook, you should consult your physician to see if you should receive any other vaccinations, depending upon the type of travel you plan to do. While there are no required vaccinations for Mexico, the [Centers for Disease Control \(CDC\)](https://www.cdc.gov) does have several recommendations depending on your travel plans and your health history.

Common Health Problems

The most common health problems for U.S. Americans in Mexico are intestinal upsets. They usually occur as a result of the change in diet, the different meal schedule, and organisms unfamiliar to your system.

A very common ailment is traveler's diarrhea. It can largely be avoided by being careful about where and what you eat, and avoiding dairy products if they are not pasteurized. If you do come down with it, the following suggestions will help speed recovery and guide your decision to seek formal care:

1. It will usually run its course in three to five days. The worst symptoms usually occur the first day. Bed rest may help relieve cramps.
2. The main risk of the illness is dehydration. Be sure to maintain fluid intake. An excellent source of fluid replacement is ORS or Oralte, a prepackaged liquid sold in many countries. If unavailable, the following recipe will provide similar value: one liter carbonated water, 1/2 teaspoon salt, 1/2 teaspoon baking soda (not baking powder), 4 tbsps. sugar.
3. An over-the-counter medicine like Pepto Bismol may help relieve nausea and vomiting.

If nausea and vomiting persist for more than 24 hours, if you develop a fever over 101 degrees F, or if you develop severe abdominal pain, a physician should be contacted immediately.

Other Keys to Staying Healthy

*Wash your hands frequently, always using soap.

* Drink bottled water that is sealed, water that has been disinfected, carbonated beverages, hot coffee or tea, or pasteurized milk.

*Do not drink tap or well water, ice made with tap or well water, drinks made with tap or well water (such as reconstituted juice) or unpasteurized milk.

*Avoid buying food from street vendors, and stick to breads or fruits that you peel yourself. Fruits that cannot be peeled, fruit juices diluted with water, raw vegetables, and salads that have not been washed with disinfected water should be avoided.

Where water is contaminated, ice is also contaminated, you may wish to order drinks "sin hielo" (without ice).

When you are not in control of your water supply, consider bringing a portable water purifier, available at most outdoor stores, boil water vigorously for at least 10 minutes, or use water purification tablets (one tablet per quart of clear water, or two tablets if water is cloudy).

Please see the U.S. Centers for Disease Control (CDC) complete recommendations on eating and drinking safely in Mexico:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/mexico>

Insect Borne Diseases

Insect borne diseases, particularly mosquito, such as [chikungunya](#), [dengue](#), [malaria](#) and [zika virus](#), are present in parts of Mexico. See the [CDC recommendations](#) for current travel health notices, as well as suggestions on prevention. [Avoiding bug bites](#) is key.

See additional information in the [US State Department Travel Advisory information sheet](#) for Mexico and **discuss prevention with your physician.**

Gonorrhea

Each year an estimated 78 million people are infected with gonorrhea, a common sexually-transmitted infection. In July 2017, the number of gonorrhea cases reported in Mexico at that point was up 162% compared to a 2016 report during the same time frame. Approximately half of the cases have been reported in women nationally; however, in Puebla, the report notes that 70% of reported gonorrhea cases are in women.

The World Health Organization (WHO) recently reported that some countries – particularly

high-income ones, where surveillance is best – are finding cases of the infection that are untreatable by all known antibiotics. WHO reports this antibiotic resistance is making gonorrhea much harder, and sometimes impossible, to treat.

Health Facilities in Puebla

There is a small emergency clinic centrally located on the main UPAEP campus and a larger health clinic, including mental health facilities, on one edge of campus. Students can access either of these locations with their UPAEP ID. There is no charge for appointments at the emergency clinic or student health service, although there is a charge for prescriptions.

There are three private hospitals near campus, including one jointly owned by UPAEP and a private foundation, that are typically recommended for UPAEP students. The three hospitals are Christus Muguerza (the UPAEP hospital), Hospital Puebla and Hospital Angeles.

