# Table of Contents

- Academics .......................................................... 5
- Pre-departure Planning ........................................... 5
- Credits and Course Load ......................................... 5
- Registration at UPAEP ............................................. 5
- Class Schedule ..................................................... 5
- Class Attendance .................................................. 5
- Grades .................................................................. 5
- UPAEP & UWEC Transcripts .................................... 6
- Language Immersion Requirement ............................. 6
- Academic System ................................................... 6
- Service Learning .................................................... 6
- Money Matters ....................................................... 6
  - Cost Estimate ....................................................... 7
  - Currency Exchange .............................................. 7
  - Money on Arrival ............................................... 7
  - Cost of Living .................................................... 7
- Health ................................................................... 7
  - Travel Advisory Notice ......................................... 7
  - Centers for Disease Control .................................. 7
  - CDC Recommended Vaccines ................................ 8
  - Intestinal Upset .................................................. 8
- Water .................................................................... 8
- Insect Bites ............................................................ 8
- Gonorrhea ............................................................. 9
- Healthcare ............................................................. 9
- Prescription Medication .......................................... 9
- CIISI Insurance in Mexico ....................................... 9
- Services for Students with Disabilities ........................ 9
- Safety .................................................................... 10
  - Safety in Mexico .................................................. 10
  - Pick-pocketing .................................................... 10
- Other Crime ........................................................... 10
- Potential for Natural Disasters ................................ 10
- Alcohol Use .......................................................... 10
- Marijuana and other Illegal Drugs ............................ 11
- LGBTQIA+ Travelers ............................................. 11
- Sexual Assault ....................................................... 11
- Emergency Contacts .............................................. 11
- 911 Equivalent in Mexico ........................................ 11
- Required Documents .............................................. 11
- Visa/Immigration Documents ................................... 11
- Packing Tips .......................................................... 12
- Weather ............................................................... 12
- Clothing .............................................................. 12
- Gifts ................................................................... 12
- Converters & Adapters ............................................ 12
- Do Not Bring ........................................................ 12
- Getting To Mexico .................................................. 13
- Travel Arrangements .............................................. 13
- Clearing Immigration & Customs ............................... 13
- Early, Late or Delayed Arrival .................................. 13
- Getting to Puebla ................................................... 13
- Travel Arrangements-Departure ............................... 13
- Settling In ............................................................. 13
  - Orientation .......................................................... 13
  - On-Site Support ................................................... 13
  - Local Transportation ............................................ 14
- Housing ............................................................... 14
  - Living Situation .................................................... 14
  - What's Provided? .................................................. 14
  - Meals & Snacks .................................................... 14
  - The Refrigerator .................................................. 14
  - Water ............................................................... 14
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 new culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

- Gaining new perspectives on a chosen academic field
- Increasing understanding of different cultures
- Enhancing personal development
- 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!

Use this program-specific guide with the more general resources in the Study Abroad Handbook and your BlugoldsAbroad account. While this guide contains the information available at the time of publication, it is impossible for any single resource to answer all of your questions. Your peer advisor will email information throughout the semester, and we encourage you to do your own research, also, using the web resources listed towards the end of this guide, as well as others that you find. Contact the Center for International Education (CIE) staff or your peer advisor with your specific questions.

Questions only you can answer include:
1) What are YOUR goals for this experience? Advancement in a future profession, desire to expand personal and academic horizons, need for a change, and wish to challenge yourself in a new environment?

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 publication, though changes may occur at any time.
Additional information on topics such as maintaining program eligibility, registration at UW-Eau Claire, class attendance, course equivalencies, grades, transcripts and service learning is in the Academics section of your Study Abroad Handbook.

Pre-departure Planning
Please see the Mexico Summer academics page for details on how to plan your courses at UPAEP. In addition to general eligibility requirements, there are specific pre-requisites for each program track.

Credits and Course Load
You will earn six credits for this program. The specific courses are determined by your program track.

