# TABLE OF CONTENTS

- Sponsors: 4
- Participant List: 5
- Go Global NC: 7
- Global Teachers: 8
- Program Description, Goals, and Phases: 9
- Itinerary: 10
- Flight Schedule: 12
- Contact Information: 14
- Reflection Tools: 16
- Photography: 17
- Need to Know: 18
- Safety and Health Tips: 20
- Packing Tips: 23
- Packing Checklist: 24
- Participant Health Insurance Abroad: 25
- Map: 27
- Travel and Cultural Resources: 28
Go Global NC’s 2017 professional development program to Mexico is made possible with generous support from the following sponsors:

Charlotte-Mecklenburg Police Department

Durham Police Department

Centro Hispano - UNC Wilmington

El Centro Hispano - Durham

UNC Wilmington Police Department

Oak Foundation

Orange County Sheriff’s Office
PARTICIPANT LIST

1. **David Addison**: Captain, Durham Police Department
2. **Melissa Bishop**: Lieutenant, Durham Police Department
3. **Erin Bray**: Officer, UNCW police
4. **Daniel Edwards**: Captain, Durham Police Department
5. **LeBraun Evans**: Lieutenant, Charlotte-Mecklenburg Police Department
6. **Nathan Fearrington**: Lieutenant, Patrol Division, Orange County Sheriff’s Department
7. **Dawn Hunter**: Investigator, Orange County Sheriff’s Department
8. **Kevin Jones**: Lieutenant, Patrol Division, Orange County Sheriff’s Department
9. **Kara Mariotti**: Crime Prevention Specialist, UNC-Wilmington Police Department
10. **Milton McLamb**: Officer, UNC-Wilmington Police Department
11. **Celestine Ratliff**: Lieutenant, Division Commander-Diversion & Youth Services Division, Charlotte-Mecklenburg Police Department
12. **Pilar Rocha-Goldberg**: President/CEO, El Centro Hispano
13. **Edelmira Segovia**: Director, Centro Hispano, Office of Institutional Diversity and Inclusion, UNC-Wilmington
14. **Daniel Stitt**: Captain, Arrest Processing, Mecklenburg County Sheriff’s Office
15. **Raeford Thompson**: Sergeant, Detention Center, Orange County Sheriff’s Department
16. **Stephen Vaughan**: Lieutenant, Durham Police Department
17. **Ashley Woodall**: Deputy, Orange County Sheriff’s Department
PROGRAM FACILITATORS

Lorena Patterson: Program Director, Go Global NC

Kate Runy: Communications/Digital Content Manager, Go Global NC

Angelina Schiavone: Executive Director, Full Circle Interpreting
WE EMPOWER NORTH CAROLINA WITH THE SKILLS, UNDERSTANDING, CONNECTIONS, AND KNOWLEDGE TO SUCCEED IN A GLOBAL COMMUNITY.

goglobalnc.org
LATINO INITIATIVE

Enriching North Carolinian’s understanding of their new neighbors

Go Global NC’s Latino Initiative provides North Carolina leaders with a fresh approach to understanding integration of their new neighbors. The Law Enforcement Leaders program builds on the strengths of law enforcement departments to address community challenges and meet the needs of all residents. County teams will represent a wide range of professional ranks in order to have a wider collective impact.

Participants will join a statewide network of 800-plus Latino Initiative alumni who have gained resources and information critical to creating practical solutions to the challenges of changing demographics in North Carolina.

“It may have been one of the most meaningful weeks I’ve spent in my life.”

Tom Ross, Former President of the University of North Carolina System
Latino Initiative Alumnus - 2000
WHAT IS GAINED?

- A deeper understanding of the overall social and historical context of Mexico
- An appreciation of cultural attitudes, values and behaviors that are important for strengthening relationships and improving services
- An exposure to best practices
- A local network of experienced peers for collaboration during the program and well beyond as Latino Initiative alumni
- A regional network of leaders and diverse stakeholders who are working across professional disciplines to improve community services
- A first-hand experience developing an action plan that will lay out some strategies for addressing local concerns and improving relationships between law enforcement and citizens

WHY IS THIS IMPORTANT?