If you need to go to a hospital, a host family member will typically accompany you, assist with the admissions process, and stay with you as needed and as their schedule allows.

Be aware you'll have to pay up front, and then CISI insurance will reimburse you. See the Study Abroad Handbook for more information about CISI.

Emergency Contacts

General emergency procedures are described in the Study Abroad Handbook, and the UPAEP staff is available if difficulties arise. You will receive an emergency contact card with UPAEP staff information; be sure to keep it in your wallet at all times. The information is also on

the Contact Names & Addresses page of this guide.

911 Equivalent in Mexico

If you are in an emergency situation in Mexico, you will need to know how to reach the local police, fire, or ambulance services. The local equivalents to the 911 emergency line **in Mexico are 065 for ambulance, 068 for fire, and 060 for police.** Save these numbers in your cell phone in case you need to use them quickly.

The U.S. State Department also provides a list of [911 numbers abroad](#). Plan ahead and research numbers before you go.

Safety in Mexico

As previously stated, parts of Mexico are under a US State Department Level 3: Reconsider Travel and Level 4: Do Not Travel advisories. The CIE strongly recommends that you NOT travel in any of the Mexico states currently under a Level 3 or Level 4 advisory. You can find a [state-by-state assessment](#) here.

During orientation in Mexico, you will hear about specific places and behaviors to avoid, particularly in Puebla. Please pay close attention to the information you are given, and stay with the group when traveling on fieldtrips.

Alcohol

The U.S. State Department updated their safety and security information regarding alcohol after the death of a 20 year old woman raised questions about the quality and strength of alcohol being served in Mexican resorts. There have been allegations that consumption of tainted or substandard alcohol has resulted in illness or blacking out. If you choose to drink alcohol, it is important to do so in moderation

and to stop and seek medical attention if you begin to feel ill.

A 2015 report from Mexico's Tax Administration Service found that 43% of all alcohol consumed in the nation is illegal, produced under unregulated circumstances resulting in potentially dangerous concoctions.

Use of ATMS & Credit/Debit Cards

Per the "Personal Safety" section of the [US State Department Travel Advisory Information Sheet](#), you need to be very cautious when using ATMs in Mexico. If you must use an ATM, it should be accessed only during the business day at large protected facilities (preferably inside commercial establishments, rather than at glass-enclosed, highly visible ATMs on streets).

In addition, instances of credit/debit card "skimming" are high. See the [State Department recommendations](#) in the "Credit/Debit Card Skimming" section.

Sexual Assault

Rape and sexual assault are serious problems in Mexico. See the "Safety and Security" section of the [US State Department Travel Advisory Information Sheet](#) and the resources for prevention, victims, and bystanders in the Study Abroad Handbook.

Marijuana and other Illegal Drugs

Please note that the possession, use and sale of marijuana is illegal in Mexico. Even carrying it on your person can be considered drug trafficking. Penalties for possession, use, or trafficking of illegal drugs in Mexico are severe, and convicted offenders can expect long jail sentences and heavy fines. U.S. citizenship offers no protection if you break a Mexican law.

Assistance for Victims of Crime

If you are the victim of a crime or if you are arrested abroad, get in touch with the nearest U.S. consulate or embassy. U.S. consular offices will do what they can to help U.S. citizens in serious legal, medical, or financial difficulties. They can often direct you to a reliable doctor or clinic, help you contact family, or re-issue your passport. Contact information is in the [US State Department Mexico Travel Advisory Information Sheet](#).

Additional Information

For more information on crime, road safety, local laws and penalties, etc., see the [US State Department Mexico Travel Advisory Information Sheet](#) in this guide for more information.

REQUIRED DOCUMENTS

Passport information is included in your Study Abroad Handbook.