<table>
<thead>
<tr>
<th>Track</th>
<th>Pre-Req</th>
<th>Course 1 (3 cr)</th>
<th>Course 2 (3 cr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business</td>
<td>Span 301</td>
<td>Span 340</td>
<td>Span 907U</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(Spanish upper division elective)</td>
</tr>
<tr>
<td>Education</td>
<td>Span 202 &amp; TEFL classes required prior to internship</td>
<td>FLG 375 OR ES 493</td>
<td>Span 907U</td>
</tr>
<tr>
<td>Health</td>
<td>Span 301</td>
<td>Span 420</td>
<td>Span 907U</td>
</tr>
</tbody>
</table>

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 awarded for the practicum or internship.

Keep in mind:
- The credits you earn abroad are considered UW-Eau Claire resident credits.
- The classes you take abroad will count towards the total credits needed for graduation.
- 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 and UPAEP.

Registration at UPAEP
You completed the UPAEP Summer Course Registration form after you were accepted by UWEC. There are no registration changes allowed after arrival in Mexico.

Class Schedule
Classes meet Monday-Friday unless there is a program excursion. Classes usually meet in a 2-3-hour blocks in the morning or afternoon; the internship runs opposite the class schedule. In other words, if you have class in the morning, you will have your internship in the afternoon, or vice versa.

Class Attendance
Class attendance and participation is part of both your classroom and internship/practicum grade.

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:
<table>
<thead>
<tr>
<th>UPAEP Grade</th>
<th>UWEC Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.5-10</td>
<td>A</td>
</tr>
<tr>
<td>9.2-9.4</td>
<td>A-</td>
</tr>
<tr>
<td>8.9-9.1</td>
<td>B+</td>
</tr>
<tr>
<td>8.6-8.8</td>
<td>B</td>
</tr>
<tr>
<td>8.3-8.5</td>
<td>B-</td>
</tr>
<tr>
<td>8.0-8.2</td>
<td>C+</td>
</tr>
<tr>
<td>7.7-7.9</td>
<td>C</td>
</tr>
<tr>
<td>7.4-7.6</td>
<td>C-</td>
</tr>
<tr>
<td>7.0-7.3</td>
<td>D</td>
</tr>
<tr>
<td>Below 7.0</td>
<td>F</td>
</tr>
</tbody>
</table>

Note: UWEC students abroad are not allowed to take classes pass/fail. Grades from UPAEP are figured into your UWEC GPA and posted to your UWEC transcript. No exceptions will be made.

**UPAEP & UWEC Transcripts**
Please see the Academics section of the Study Abroad Handbook for important information if you are graduating, transferring or applying for a competitive major such as Nursing or Education at the end of your term abroad.

An UPAEP transcript is sent to UW-Eau Claire, roughly four weeks after the end of the program. 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, this program fulfills the six-week requirement.

**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.

**Service Learning**
Depending on your specific placement, the internship/practicum in the professional program tracks may fulfill part or all of your UW-Eau Claire service-learning requirement.

If there is a service aspect to your placement, you will need to complete the service learning forms online in order to have the course count for a portion (or all – it will depend on how many hours you complete) of your service-learning requirement at UWEC.

To do so, go to: [https://www.uwec.edu/service-learning/students/](https://www.uwec.edu/service-learning/students/)

Click on “Create a Project”.

The UWEC Mexico study abroad coordinator, Cheryl Lochner-Wright, will be your UWEC Mentor. Enter her username on the form: lochnecb

For the question, “How would you like your mentor to be involved in your project?” state that your mentor will read and comment on your reflection paper and may ask you follow-up questions as necessary.

**MONEY MATTERS**
*UWEC information about making payments, when they are due, withdrawal and refund deadlines, financial aid, general scholarships, budgeting and ways to bring money abroad is in the Money Matters section of 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. Be sure you are looking at the correct term. The cost estimate includes what you pay to UWEC, what you pay to UPAEP, 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.

You can find current exchange rates at http://www.oanda.com/currency/converter/.

Money on Arrival
You will want cash (in pesos) for small purchases you may need to make before visiting a bank or ATM. A general recommendation is to travel with the equivalent of $100-$200 dollars in your host country currency.

ATM USE: Travelers should limit the amount of cash they carry in public and exercise caution when withdrawing cash from ATMs, avoiding ATMs located in isolated or unlit areas.