North Carolina has seen a large increase in the Latino/Hispanic population over the last two decades. North Carolina experienced a 17% increase of Latino/Hispanic population from 2010 to 2014. Latino/Hispanic birth rates and public school enrollments have increased in the past decade. Since 2010, Latino/Hispanic school enrollment has increased in North Carolina’s urban counties.

COURSE SCHEDULE

May-June 2017
Informational Meeting for Participants

July 12, 2017
Team Meeting (Community Needs Assessment)

August 16, 2017
Pre-Departure Orientation Workshop

September 11-18, 2017
Travel to Mexico
ITINERARY

Monday, September 11, 2017: Casual Attire
- Departure from Raleigh & Charlotte N.C.
- Welcome meal at restaurant Bellinhauser
- Check-in Hotel Genève
- Tour Palace of Fine Arts Building and Historic Downtown Mexico
- Light dinner at restaurant Los Girasoles

Tuesday, September 12, 2017: Professional Attire
- Breakfast in Hotel Genève
- Presentation at Ministry of Foreign Relations on services they render to Mexican Nationals abroad
- Tour of Diego Rivera’s Murals at the National Palace and tour Metropolitain Cathedral
- Lunch at Restaurant El Mayor Historic District Downtown Mexico
- Tour of Museum of Anthropology
- Back to hotel (dinner on your own)
- Cultural Activity (optional)

Wednesday, September 13, 2017: Casual Attire
- Depart for San Miguel de Allende
- Visit and tour of prison in san Miguel de Allende
- Depart for Trancas town
- Welcome dinner at Hacienda Trancas (Welcome presentation Fundación Comunitaria del Bajío Adriana Cortés Jiménez and staff)
- Pre-Hispanic Musical show Majorrú

Thursday, September 14, 2017: Casual Attire
- Breakfast in Hacienda Trancas
- Depart for Silao
- Command Center C5 Tour of facility with Secretary of Public Safety Alvar Cabeza de Vaca Appendini
- Lunch in Silao
- Depart for Irapuato
- Arrive in community of Taretan, meeting in elementary school Aquiles Serdán
- Visit with local families (opportunity to converse with local families who have family in US)
- Dinner and tequila tasting at Hacienda Trancas

Friday, September 15, 2017: Casual Attire
- Breakfast and presentation from local police of the municipality of San Luis de la Paz
- Depart to the town of San Luis de la Paz
- Arrive at the Mayor’s office to have a quick ride along in police cars (opportunity to see operation in a small town community)
- Lunch at Hacienda Trancas and free time
- Dinner at Hacienda
- Depart for Dolores Hidalgo (cradle of Mexican Independence) for celebration in main plaza
- Depart back to Hacienda Trancas
Saturday, September 16, 2017: Casual Attire
• Breakfast and check out hacienda Trancas
• Depart for Santa Rosa de Lima
• Visit local ceramic factory of Santa Rosa
• Visit to traditional Mexican candy making women’s cooperative
• Depart to Guanajuato City
• Arrive at the highest point of city for a panoramic view of the city.
• Check-in hotel Mesón de los Poetas and Santa Fe
• Walk to main plaza in to see the Juárez theatre and downtown (dinner on your own)
• Meet on the steps of the Juarez Theatre for a Musical Promenade through the streets of Guanajuato
• Return to hotels

Sunday, September 17, 2017: Business Casual Attire
• Breakfast in Hotels
• Free time for shopping or optional tour of the city of Guanajuato
• Meet on the steps of Juarez Theatre to meet their host family
• Families arrive to host you for half a day
• Final debrief session at La Terraza de los Olivos in Hotel Mesón de los Poetas
• Free time