Visa

A visa is official permission to visit a country and is granted by the government of that country. Since you will be in Mexico for less than 180 days, you will not need to apply for a visa before you arrive. UPAEP Internationalization Office will provide an acceptance letter in order to justify and confirm the entrance with the immigration officers at the arrival in the Mexico airport, in order to obtain the FFM form with an authorization to stay for 180 days in Mexico.

The CIE and UPAEP will assist with immigration information. However, immigration decision are made of government of Mexico. **It is your responsibility to keep up to date about student visa requirements for Mexico, and if required, to apply for and receive a visa**

from a Mexican consulate or embassy in a timely manner. Please read the "Visa" section of your Study Abroad Handbook for more information about what you should do to keep up to date on visa requirements.

PACKING TIPS

In addition to the general packing information in your Study Abroad Handbook, you should know the following about Mexico.

Weather

Puebla has a mild, temperate climate. In it will be humid, with temperatures typically ranging from lows in the mid-50s to highs in the high 70s in January through March. April and May temperatures typically range from mid-60s to mid-80s.

What to Pack

Your peer advisor will give you a suggested packing list at your November group meeting.

Do Not Bring

Instances of theft are high in Mexico. **Do not bring expensive cell phones, jewelry, or other luxury items.**

If you do bring a cell phone, do not have it out unless you are using it, and avoid using it in crowded public spaces, such as the bus or a market.

If you do decide to bring items that are expensive to replace, you may want to consider personal property insurance for your time in Mexico.

Prescription Medication

If you are bringing prescription medication that is a **controlled narcotic or psychotropic drug**

to Mexico for your personal use, you are only allowed to bring 30 days of such medication with you. You must declare the medication and, in addition to having it in its original container with the original prescription, which must contain the doctor's name, signature, contact details and professional registration, **you must also have a Spanish translation of the prescription.**

If you are not sure if your prescription medication fits this description, contact CISI for assistance. Call 1-800-872-1414 or email medservices@assistamerica.com with the policy number: STB009987903 and ask your question. For example, "I am going to Mexico for 45 days and take (**specific name of medication**). Is this considered a controlled substance in Mexico? If so, and I am unable to take more than 30 days of it with me, what is the best way for me to access the rest of the medication I will need?"

See "Bringing Medication Abroad" in the appendix of the online Study Abroad Handbook for more information.

Gifts

You may want to pack some small items that you could use as gifts. It is suggested, but not obligatory, to offer a small gift for your host-family. A small memento from Wisconsin, like a UWEC mug, might be nice. If you are unsure what to bring for your host family, ask your peer advisor.

Appliances

Mexico uses the same electric current as the U.S.

ARRIVAL/DEPARTURE

There is information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the Study Abroad Handbook.

Travel Arrangements

It is your responsibility to make travel arrangements to Mexico City, to the Benito Juarez International Airport. Please fill out the Arrival Information Form found in the Learning Content section of your online study abroad account as soon as you have made your flight arrangements. We will forward the information to UPAEP.

Be sure that your flight arrives on Monday, January 14. You will receive detailed instructions from UPAEP about your pick up.

Clearing Immigration & Customs

Flight attendants will give out two different kinds of forms that need to be filled out, one for immigration (the FMM or Tourist Card) and another for Customs (Customs Declaration Form).

In general, you should not need to declare anything because you will only be bringing items for personal use. One exception is if you are bringing prescription medication that is a **controlled narcotic or psychotropic drug** to Mexico for your personal use. See the "Medications" paragraph in the "Packing" section for details.

Per guidance from UPAEP, a study stay for less than 180 days does not require a visa process. In this case the UPAEP International Affairs Office will provide you with an acceptance letter in order to justify and confirm the entrance with the immigration officers at the arrival in the Mexico airport,

in order to obtain the FFM form with an authorization to stay for 180 days.

All students who will be studying in Mexico for more than 180 days must complete the process to get the student visa. UPAEP International Affairs Office will provide a special acceptance letter in order to apply for the Student Visa. The student must provide us UPAEP the information of the Mexican Embassy or consulate where they will apply for the visa.

