

Study Abroad



MEXICO
SUMMER 2018

Program Guide

TABLE OF CONTENTS

General Information	2
The Program	2
The Location	2
Travel Warning Notice	2
Academic Calendar	2
Academics	2
Program Prerequisites	2
Registration in Mexico	3
Credits and Course load	3
Program Tracks/Classes	3
Grades	3
Transcripts & Credit Transfer	3
Language Immersion Requirement	3
Mexican Academic System	4
Fieldtrips	4
Service-Learning & Internships	4
Money Matters	4
Cost Estimate	4
Currency Exchange	4
Health & Safety	4
Before You Go	4
Common Health Problems	4
Other Keys to Staying Healthy	5
Insect Borne Diseases	5
Gonorrhea	6
Health Facilities in Puebla	6
Emergency Contacts	6
Safety in Mexico	6

Use of ATMS & Credit/Debit Cards	6
Sexual Assault	7
Marijuana and other Illegal Drugs	7
Assistance for Victims of Crime	7
Additional Information	7
Required Documents	7
Visa	7
Packing Tips	7
Weather	7
What to Pack	7
Attire for Internships & Observation hours ..	8
Do Not Bring	8
Prescription Medication	8
Gifts	8
Appliances	9
Arrival/Departure	9
Travel Arrangements	9
Clearing Immigration & Customs	9
Leaving Mexico	9
Settling In	9
Orientation	9
Homestays	10
Financial Arrangements	10
"Your" Room	10
Guests	10
Telephone	10
Water	11
Toilets	11
Laundry	11
Meals	11
The Refrigerator	11

Keep Lines of Communication Open.....	11
Checking In	11
Location/Local Transportation.....	11
Communication.....	12
Telephone Information	12
Email/Internet	12
Contact Names & Addresses.....	13

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! This new partnership with UPAEP has several summer 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 Warning Notice

This program is located in a country that is currently under a U.S. Department of State Travel Warning. You signed a Travel Warning Release Acknowledgement as part of your acceptance to the program.

You can review the full travel warning on the [US Department of State website](#). Because the state of Puebla is not included in the warning, UW-Eau

Claire will permit study at this location. Please note that changes in the State Department Travel Warning could result in suspension of the program. Click here to read [UW-Eau Claire's Travel Warning Procedure](#).

Academic Calendar

This is a summer program.

Arrival: Sunday, May 27

Orientation/Classes Begin: Monday, May 28

Classes end: Thursday, July 5

Program Farewell: Friday, July 6

Depart: Sunday, July 8

You can plan to depart on July 7, or you can opt to stay with your host family one more night and fly home on July 8. Remember to factor in travel time back to Mexico City in either case.

ACADEMICS

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

Program Prerequisites

To participate in this study abroad program, you must **have the minimum 2.5 cumulative GPA required, be in good academic, conduct, and financial standing, as well as the pre-requisites for your program track.** You can find the [specific pre-requisites for each track here](#). You must maintain enrollment at UW-Eau Claire in the spring semester.

CIE will check grades at the end of the spring semester. If you are no longer in good standing, we will need to check with UPAEP to see if you will be allowed to participate. If you are suspended, you will not be allowed to participate in the program.

Registration in Mexico

You register for classes by filling out the UPAEP Summer 2018 Course Registration form, which was 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.

Spanish Language & Mexican Culture

Track	Pre-Reqs	Course 1 (4 cr)	Course 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. **Grade reports 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 of 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 2018 summer program will include weekend fieldtrips to Mexico City, Cuetzalan, Cholula 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. If you are interested in this option, please contact Courtney Brost at brostcn@uwec.edu, the coordinator for the Mexico program, for details.

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 US 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 11, 2017 was \$1 USD = 18.9032 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.

Common Health Problems

The most common health problems for U.S. Americans in Mexico are intestinal upsets. They usually occur as a result of the change in diet, the

different meal schedule, and organisms unfamiliar to your system.

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

1. It will usually run its course in three to five days. The worst symptoms usually occur the first day. Bed rest may help relieve cramps.
2. The main risk of the illness is dehydration. Be sure to maintain fluid intake. An excellent source of fluid replacement is ORS or 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 US 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.

Health Facilities in Puebla

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

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

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

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

Emergency Contacts

General emergency procedures are described in the Study Abroad Handbook, and the UPAEP staff is available if difficulties arise. You will receive an emergency contact card with UPAEP staff information 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.