Sunday, September 18, 2017: Casual Attire
• Breakfast with Guanajuato’s Governor Miguel Márquez Márquez
• Depart for airport
• Arrive in North Carolina
## FLIGHT INFORMATION

### Departure - Raleigh

<table>
<thead>
<tr>
<th>Date</th>
<th>Airline</th>
<th>Flight #</th>
<th>From</th>
<th>To</th>
<th>Depart</th>
<th>Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/11/17</td>
<td>AA</td>
<td>1349</td>
<td>Raleigh, NC</td>
<td>Dallas, TX</td>
<td>7:35 AM</td>
<td>9:31 AM</td>
</tr>
<tr>
<td>9/11/17</td>
<td>AA</td>
<td>393</td>
<td>Dallas, TX</td>
<td>Mexico City</td>
<td>10:40 AM</td>
<td>1:10 PM</td>
</tr>
</tbody>
</table>

### Departure - Charlotte

<table>
<thead>
<tr>
<th>Date</th>
<th>Airline</th>
<th>Flight #</th>
<th>From</th>
<th>To</th>
<th>Depart</th>
<th>Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/11/17</td>
<td>AA</td>
<td>404</td>
<td>Charlotte, NC</td>
<td>Dallas, TX</td>
<td>7:35 AM</td>
<td>9:21 AM</td>
</tr>
<tr>
<td>9/11/17</td>
<td>AA</td>
<td>393</td>
<td>Dallas, TX</td>
<td>Mexico City</td>
<td>10:40 AM</td>
<td>1:10 PM</td>
</tr>
</tbody>
</table>

### Return - Raleigh

<table>
<thead>
<tr>
<th>Date</th>
<th>Airline</th>
<th>Flight #</th>
<th>From</th>
<th>To</th>
<th>Depart</th>
<th>Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/18/17</td>
<td>AA</td>
<td>1586</td>
<td>Leon Guanajuato</td>
<td>Dallas, TX</td>
<td>2:03 PM</td>
<td>4:33 PM</td>
</tr>
<tr>
<td>9/18/17</td>
<td>AA</td>
<td>1425</td>
<td>Dallas, TX</td>
<td>Raleigh, NC</td>
<td>6:35 PM</td>
<td>10:19 PM</td>
</tr>
</tbody>
</table>

### Return - Charlotte

<table>
<thead>
<tr>
<th>Date</th>
<th>Airline</th>
<th>Flight #</th>
<th>From</th>
<th>To</th>
<th>Depart</th>
<th>Arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/18/17</td>
<td>AA</td>
<td>1586</td>
<td>Leon Guanajuato</td>
<td>Dallas, TX</td>
<td>2:03 PM</td>
<td>4:33 PM</td>
</tr>
<tr>
<td>9/18/17</td>
<td>AA</td>
<td>606</td>
<td>Dallas, TX</td>
<td>Charlotte, NC</td>
<td>7:05 PM</td>
<td>10:41 PM</td>
</tr>
</tbody>
</table>
Check In: Plan to be at least 2-3 hours early to provide adequate time for check in for international flight and security. Please allow additional time for the traffic and parking. Carry your e-ticket, itinerary, emergency contact information and valid passport with you in your carry-on bag. When you check-in at the counter or kiosk you can provide your frequent flyer information at that time.

Late Arrivals: If for any reason you miss your flight in the departure or connecting city, it will be your responsibility to arrange with the airline the next available flight and to arrange transportation to or from the airport to the hotel. As soon as your alternate plans are known, please call Meredith Henderson at (919) 345-1660 about your new arrival plans so that she can inform the group leaders.