Leaving Mexico

It is your responsibility to make arrangements to get to your airport of departure at the end of the program, and to pay for the cost of whatever type of transportation you use.

SETTLING IN

Orientation

You will have mandatory orientation sessions from January 16-18. If you need to take a bus to campus from your host family's neighborhood, your host mother will assist you with this for the first few days.

Homestays

To encourage the maximum use of newly acquired Spanish language skills, you will live with Spanish-speaking families in Puebla. UPAEP arranges accommodations with carefully selected host families. In general, one-two students of the same sex are placed per family; unless otherwise requested, you will have your own bedroom and bathroom. The cost of room, breakfast and dinner with your host family, and laundry is included in the cost of your program.

Financial Arrangements

While UPAEP screens families carefully to try to ensure that they have cultural interests for

participating, **most** households participating do so at least partially for economic reasons. This is only logical, given the disruption that hosting a student causes to family life.

Even for families with cultural reasons for participating, it is not easy to welcome a stranger into your home for the summer. The entire family needs to adjust schedules and habits to accommodate a new person. In addition, there are very real costs associated with having another person in the home. Receiving some monetary compensation for this is only fair, and most families would not consider hosting otherwise.

Any relationship is a two-way street. It is as much your responsibility to fit into the family as it is their responsibility to include you in their daily life.

"Your" Room

You will have your own room; however, the concept of a private room is different in Mexico than in the U.S. A messy room reflects poorly on you and your upbringing. In addition, it will reflect poorly on your host family, as the messy room is part of their house. Keep your room neat, make your bed every day before leaving home, and you will avoid tensions that could otherwise arise. Just closing the door is not acceptable. In addition, be aware that **it is never proper to entertain guests, regardless of their sex, in your bedroom.**

Please do not keep snacks of any kind in your bedroom. Students sometimes complain of ants and roaches, often this is because sweets or other foods have been left open in their rooms.

Guests

You should only invite visitors to your house if you have first cleared this with your host family.

Visitors should never be invited for meals or to stay overnight without prior family permission.

If you are expecting friends or family members from the States, make lodging arrangements for them at a local hostel, apartment or hotel prior to their arrival in Mexico. The host family should not be expected to have additional visitors stay in their homes, even for just a few days.

Be aware that it is not culturally appropriate for you to have your boyfriend or girlfriend spend the night in your room in your host family's house.

Telephone

Telephone rates are very high in Mexico, and every call, local or long distance, is charged by the minute. Some families forbid the use of the telephone, and all prefer that students use cell phone or pay phone rather than the phone at home. See the "Communication" section of this guide for details.

Water

Water is a precious resource. Most Mexicans take a shower every morning, and you can, too, but it should be short, both to conserve water and to keep the bathroom as free as possible. Hot water is not always guaranteed! If you can't figure out how to use the hot water, just ask!

Toilets

In Mexico, as in many parts of Latin America, you can't flush toilet paper down the toilet. Plumbing pipes are typically only one inch in diameter, rather than the two inches standard in the U.S. There will be a garbage can next to the toilet to be used for toilet paper. **Make sure to throw toilet paper in the garbage can, not in the toilet!** This takes some getting used to, but after a few weeks, it will become habit.

Laundry

Laundry will be done by your family. Discuss with them the family laundry schedule.

Meals

You will be eating typical Mexican foods with your host family. Unless you have an actual food allergy, it is only polite to try whatever you are offered. Do not expect your family to prepare special meals for you—remember that you should expect to be treated as part of the family, not a special guest.

Meals are considered family time. Some U.S. students are in the habit of taking their meals to their rooms at home; this is not acceptable behavior in Mexico. Also, if you are going to miss a meal for any reason, please be sure to let your host mother know well in advance.

The Refrigerator

Typically, families encourage you to eat when you are hungry. However, the fridge and cabinets are not stocked with snacks and food like in the United States. Families typically purchase the food they will prepare each day. It is better to politely ask before helping yourself to food.