Credit/Debit Card “Skimming”: There have been instances of fraudulent charges or withdrawals from accounts due to “skimmed” cards. If you choose to use credit or debit cards, you should regularly check your account to ensure there are no unauthorized transactions. Whenever possible, travelers should watch service workers swipe their credit cards.

Cost of Living
For an idea of everyday costs you may encounter, check out this website: https://www.numbeo.com/cost-of-living/in/Puebla

Health
General information on these issues, as well as information on C ISI insurance, is included in the Health & Insurance and Safety Abroad sections of your Study Abroad Handbook.

Travel Advisory Notice
As noted on the CIE webpage for Puebla, 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.

Centers for Disease Control
The Centers for Disease Control (CDC) has vaccination suggestions, how to stay healthy when abroad, and health information specific to Mexico. You can review the CDC site for Mexico.
**CDC Recommended Vaccines**
The Centers for Disease Control recommend hepatitis A and typhoid vaccines for most travelers to Mexico and additional vaccines depending on the type of travel you plan to do. See complete information here: https://wwwnc.cdc.gov/travel/destinations/traveler/none/mexico and discuss these recommendations with your medical professional.

**Intestinal Upset**
The most common health problem for U.S. Americans in Mexico is intestinal upset. The change in diet, the different meal schedule, and organisms unfamiliar to your system are possible causes.

A very common ailment is traveler’s diarrhea. Prevention includes being careful about where and what you eat and avoiding dairy products if they are not pasteurized. If you do get it, the following suggestions can 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 is dehydration. 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 provides 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.

**Water**
The general recommendation from the CDC for water is to **drink bottled or boiled water at all times**. By making sure that you are drinking uncontaminated water, you can reduce your exposure to many diseases such as infectious hepatitis, cholera, diarrhea and dysentery.

Additional considerations:

| Brush your teeth with bottled or boiled water. |
| Carbonated bottled water, soft drinks, beer, wine, hot tea, and coffee are usually safe. |
| Wipe off the top of a bottle before drinking out of it or ask for a straw ("popote" in Spanish). |
| Where water is contaminated, ice is also contaminated—you may wish to order drinks "sin hielo" (without ice). |
| Avoid fruits that cannot be peeled, fruit juices diluted with water, raw vegetables, and salads that have not been washed with disinfected water. If buying food from street vendors, stick to breads or fruits that you peel yourself. |
| When you are not in control of your water supply or cannot purchase bottled water, 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 recommendations on eating and drinking safely in Mexico:


**Insect Bites**
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.

There is no vaccine for zika virus, dengue fever, or other insect-borne diseases, so prevention of insect bites is the best safeguard. See the
CDC recommendations on avoiding bug bites for detailed information 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.

**Healthcare**

**Campus Medical & Counseling Services:**

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.

**Community Medical Services:**

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.

**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: and ask your questions. 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.

**CISI Insurance in Mexico**

If you have an accident or become ill while studying in Mexico, you **must pay the price of the medical service up front.** You will then file a claim through CISI, the insurance provided through the UW System for partial or full reimbursement in accordance with plan coverages.

**Services for Students with Disabilities**

UPAEP will do their best to accommodate any disabilities, but services cannot be guaranteed or may be different than what you are used to in the United States. Please contact the Cheryl Lochner-Wright, the UWEC Study Abroad
Coordinator for Mexico, to begin exploring what services might be available to you.

It is also important to look at the level of accessibility in Mexico in general. To find more information on this topic, please see the Local Laws & Special Circumstances section of the U.S. State Department Country Information page.

**SAFETY**

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

**Safety in Mexico**

Information on crime, specific safety issues, road safety, drug penalties, and terrorist activity in Mexico is included in the U.S. State Department's Mexico Country Information website. Carefully read the “Safety & Security” section in particular. Specific safety in and around Puebla will be discussed during orientation in Eau Claire and in Mexico.