Baggage Information: [https://www.aa.com/i18n/travel-info/baggage/baggage.jsp](https://www.aa.com/i18n/travel-info/baggage/baggage.jsp)

**Did you know?**

Guanajuato’s name is derived from the Purépecha word Cuanaxhuato, which means the mountainous place of frogs.
CONTACT INFORMATION

Hotel Genéve:
Londres 130, Cuauhtémoc, Juárez, Ciudad de México, D.F., México
+52 555 080 0800

Hacienda Las Trancas:
Plaza Tres Estrellas 50, 37286 Trancas, Gto., Mexico
If in Mexico: 01 418 182 9500
If in U.S.: 011 52 418 182 9500

Hotel Meson de los Poetas
Positos 35, Zona Centro, 36000 Guanajuato, Gto., Mexico
+52 473 732 0705

Hotel Posada Santa Fe
Jdn. de la Unión 12, Zona Centro, 36000 Guanajuato, Gto., Mexico
+52 473 732 0084
Contact Information

Gaby Villicaña
International Programs Coordinator
Mobile: +52 155 32 33 06 61
Email: gve76@hotmail.com

Guanajuato Contact Information

Adriana Cortes Jimenez
Executive Director
Tel: 0 1152 462 624 5158/ 624.2590
Mobile: 011521 462 105 3281
Email: cortesjimenez.adriana@gmail.com

Jose Luis
Senior Director
Mobile: 0 11 52 462 632.2778

Families May Also Contact
Meredith Henderson
Senior Director of Programs
Go Global NC
Email: mlhenderson@goglobalnc.org
Home: 919-554-1890
Office: 919-237-7953
Mobile: 919-345-1660

Go Global NC Staff Mobile: 919 607.7651
When we participate in a global study program, we often take the time to learn about the culture we will be visiting. However, it is also important to look at ourselves and what we bring to the experience. One of the key players in the experience is you. It is your eyes that will see, your ears that will hear, and your personal experiences and history that will help you to interpret what you see and hear.

Although we will be meeting in large group debriefing sessions during the course of the program in Mexico, a journal is a great tool to help you reflect on your experience on a day-to-day basis as well as upon your return home.

Before You Go:
It is recommended that you begin your journal before leaving the country. Reflect on your feelings about traveling to Mexico, your reasons for joining this study program, your expectations, and on questions you hope to have answered. Below are some questions to help you get started:

• Why are you taking this journey?
• What are you anticipating most about the program in Mexico?
• What are you concerned or anxious about?
• What are your assumptions about Mexico, the culture, history, education and economic systems? How do you expect the country and the people you meet to look, sound, act, etc?
• What are the key questions you would like to have answered in Mexico?

In Country:
While we are in Mexico, you can use your journal to record your journey. Some things to think about are:

• Notes from presentations
• Specific quotes
• Sounds, smells, sights, etc. that you are experiencing
• Questions
• Experiences outside the formal program agenda
• Dreams
• Stories, poems, sketches
• Use your journal to collect mementos, such as pictures, postcards, etc., to share with students and faculty
• Record commitments or intentions to act when you return home

Upon Your Return:
It is important to reread and review your journal after your return home. Continue to reflect on some of your experiences in Mexico and their effect on your life in North Carolina. Some additional questions that may be helpful are:

• What did the experience of traveling to South Africa with this global study program mean to you?
• What are some of the main ideas that you would like to convey to your family, friends and colleagues about South Africa now that you have been there?
• How will this experience impact your professional practice?
• What are some initial ideas that you have for recommendations for North Carolina policy and/or programs based on your experiences?
• What is the most important learning you derived from this experience?

Bring your journal with you to the follow-up workshop. You may find that you want to refer to it as you begin the next stage of your action-planning.
PHOTOGRAPHY

Share your story by sharing your pictures!
See your program facilitators for more information on how.

Most participants on a learning journey come with camera in hand, eager to photograph their experience for their own memories and to share with friends and family. Photos are a great way to document a travel seminar, but a camera can be a tricky tool to use well. How you use your camera reflects your level of respect for the local people and your long-term commitment to mutual understanding and responsible travel.

Guidelines for Taking Photos on a Learning Journey:

• **Ask permission** before you take a photo, even if it is just a smile and a nod toward your camera.