Keep Lines of Communication Open

If you have questions about what your family expects of you, or you feel they do not understand your behavior, talk with them! Open lines of communication are important in building trust in any relationship.

Checking In

Mexican parents are generally more protective, even of university-age students, than their U.S. counterparts. This may feel intrusive to you, particularly if you have been living on your own for a while. Remember that this is a cultural adjustment and respect your host family's

wishes. Let them know if you are going out, particularly in the evening, where you are going, with whom, and what time you will be back. Be aware that they will most likely not go to sleep until you have returned. If they ask that you be back by a particular time, be sure that you are. If you will be gone overnight, be sure to inform your family well in advance.

Location/Local Transportation

Host families are no more than 20-30 minutes from campus by public transportation. Note that you may have up to a 10-minute walk to the nearest bus stop. All UWEC students will be placed with families in the same neighborhood.

The area around campus is served by both the regular city bus system and the Metrobus, a newer, express public bus.

Your host mothers will teach you how to use the bus system and may actually ride to-and-from campus with you the first few days, to be sure you understand. You will not need to change buses more than once to get to/from your host family to campus.

Bus cost is roughly 6 pesos/ride; there is a 20 peso pass available for the Metrobus which is good for 4 rides.

UPAEP has its own taxi service, with a taxi stand directly in front of the main campus entrance. There are many other official taxi companies within the city. Taxi costs are reasonable – ~\$5-\$7 dollars for a 15-20 minute ride, so students sharing a taxi ride home at night, for example, can do so quite inexpensively.

If not using an UPAEP taxi, only use taxis that you take or call from an official taxi stand. When calling for a taxi, ask the dispatcher for

the driver's name and the taxi's license plate number.

Puebla is also an easy city to walk, with the streets being laid out on a grid pattern. There are many restaurants and shopping opportunities in the blocks right around campus; it is about a 25-minute walk from the main campus area to the historic downtown area.

COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address, which you need to check while abroad, is in your Study Abroad Handbook.

Telephone Information

As mentioned previously, phone calls are expensive. The telephone is primarily used briefly to set up times/places for meeting with friends. If you find it absolutely necessary to use a phone at home, and your family approves, **limit yourself to ONE 3-minute call per day.**

Never make a long-distance call from your host family's home unless you make it COLLECT. Ask someone in the family to help you do this. Long distance calls are often not billed until two months later, and the bills may not be itemized. It is therefore not practical or polite to offer to pay for a long distance call.

Past participants note that it is easy to Skype from Internet cafes, and, apart from the Internet charge, it is free.

It may be easier for you to call home than for your parents to call you at first. However, once you get situated, it could be cheaper for your

parents and friends to call you. To call from the U.S. to Mexico, you must first dial 011, which is the international dialing code. Next, you must dial 52 to get Mexico, and then the rest of the number to reach a specific city and location.

Email/Internet

The campus offers free WIFI access for students and also has a number of large computer labs for student use.

You will also find Internet cafés with printing and photocopying services you can use at a very affordable price. Keep in mind that Internet cafés in Mexico are not the same as in the states. You mostly have to use the café's computers, and they are typically not a sit-down-and-drink-coffee café where you can use your laptop with wireless.

Please be sure to not 'over-use' the Internet! Don't forget that you are in Mexico, and it is important to experience what is in front of you!

CULTURAL NOTES

A Brief History of Mexico

Before the arrival of the Europeans, what is today Mexico was inhabited by indigenous people. The Olmec peoples of the Gulf of Mexico are considered by anthropologists to have been mother culture of Mexico. The most famous Mexican civilizations were those of the Aztecs in central Mexico and the Mayas in the Yucatan Peninsula and southern Mexico. Some anthropologists and historians compare these civilizations of Meso-America, including Mexico, to the great civilizations of the Mediterranean.

During the period from 1400 to 1521, the Aztecs, based in the capital city of Tenochtitlan (the future Mexico City) built an empire that extended throughout central Mexico. Tenochtitlan is believed to have had a population of 250,000 in 1519, larger than any European city at the time.

