

University of Wisconsin Eau Claire

CENTER FOR INTERNATIONAL EDUCATION

# Study Abroad



**MEXICO**  
**SUMMER 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*

Immerse yourself for six weeks during the summer at the Universidad Popular Autónoma del Estado de Puebla (UPAEP), in Puebla, Mexico! The UWEC partnership with UPAEP has options for beginner-to-advanced students of Spanish. Several weekend excursions are included in the program cost.

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*

The U.S. Department of State travel advisory level for Mexico as a whole, as well as the state of Puebla is Level 2: Exercise Caution. UW-Eau Claire allows travel to areas with this travel advisory rating.

However, many individual Mexican states are rated as Level 3: Reconsider Travel, or Level 4: Do Not Travel. You are advised to avoid travel to or through all Level 3 and 4 areas. You can review the [full travel advisory here](#).

If the travel advisory for Mexico as a whole, or for the state of Puebla, should change, the CIE will re-evaluate if the program is allowed to continue and will work with any students who are applying or have been accepted to the program.

## *Academic Calendar*

This is a summer program.

**Arrival to Mexico City:** Sunday, May 26, (flight should arrive in Mexico City by 2pm)

**Orientation/Classes Begin:** Monday, May 27

**Classes end:** Thursday, July 4

**Program Farewell:** Friday, July 5

**Depart:** Sunday, July 7 (flight should leave Mexico City after 2 pm)

# ACADEMICS

*There is additional information on maintaining program eligibility, as well as topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad in your Study Abroad Handbook.*

## *Prerequisites: Program Tracks*

In addition to the general eligibility requirements there are **pre-requisites for each program track**. You can find the [specific pre-requisites for each track here](#).

## *Registration*

**At UW-Eau Claire:** All you need to do for registration at UW-Eau Claire is **sign your online PPA for Summer 2019**. CIE staff will work with Registration to enroll you in the UPAEP program under a temporary INTA course number. This “blanket registration” will appear on your billing statements and will be replaced by the specific UPAEP courses once your transcript arrives.

**At UPAEP:** You register for classes by filling out the UPAEP Summer 2019 Course Registration form, which is in your online study abroad account. **Please note that there are no registration changes allowed after arrival in Mexico.**

### **Credits and Course load**

**You will earn six credits on this program.** Dropping below full-time status may result in **loss of financial aid and/or insurance coverage and must be approved in advance by the CIE.**

### **Program Tracks/Classes**

You indicated your program track on the course registration form. All tracks include six credits. Specific pre-requisites and equivalencies are outlined below.

#### **Spanish for Specific Professions**

Track	Pre-Reqs	Course 1 (3 cr)	Course 2 (3 cr)
Business	Span 301	Span 340	Span 907U (Spanish upper division elective)
Education	Span 202 & TEFL classes required prior to internship	FLG 375 OR ES 493	Span 907U
Health	Span 301	Span 420	Span 907U

Each of the professional options includes both class time and 90 hours of observation, practicums, and/or internships in related organizations. Course 2 (Span 907U, 3 credits) is the credit awards for the practicum or internship.

#### **Spanish Language & Mexican Culture**

Track	Pre-	Course	Course
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	Reqs	1 (4 cr)	2 (2 cr)
Track 1	None	Span 101	Span 930L
Track 2	Span 101	Span 102	Span 930L
Track 3	Span 102	Span 201	Span 930L

### **Grades**

All grades 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. **They typically arrive two to four weeks after the program ends.** Even though your grades may arrive prior to the end of the UW-Eau Claire summer session, grades from abroad cannot be posted until after on-campus grades have been added to students' records. Therefore, you will initially receive a grade report with "NR" ("not reported") for all courses. Check your MyBlugold CampS account after the end of the UW-Eau Claire summer session. Grades from abroad are generally posted within a week or two after the end of the UW-Eau Claire session.



## **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.

## **Mexican Academic System**

Although you will be taking courses for international students, it is important that you realize you are taking courses from Mexican professors in the Mexican academic system. You are expected to adapt to their teaching style.

## **Fieldtrips**

The 2019 summer program will include weekend fieldtrips to Mexico City, Cuetzalan, and Oaxaca.

## **Service-Learning & Internships**

The professional program tracks (Business, Education and Healthcare) all include observation and activity in a relevant professional setting. Depending on the activity, this may fulfill part or all of your UW-Eau Claire service-learning requirement. Once you have details about your specific placement, please contact Cheryl Lochner-Wright at [lochnecb@uwec.edu](mailto:lochnecb@uwec.edu), the coordinator for the Mexico program, if you are interested in trying to earn service-learning.

# **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, on the

[CIE Mexico - Summer webpage](#). 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.

## **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 U.S. dollars. If you see M.N., MXN 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 December 12, 2018 was \$1 USD = 19.6569 pesos. You can find current exchange rates at <http://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) does have several recommendations

depending on your travel plans and your health history.

### **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.

### **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](mailto: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.

### **Safety in Mexico**

*Also see the Travel Advisory Notice on page 1 of this guide.*

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

### **Common Health Problems**

The most common health problems for U.S. Americans in Mexico is intestinal upset. This usually occurs 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, as well as 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 Oraltye, 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 U.S. State Department Consular information sheet linked on the same webpage as this guide 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.

### ***Use of ATMS & Credit/Debit Cards***

Per the "Safety & Security" section of the [U.S. State Department Consular 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 some resort areas in Mexico. See the "Sexual Assault" section of the [U.S. State Department Consular Information Sheet](#).

### ***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 in 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 [U.S. State Department Mexico Consular Information Sheet](#).

### ***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 at orientation; 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.