**Pick-pocketing**

Pick-pocketing is common on public transportation and at popular tourist sites throughout Mexico. To reduce the risk, do not have your phone or other valuables out in public spaces. An iPhone and other small electronics are a target for pick-pocketers. If you carry a purse, make sure it is across the body and has zippers. Keep your wallet in a front pocket, not a back pocket. Only carry small amounts of cash on you to minimize loss. Using a money belt under your clothing is another way to prevent valuables from being stolen.

**Other Crime**

Crime in Mexico occurs at a high rate and can be violent. Armed robbery, carjacking, kidnapping, sexual assault, and extortion are serious problems in most major cities. Increased levels of cartel-related violence have resulted in turf battles and targeted killings, injuring or killing innocent bystanders. Travelers who find themselves in an active shooter scenario should flee in the opposite direction if possible, or drop to the ground, preferably behind a hard barrier.

**Potential for Natural Disasters**

Per the U.S. State department information, Mexico is in an active earthquake zone. Tsunamis may occur following significant earthquakes. You can use these sites to monitor information on earthquake activity and preparation:

- [U.S. Embassy Mexico City website](https://mexico.usembassy.gov/)
- [Civil Protection (Protección Civil) (Spanish only)](https://proteccioncivil.gob.mx/) provides information from the Mexican Government about natural disaster preparedness
- [U.S. Federal Emergency Management Agency (FEMA)](https://www.fema.gov/) provides general information about natural disaster preparedness
- [U.S. Geological Survey](https://earthquake.usgs.gov/) provides updates on recent seismic and volcanic activity

**Alcohol Use**

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.

**Marijuana and other Illegal Drugs**

Although marijuana is relatively easy to obtain in Mexico, the possession and use of marijuana is illegal. 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. There is NOTHING the CIE, your host organization, or the U.S. government can do if you are found in violation of Mexican laws.

In addition to legal penalties, you are putting yourself at risk of robbery or assault, or you may get a much more dangerous combination of drugs than you thought you were buying.

**LGBTQIA+ Travelers**

Per the US State Department, exercise caution in identifying yourself publicly as LGBQIA. They provide additional information on these two sites:

- LGBTI Travelers
- Section 6, Department of State’s Human Rights Report for Mexico

**Sexual Assault**

Rape and sexual assault are serious problems in Mexico. See the “Sexual Assault” section of the U.S. State Department Consular Information Sheet and the resources for prevention, victims, and bystanders in the Study Abroad Handbook.

**Emergency Contacts**

General emergency procedures are described in the Safety Abroad section of the Study Abroad Handbook, and the UPAEP international office staff are available for consultation if difficulties arise. You will receive an emergency contact card at Orientation 2; be sure to keep it in your wallet. 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. We suggest you save these numbers in your cell phone in case you need to use them quickly.

**REQUIRED DOCUMENTS**

Passport information is included in the Travel Resources section of your Study Abroad Handbook.

If you are not a U.S. citizen, please contact the CIE for more information about the following topics.

**Visa/Immigration Documents**

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 FMM 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**

*There is general packing information in the Travel Resources section of your Study Abroad Handbook,* and you will get a suggested packing list for Puebla at Orientation 2. In addition, you should know the following:

**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.

**Clothing**

Mexican university students clothing is like that of US students, although perhaps a little more formal. Catcalling of women is common and may intensify if a woman is wearing short skirts/shorts, or low-cut tops.

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.

**Gifts**

You may want to pack some small items as gifts for your host family. A memento from Wisconsin, like a UWEC mug, might be nice. If you are unsure what, if anything, to bring, ask your Peer Advisor for suggestions.

**Converters & Adapters**

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

**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.

**GETTING TO MEXICO**

*There is information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the Travel Resources section of your Study Abroad Handbook*

**Travel Arrangements**

It is your responsibility to make travel arrangements to Mexico City, Benito Juarez International Airport, arriving **BEFORE 2 pm on the date listed on the UWEC Puebla Program webpage.**

**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 have gotten a student visa.

**Early, Late or Delayed Arrival**

At Orientation 2, you will discuss a back-up arrival plan in case your flight is delayed, and you will be arriving outside of check-in hours. If you are arriving in the middle of the night, you should plan to stay in a hotel and contact LdM-Italy the following morning.