Spanish conqueror Hernan Cortez landed in Mexico in 1519. Cortez and his few hundred soldiers arrived with their sailing ships, horses, war dogs, metal armor, gunpowder and firearms all of which intimidated the indigenous people. European diseases, which the natives had no immunity, also played an important part in the conquest. By 1521, Cortez succeeded in conquering the Aztecs and then in the next decade he and his men extended their control over most of the other native people.

The conquerors imposed the Spanish government and the Roman Catholic religion on the indigenous peoples. The Spanish rulers gradually took control of the land, wealth and labor. While the Roman Catholic Church and the Spanish king and queen decided that Indians could not be enslaved, they could be subjugated and forced to work for the Spanish overlords. The Spanish eventually established great haciendas, plantations, ranches, and mines.

The indigenous population dropped from a peak as high as 25 million in 1519 to as little as 2.5 million in 1600. The demographic catastrophe of the indigenous people, whom the Spanish called "Indians," (indios), led the Spanish to import about 200,000 African slaves.

The Spanish rule of Mexico lasted for three hundred years from 1519 to 1821. Mexico won its independence from Spain in 1821, and September 16 has been the national

independence day ever since. For most people, Mexico's independence did not change their lives very much. A Spanish (criollo) elite continued to dominate politics and own the land and mines, while most mixed race people (mestizos) labored as artisans or workers and Indians worked the land for the plantation owners.

Between 1821 and the 1860s, "Conservatives" and "Liberals" fought for control of the government. Conservatives tended to support the old Spanish system of domination by the Roman Catholic Church, the military and the landlords. Liberals wanted to move to a system of private industry and agriculture more like that in the United States. During this time, Mexico suffered a series of devastating and almost catastrophic political and military defeats. Most important, between 1836 and 1854, the United States took more than half of Mexico's territory, first through the secession of Texas from Mexico, and then through the U.S.-Mexican war of 1847.

In the 1860s, the Conservatives invited the French Emperor Louis Napoleon (Napoleon III) to come aid in their battles with the Liberals. Taking advantage of the Civil War in the United States, which kept the U.S. government from opposing a European invasion of Mexico, Louis Napoleon's French troops invaded Mexico and established the Austrians Maximilian and Carlotta as the King and Queen of Mexico. The Mexican Liberal Benito Juárez, a Zapotec Indian lawyer and politician, led the Mexican people in their struggle against the Conservatives and the French conquerors. May 5 ("Cinco de Mayo") celebrates a Mexican victory over the French at the city of Puebla during those wars, and is a second Mexican Independence Day.

In the 1870s Porfirio Díaz became president of Mexico and would be its dictator until the

outbreak of the 1910 rebellion. Díaz kept control of the country through the Federal Army and through the rural police force. His slogan was "pan o palo," bread or the stick. Bread for those who worked with his dictatorship, and the stick to beat those who did not. Under the Díaz regime, labor union organizers, peasants demanding land and poor Indians were arrested, tortured and murdered. Opposition to Díaz and those forces laid the basis for the Mexican Revolution.

Francisco I. Madero, a wealthy landowner and industrialist, but part of a group which had been excluded from power by the Díaz dictatorship, attempted to run for president; but Díaz had him jailed. Escaping to the U.S., Madero launched the revolution on November 10, 1910 with the slogan "effective suffrage and no re-election." November 10 is still celebrated as a national holiday.

Madero's revolution also attracted support of small ranchers and poor peasants who were fighting not only for democracy, but also for land. Pancho Villa in the state of Chihuahua in the north organized an army of small ranchers, railroad workers and miners, and other middle class and working class people. Emiliano Zapata in the state of Morelos in the south organized the poor peasants who demanded that the haciendas return the land to the peasant communities. Together Madero, Villa, and Zapata and other revolutionary forces succeeded in overthrowing Díaz. An election was held and Madero was elected president.

