

Things Worth Knowing

Attire: Casual, comfortable clothing is recommended, because we'll be on the move. There is no need for women to wear skirts, but short shorts should be avoided, especially when we're in the communities. Sorry guys, but shorts are not worn by men in public, so if you bring them please plan to wear them only where you are staying.

Insurance: Please make sure that your US insurance covers you in Mexico. You **MUST** have insurance during your seminar.

Money: There are not many opportunities to change money during the trip, so try to do so in the airport. If you brought your ATM card, you can withdraw directly from your account at any bank. For small purchases, it's good to have small bills and coins, so try and avoid \$500 and \$200 denominations.

Illness: We will do everything possible to ensure that you stay healthy, but you are in a new environment to which you are not accustomed. At the first sign of digestive issues, please let us know so that we can immediately take action. If necessary, we can give you a comfortable place to rest or take you to the doctor.

Food and Water: We will be taking you to safe and clean restaurants and your homestay families will give you special treatment as well. If you want to eat on the streets, it's very tasty, but you will do so at your own risk. We recommend that you exercise caution.

It is also recommended that you take special care in staying hydrated. We are at a very high elevation in Mexico City, and that can take a toll on you. Water is available in many shops and at our lodging.

Bathroom etiquette: We never throw the toilet paper in the toilet here in Mexico. There should be a trash recipient in the bathroom and that is the proper place. Some of you in your home stays might encounter a toilet with no flusher. You'll simply need to throw a bucket of water in to make it flush.

Taking pictures: Please be sensitive when taking pictures. It is best to ask permission first, unless you're at a tourist location.

Tipping: Mexico definitely has a tipping culture. If you ever eat alone, you should tip between 10%-15% and if you happen to purchase anything at the supermarket, you should give a 1 or 2 pesos tip to the bagger. Waiters and baggers usually receive

no income except for tips.

Punctuality: It is important that we be considerate of everyone in the group as well as those that will be receiving us. If you are “punctually challenged” please make a special effort to be ready on time.

Public Transportation: We will travel frequently in public transportation. Be careful to stay together as a group and keep an eye out for pick pockets. If you are carrying a backpack, bring it to your front. Try to talk quietly to avoid unneeded attention. You will notice that often the only people you hear on the metro (subway) are the foreigners.

Street smarts: Mexico has a different street culture than the U.S. The bigger person has the right away, and “yield” is not a part of the vocabulary, so be very careful when crossing streets. Also, be careful when you are walking on the sidewalk. There are frequently large holes and drains without their grates as well as low hanging stands, so watch your head.