**Getting to Puebla**

Representatives from UPAEP will meet students at the airport at the designated time and date 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 the designated time, you will need to make your own way to Puebla.

**Travel Arrangements-Departure**

UPAEP will again arrange shuttle transportation from Puebla to Mexico City on the departure weekend. See the UWEC Puebla Program page for departure dates. 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.

**On-Site Support**

Octavio Gonzalez in the UPAEP International Office will be your main contact at UPAEP. His contact information is on the Contact Names & Addresses page of this guide.
**Local Transportation**

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.

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.

---

**HOUSING**

**Living Situation**

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.

**What’s Provided?**

The cost of your room, breakfast and dinner with your host family, and laundry is included in the cost of your program. Discuss the laundry schedule with your family; advanced planning may be required.

**Meals & Snacks**

You will be eating typical Mexican foods with your host family. Unless you have an actual food allergy, it is 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 tend to purchase the food they will prepare each day. It is better to politely ask before helping yourself to food.

**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.

Telephone/Internet
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. You may or may not have internet access at home; you will definitely have it on campus. See the “Communication” section of this guide for details.

Living with a Family
Get involved as much as you can with your family. They are an important resource for you to learn from and a great resource to help you experience Mexican culture. You may have an interest in cooking. By taking some mixes or recipes from home, you may easily gain entry into the kitchen, and your host mom may be thrilled if you show an interest in Mexican cuisine.

Conversation is important in Mexican culture. You can spend hours after a meal chatting and watching television or learning to play Mexican card games.

Remember that you are a guest in your family’s home. Offer to do some things around the house, like helping with meals or dishes. Keep your room and other areas of the house that you use tidy. Be aware of noise levels, particularly if you are coming home later at night.

Keep in mind that 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. The more you put into the relationship, the more you will receive!

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.

"Your" Room
You will have your own room; however, the concept of a private room is different in Puebla 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 gender, in your bedroom.

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.

**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 U.S., make lodging arrangements for them at a local hostel, apartment or hotel prior to their arrival in Puebla. The host family should not be expected to have additional visitors stay in their homes, even for just a few days.

Please 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.

**Financial Arrangements**
While UPAEP screens families carefully 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. It is not easy to welcome a stranger into your home for several months. 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.

If you stay after the program ends and request to remain at your host family’s house, you must **pay** your family for room and board. You should not expect your host family to provide room and board for free. The families need your contribution in order to take care of you.

**Changing Families**
If you discover that you absolutely cannot get along with your host family, talk with Octavio Gonzalez about it so that changes can be made, if appropriate. (UW-Eau Claire is not involved in the actual family placements, and changes must be done through UPAEP.) But remember to give the situation some time and to be flexible and open-minded.

**COMMUNICATION**
Information on accessing/forwarding your UW-Eau Claire email address and on computer app-based phone services (SKYPE, What’s App, Facetime, etc) is in the Contacts & Communication section of your Study Abroad Handbook.

**Email/Internet Access**
The campus offers free WIFI access for students and 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. Internet cafés in Mexico are not the same as in the U.S. You mostly use the café’s computers; they are typically not a sit-down-and-drink-coffee café where you can use your laptop with wireless. Don’t ‘over-use’ the Internet! You are in Mexico for a relatively short time, and it is important to experience what is in front of you!

**Landline Phone 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.

**Calling from the U.S.**

**From the U.S. to Mexico:** 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.

Note that if there is a "0" listed before the main number, drop it when dialing internationally.

**Courteous Communication**

If Skyping/using other communication apps in your room, use headphones, close the door to your room, speak softly, and end the conversation immediately if it is time for a meal.

**Snail Mail**

International airmail takes 6-10 days in either direction. Until you have an exact address, your family and friends can send mail to:

Your Name  
Study Abroad Student  
UPAEP international office address (See Contacts Page at the end of this guide.)

**Communicating in Spanish**

You have been studying Spanish for years, and now you are going to apply your language skills in day-to-day life. Here are some things to keep in mind.

**Before you go:** Start listening to Spanish music, watch movies, TV in Spanish. Get your ear accustomed to it before you get there!