But Madero proved a weak leader who failed to satisfy anyone, and he was overthrown and murdered by the counter-revolutionary Victoriano Huerta. Once again the revolutionary forces rose, this time under Venustiano Carranza, Alvaro Obregon, Villa and

Zapata, and once again they were victorious by 1915. But then the revolutionaries had a falling out, with the more conservative Carranza and Obregon and their Constitutionalist Army fighting against Villa and Zapata and their Conventionist forces.

The Constitutionlists won, with Zapata and Villa being assassinated. Then Carranza and Obregon had a falling out, and Carranza was assassinated and Obregon and his allies took power. Obregon became president in 1920, ending the violent phase of the revolution.

The Mexican Revolution eventually changed the country's economic and social system in important ways. First, the hacienda system ended after hundreds of years as haciendas' land was divided up and distributed to Indian communities and to peasants. Second, the Mexican government recognized the labor unions and peasants organizations, and promoted their organization, and their incorporation into the state-party. Third, the Mexican petroleum company (PEMEX) was created. Fourth, a new Mexican business class grew up more based in banking and manufacturing than in land. While Mexico remained capitalist, it now had a mixed economy, part state-owned and part Mexican and foreign private capital.

In 1940, the Mexican government gradually became far more supportive of Mexican and U.S. capital than it was of Mexican workers or peasants. By the late 1950s, Mexico's government had become an authoritarian state which suppressed popular movements to promote and protect capital.

The situation became critical in the 1970s and early 1980s when President Jose Lopez Portillo decided to use newly discovered oil reserves to finance Mexican economic development. Lopez

Portillo's government pumped and sold oil, and used its projected oil revenue as collateral on \$100 billion in loans for both industrial infrastructure and for social programs. However, when the price of oil collapsed in 1982, Mexico could not pay its debts.

The International Monetary Fund (IMF) and the World Bank became key players to impose a new economic order on Mexico. The heart of the new program was privatization and deregulation, free trade and foreign investment, and cutbacks in government spending for social programs. Throughout the 1980s and 1990s Mexico was forced to give up its nationalized industries and national trade barriers and become part of the North American bloc dominated by the United States. Mexico's economy was transformed into an export platform. Corporations such as Ford, Chrysler and General Motors, General Electric and many others built factories employing tens of thousands of Mexican workers producing automobiles, auto parts, electrical and electronic goods for sale abroad. In most industries, Mexican wages are about 1/10th those of U.S. workers.

http://www.ueinternational.org/Mexico_info/Mexico_history2.php

WEB RESOURCES: MEXICO

MEXICO	CULTURE	TRAVEL
Puebla's History http://www.history.com/topics/mexico/puebla	Spanish Language http://en.wikipedia.org/wiki/Spanish_language	Lonely Planet – Mexico https://www.lonelyplanet.com/mexico
UPAEP Website http://www.upaep.mx/index.php?option=com_content&view=article&id=11547&Itemid=1260#incoming_exchange_contacto	Food – Mole Poblano http://www.mexonline.com/molepoblano.htm	Newspapers http://www.onlinenewspapers.com/mexico.htm
About Mexico https://www.cia.gov/library/publications/the-world-factbook/geos/mx.html	Customs and Etiquette http://www.commisceoglobal.com/country-guides/mexico-guide	

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General UW-Eau Claire & CISI contact information is in your Study Abroad Handbook.

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Colonia Cuauhtemoc

06500 Mexico, D.F.

Calling from the U.S.: 011-52-55-5080-2000

Calling from within Mexico (but outside

Mexico City): 01-555-080-2000

Calling from within Mexico City: 5080-2000

Email: acsmexicocity@state.gov

For emergencies arising outside normal business hours, U.S. citizens may call and ask for the duty officer: dial the correct number from above, then press "0" to speak to an operator and ask to be connected to the Duty Officer. This service is ONLY for assistance in an emergency directly affecting a U.S. citizen in Mexico.

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