• **Avoid telephoto lenses:** It is best to use them only when shooting landscapes, animals or during performances or festivals, when it is difficult to get close to people. Even then try to seek your subject out afterward to tell them you’ve taken a photo and explain who you are.

• **Send copies:** If possible, offer to send a copy if it turns out well and make sure you follow up.

• **Pay attention to your prejudices:** Ask yourself why you feel compelled to take a photo. Ask yourself how you would feel if the situation were reversed: would you feel comfortable having your photo taken by this person in these circumstances?

• **Make connections:** On your travel seminar, you will have the opportunity to meet and talk with many local people. Take pictures of the friends that you make instead of trying to grab images from strangers on the street.

• **Take pictures of normal things.** Pictures of your room, meals, stores, etc. will help you answer some of the basic questions like “what did you eat?”

• **Your trip leaders, resource people and fellow participants all form an important part of your experience.** Photos of them will help trigger memories and capture the flavor of visits.

• **Get closer and pay attention to details:** The best pictures are ones where the subject is clear and where details help to tell the story. Getting closer (easier when the subject is not a person), can vastly improve your photo.

*Note: these guidelines were modified from an article by Chris Welch, *Tips for Making Better Travel Photos*, found in the Minneapolis Star Tribune, Sunday July 16, 2000, page G9.*
NEED TO KNOW

Phones and Making a Call: When calling from Mexico to the U.S., dial 00-1, plus area code and phone number (10 digits total). When calling to a phone number in Mexico from the U.S., dial 011, then 52 (country code), then area code and phone number (10 digits total).

Check with your cellular provider to inquire about service available and cost of an international plan while traveling. Please note that even if your provider indicates that your cell phone will have service, it may not. Other options for calling include purchasing inexpensive and ubiquitous LADATEL pre-paid phone cards or using skype via the internet. Skype is a free service calling service that will also allow video streaming, if callers have video cameras.

Money and Tipping: The unit of currency is the peso. Mexican coins can be found in denominations of 5, 10, 20 and 50 cent pieces. The larger peso coins are worth 1, 5, 10 and 20 pesos. The size of the peso coins reflects its hierarchy of value.

The Mexican peso bills are printed in denominations of 20, 50, 100, 200, 500 and 1000 notes. The conversion rate is approximately 17 Mexican pesos for 1 U.S. dollar. Universal Currency Converter- [http://www.xe.com](http://www.xe.com) (I would highly recommend downloading the app).

There are currency exchange centers at the airport and our hotels can exchange some dollars to pesos, however there are disadvantages to relying on either of these. The most reliable and efficient way to get Mexican pesos is to make a withdrawal at a Mexican ATM.

Banks are not always available or open during the hours when you need them. ATMs are widely available in Mexico. They generally will offer instructions in both English and Spanish on the screen. The only currency available in Mexican ATMs is pesos, so the monetary options will be listed in pesos, not U.S. dollars. Please consider withdrawing enough money to last you a few days at a time. Many restaurants and businesses accept Visa and Master Card, fewer accept AMEX. Use plastic when possible and save your cash for smaller shops and group outings when cash will be required. Contact your bank and or credit card companies ahead of time to let them know you will be traveling in Mexico and to inquire if there are any limits as to how much money you can withdraw each day.

The program fee includes tips to bus drivers, local guides and group meals. At restaurants, it is customary to tip 15% on the cost of the meal before tax (tax is shown as IVA, typically 16%). For luggage handling (sky caps, hotel bell hops) the appropriate tip is generally $1-2 U.S. dollars (the equivalent in pesos while in Mexico) per bag depending on weight and size. At hotels, the chambermaid should receive a tip of $2 U.S. per person, per day.
**Meals:** Breakfasts are always included at the hotel. Most lunches and dinners are also provided. However, you will be on your own for a few meals (including those on travel days). We will be advising international program coordinators of your dietary restrictions, however you should reiterate these restrictions to program guides at mealtimes.