Also, start reading it, beyond what is required for class. Consider changing your phone language to Spanish, reading websites from Mexico, finding online newspapers.

**Fluency:** In the words of a past language student, "I am going to warn you right now: you WILL NOT be fluent after only six weeks in another country. I improved in my reading, writing, listening and speaking, but I did not sound like a native. Don't expect to come home fluent, or you will spend your whole time abroad frustrated with yourself. Take things one day at a time and you will be so impressed with yourself. There were days where I would all of a sudden realize that I was participating in conversations in Spanish without thinking about it."

**Speaking:** Speak as much as possible. You have SO MANY OPPORTUNITIES to speak Spanish (since you're living in Mexico). And there are so many people willing to help you get better.

**Professors:** It's their job to help you improve, so they will correct you in class and will require you to speak often. They are always willing to help explain things or sit down and talk with you about things you don't understand.

**Families:** It is likely that your family has been hosting American students for a number of years. This means that even when you say the wrong thing, chances are they will understand you. Don't be afraid to speak with your family at meals, after meals, during down time, at any possibility.

**Other people you meet:** Mexicans know that you are not a native speaker even before you open your mouth. In most cases, if you try to communicate with them, they will be very kind and patient with you. In addition to this, get to know local students. Many of them are studying English and would LOVE to get together and talk. One thing to remember: you need to make the effort to get to know them.
**TRAVEL WHILE ABROAD**
See additional information in the Travel Resources section of your Study Abroad Handbook.

**Organized Travel**
A tour of Puebla’s downtown and trip to nearby Cholula, as well as weekend trips to other locations such as Cuetzalan, Mexico City and Oaxaca are included in the program cost.

**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 Diaz dictatorship, attempted to run for president; but Diaz 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 Diaz. 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 Constitutionalis 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 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, etc. 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
## CONTACT INFORMATION

<table>
<thead>
<tr>
<th>UPAEP</th>
<th>Mexican Consulate in the Chicago</th>
<th>UW-Eau Claire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dirreción de Asuntos Internacionales</td>
<td>204 S. Ashland Avenue Chicago, IL 60607 Tel: 312-738-2383 Email: <a href="mailto:info@consulmexichicago.com">info@consulmexichicago.com</a></td>
<td><strong>Center for International Education</strong> Cheryl Lochner-Wright Senior Study Abroad Coordinator <a href="mailto:lochnecb@uwec.edu">lochnecb@uwec.edu</a></td>
</tr>
<tr>
<td>Octavio González Núñez Group and Special Programs Coordinator</td>
<td><a href="http://www.consulate-chicago.com/mexico.html">http://www.consulate-chicago.com/mexico.html</a></td>
<td>3 Schofield Hall 105 Garfield Avenue University of Wisconsin-Eau Claire Eau Claire, WI 54702 Phone: (715) 836-4411 Fax: (715) 836-4948</td>
</tr>
<tr>
<td>21 Sur 1103 Barrio de Santiago, CP 72419 Puebla, Pue. México Phone: +52 (222) 229-9400, ext. 7759</td>
<td><strong>U.S. Embassy in Mexico</strong> Paseo de la Reforma 305 Colonia Cuauhtemoc Mexico, D.F., Mexicco C.P. 06500</td>
<td><strong>After Hours Emergency</strong> (715)577-9045</td>
</tr>
<tr>
<td></td>
<td>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</td>
<td>Remember that in most cases, local contacts are best in local emergency situations.</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:acsmexicocity@state.gov">acsmexicocity@state.gov</a></td>
<td>If you have an after-hours emergency that can be helped on the U.S. side, please call University Police at the number above. Calls can be made to this number 24 hours a day. You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.</td>
</tr>
</tbody>
</table>

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.
<table>
<thead>
<tr>
<th>Puebla</th>
<th>Culture</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Newspapers <a href="http://www.onlinenewspapers.com/mexico.htm">http://www.onlinenewspapers.com/mexico.htm</a></td>
</tr>
</tbody>
</table>
When past participants of the Puebla program were asked to sum up their experience, here is what they said:

Coming Soon!