Safety in Mexico

As previously stated, parts of Mexico are under a US State Department Travel warning. The CIE strongly recommends that you NOT travel in any of the Mexico states currently under a travel warning or caution. You can find a [state-by-state assessment](#) here.

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

Use of ATMS & Credit/Debit Cards

Per the "Safety & Security" section of the [US 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 Mexico. See the “Sexual Assault” section of the [US State Department Consular Information Sheet](#) and the resources for prevention, victims, and bystanders in the Study Abroad Handbook.

Marijuana and other Illegal Drugs

Please note that the possession, use and sale of marijuana is illegal in Mexico. Even carrying it on your person can be considered drug trafficking. Penalties for possession, use, or trafficking 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 [US State Department Mexico Consular Information Sheet](#).

Additional Information

For more information on crime, road safety, local laws and penalties, etc., see the [US 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 adviser will give you a suggested packing list at the Orientation 2 meeting 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.

One student from summer 2017 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 go into the operating room 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.

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 question. For example, "I am going to Mexico for 45 days and take (**specific name of medication**). Is this considered a controlled substance in Mexico? If so, and I am unable to take more than 30 days of it with me, what is the best way for me to access the rest of the medication I will need?"

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

Gifts

You may want to pack some small items that you could use as gifts. It is suggested, but not

obligatory, to offer a small gift for your host-family. A small memento from Wisconsin, like a UWEC mug, might be nice. If you are unsure what to bring for your host family, ask your peer advisor.

Appliances

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

ARRIVAL/DEPARTURE

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

Travel Arrangements

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

Be sure that your flight arrives on Sunday, May 27, before 3 pm. There will be representatives from UPAEP meeting students at the airport between 11 am and 3 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 3 pm, you will need to make your own way to Puebla.

Please note that **you are responsible for arranging your own transportation back to the airport once the program has ended.** Again, Estrella Roja is the recommended carrier.

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.

Leaving Mexico

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

SETTLING IN

Orientation

You will have orientation sessions and a welcome celebration on Monday, May 28th, 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 the summer. The entire family needs to adjust schedules and habits to accommodate a new person. In addition, there are very real costs associated with having another person in the home. Receiving some monetary compensation for this is only fair, and most families would not consider hosting otherwise.

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

"Your" Room

You will have your own room; however, the concept of a private room is different in Mexico

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

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

Guests

You should only invite visitors to your house if you have first cleared this with your host family. Visitors should never be invited for meals or to stay overnight without prior family permission.

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

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

Telephone

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

Water

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

Toilets

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

Laundry

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

Meals

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

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

The Refrigerator

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

Keep Lines of Communication Open

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

Checking In

Mexican parents are generally more protective, even of university-age students, than their U.S. counterparts. This may feel intrusive to you, particularly if you have been living on your own for a while. Remember that this is a cultural adjustment and respect your host family's wishes. Let them know if you are going out, particularly in the evening, where you are going, with whom, and what time you will be back. Be aware that they will most likely not go to sleep until you have returned. If they ask that you be back by a particular time, be sure that you are. If you will be gone overnight, be sure to inform your family well in advance.

Location/Local Transportation

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

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

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

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

UPAEP has its own taxi service, with a taxi stand directly in front of the main campus entrance. 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 for a taxi, ask the dispatcher for the driver's name and the taxi's license plate number.

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

COMMUNICATION

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

Telephone Information

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

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

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

It may be easier for you to call home than for your parents to call you at first. However, once you get situated, it could be cheaper for your parents and friends to call you. To call from the U.S. to Mexico, you must first dial 011, which is the international dialing code. Next, you must dial 52 to get Mexico, and then the rest of the number to reach a specific city and location.

Email/Internet

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

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

are typically not a sit-down-and-drink-coffee café where you can use your laptop with wireless.

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

CONTACT NAMES & ADDRESSES

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

UW-EAU CLAIRE ***Center for International Education***

Courtney Brost
Study Abroad Coordinator
brostcn@uwec.edu

3 Schofield Hall
105 Garfield Avenue
University of Wisconsin-Eau Claire
Eau Claire, WI 54702
Phone: (715) 836-4411
Fax: (715) 836-4948

UPAEP ***Dirrección de Asuntos Internacionales***

Octavio González Núñez
Group and Special Programs Coordinator
octavio.gonzalez01@upaep.mx

21 Sur 103
Barrio de Santiago, CP 72410
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

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