### ***Additional Information***

For more information on crime, road safety, local laws and penalties, etc., see the [U.S. State Department Mexico Consular 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. To be in Mexico for less than 90 days, you will not need a visa before you arrive. If asked upon arrival in Mexico, you should state that you are doing a cultural program at UPAEP. **You are considered a tourist, not a student.** The student visa is a special category that is granted by the Mexican government under specific circumstances.

You will receive an entry permit—Forma Migratoria Multiple (FMM), also called a tourist card. Carry a copy of this form, along with a photocopy of the photo page of your passport, with you at all times.

Keep the original of the FFM safe: **you will need to present it again when you leave the country. Failure to present an FMM can result in detention by immigration authorities and/or missed or delayed flights.**

## 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.

### What to Pack

Your peer advisor will give you a suggested packing list at Orientation 2 in April.

### Attire for Internships & Observation hours

If you are participating in the Spanish for Business, Spanish for Education, or Spanish for Health Professions track, you will need to bring appropriate attire to wear for your internship or observations. Your internship or observations will typically take place Monday through Friday

for four hours a day throughout the duration of the program. Schedules are finalized once you arrive in Puebla.

Students in the **Spanish for Business** track should plan to bring business casual attire to wear for their internship.

Students in the **Spanish for Education** track should plan to bring attire appropriate for their student teaching internship.

Students in the **Spanish for Health Professions** track will be required to have two sets of scrubs for observations:

- one set of white scrubs to wear in the hospital, and
- one set of either blue or green scrubs to change into and wear when observing surgeries.

White shoes must be worn with both sets of scrubs.

A past student recommended bringing two pairs of white scrubs since white scrubs are worn every day in the hospital, except during surgical procedures. You will be asked to change from white scrubs to blue or green scrubs to observe surgeries.

### 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.

## 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, 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-Arrival

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 Sunday, May 26, before 2 pm.** There will be representatives from UPAEP meeting students at the airport between 11 am and 2 pm and will escort you to the Estrella Roja bus terminal inside the airport. The non-stop bus service goes directly to Puebla. You will be met at the bus terminal in Puebla by UPAEP staff and your host family.

**If you arrive on any other day, or after 2 pm, you will need to make your own way to Puebla.**

## 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.

**Again, your immigration category for entering Mexico is as a tourist.** To enter as a student, you need to have been admitted to a Mexican university for a semester or longer and gotten a student visa.

## Travel Arrangements-Departure

UPAEP will again arrange shuttle transportation from Puebla to Mexico City on the departure weekend. You may choose to depart either **Saturday, July 6 or Sunday, July 7.** Please plan to **depart from Mexico City after 2 pm** to allow time for travel back from Puebla.

Again, be sure you have the original of your Forma Migratoria Multiple (FMM)/tourist card with you; you will need to present it as you leave. **Failure to present an FMM can result in detention by immigration authorities and/or missed or delayed flights.**

# SETTLING IN

## Orientation

You will have orientation sessions on Monday, May 27th, in addition to beginning your classes.

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 several weeks. 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/food wrappers 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 any time in your bedroom.

### **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. You can call the station and the taxis can pick you up anywhere in Puebla. The number for the UPAEP taxi service is: 2-28-21-77

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, ask the dispatcher for the driver's name and the taxi's license plate number.

Puebla is also an easy city to walk, with streets 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!

## WEB RESOURCES: MEXICO

MEXICO	CULTURE	TRAVEL
<b>Puebla's History</b> <a href="http://www.history.com/topics/mexico/puebla">http://www.history.com/topics/mexico/puebla</a>	<b>Spanish Language</b> <a href="http://en.wikipedia.org/wiki/Spanish_language">http://en.wikipedia.org/wiki/Spanish language</a>	<b>Lonely Planet – Mexico</b> <a href="https://www.lonelyplanet.com/mexico">https://www.lonelyplanet.com/mexico</a>
<b>UPAEP Website</b> <a href="https://upaep.mx/internacional/internationalexchangestudents">https://upaep.mx/internacional/internationalexchangestudents</a>	<b>Food – Mole Poblano</b> <a href="http://www.mexonline.com/mol epoblano.htm">http://www.mexonline.com/mol epoblano.htm</a>	<b>Newspapers</b> <a href="http://www.onlinenewspapers.com/mexico.htm">http://www.onlinenewspapers.com/mexico.htm</a>
<b>About Mexico</b> <a href="https://www.cia.gov/library/publications/the-world-factbook/geos/mx.html">https://www.cia.gov/library/publications/the-world-factbook/geos/mx.html</a>	<b>Customs and Etiquette</b> <a href="http://www.commisceoglobal.com/country-guides/mexico-guide">http://www.commisceoglobal.com/country-guides/mexico-guide</a>	

# CONTACT NAMES & ADDRESSES

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

## ***UW-EAU CLAIRE***

### ***Center for International Education***

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Eau Claire, WI 54702  
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Fax: (715) 836-4948

## **UPAEP**

### ***Dirrección de Asuntos Internacionales***

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Barrio de Santiago, CP 72419  
Puebla, Pue. México  
Phone: +52 (222) 229-9400, ext. 7759

## **U.S. EMBASSY in MEXICO**

Paseo de la Reforma 305  
Colonia Cuauhtemoc  
Mexico, D.F., Mexico C.P.  
06500

Calling from the U.S.: 055-52-555-080-2000

Calling from within Mexico (but outside  
Mexico City): 01-555-080-2000

Calling from within Mexico City: 5080-2000

Email: [acsmexicocity@state.gov](mailto: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.

## **MEXICAN CONSULATE IN CHICAGO**

204 S. Ashland Avenue  
Chicago, IL 60607  
Tel: 312-738-2383

Email: [info@consulmexichicago.com](mailto:info@consulmexichicago.com)

Web: <http://www.consulate-chicago.com/mexico.html>



Updated 12/11/18. clw