While in Mexico lunches and dinners may be much later than what you are accustomed to. Be prepared by bringing packaged snacks with you, especially if you have health conditions.

**Weather:** Mexico City and Guanajuato will likely be on the cooler side during our visit, between 45-60 degrees. Check [www.weather.com](http://www.weather.com) before you pack to see what the weather will be like in both cities.

**Electricity:** The electric current is 110 volts, the same as in the United States and Canada. Most outlet plugs are also the same, though very few still only accept the parallel 2-prong style. You may wish to bring an adaptor, particularly a multi plug adaptor if you have several items to charge each evening. Generally, all hotels provide hair dryers in the rooms and most hotels provide an iron in the room upon request.

**Safety & Security:** Always carry the hotel card and the program itinerary with you. The former will assist taxi drivers and others in getting you to the right place and the latter will insure that you know how to catch up with the group if you should become separated from it. Debit and credit cards should be kept with you at all times and not left at the hotel even if in a locked suitcase. The same applies to airline tickets, passports, and other valuables. It is wise to keep a copy of your passport in a secure place in your luggage. Our hotels will probably have safe deposit boxes either in the rooms or at the reception area. Keep the number, date and place of issuance of your passport and travelers checks separate from the documents.

Mexico City is located in the lower half of the country at an altitude of 7,350 ft. (2,000 ft. higher than the altitude of Denver, CO). Guanajuato is located in the center of Mexico, northwest of Mexico City, between the arid norths of the country and the lusher south, and it is geographically part of the Trans-Mexican Volcanic Belt, the Mexican Plateau and the Sierra Madre Oriental. National Geographic notes that Mexico is so mountainous that if flattened it would cover Asia.
Go Global NC cannot guarantee your safety while traveling but the staff is very conscious of participant safety in planning and carrying out programs abroad.

Go Global NC staff:

- Communicate with international counterparts on local safety issues
- Monitor State Department advisories and warnings
- Contact State Department Country Desk or U.S. Consulate or Embassy in country when conditions seem questionable
- Provide you with Emergency Contact Information
- Register your group at the nearest U.S. Consulate or Embassy with a list of participants and the group itinerary

Although there are certain inherent risks in international travel, there are things that you can do to help insure your own safety and that of the group.

Go Global NC strongly recommends the valuable suggestions found in the State Department publication, *A Safe Trip Abroad*.

In addition, Go Global NC recommends adhering to the guidelines found on the following page:

**State Department Sites for Mexico:**
[https://travel.state.gov/content/passports/en/country/mexico.html](https://travel.state.gov/content/passports/en/country/mexico.html)
Behavior

• Avoid public places where U.S. Americans are known to congregate, for example, Hard Rock Café, American Express offices, etc.

• Don’t draw attention to yourself or the group by talking loudly in public. U.S. Americans in their enthusiasm for their new experiences can seem unintentionally obnoxious to others.

• If you become aware of a dangerous situation or a possible health hazard, contact the group leader immediately.

• Respect the customs and obey the laws of the host country.

• Be on your best behavior. For example, avoid arguments over a restaurant tab, which would call attention to you.

• Watch out for members of the group.

• Beware of pickpockets. Carry purses securely tucked under your arm. Carry valuables such as passports and tickets in an internal pocket or under your clothing or leave them in the hotel lock box.

• Be alert to your surroundings and those around you.

• Keep away from political and other demonstrations.

• Be careful of WHO and WHAT you photograph. Always ask permission before taking pictures.

Safety While Traveling

• Avoid unregulated modes of transportation.

• Carry the Emergency Contact List and the itinerary with you at all times.

• Carry a card with your hotel or host address written out in the host language for easy reference by host nationals, taxi drivers, etc. A hotel business card or brochure can serve this purpose.

• Stay with the group. If you must leave the group, inform the leader or a group member of your whereabouts. Use the buddy system to help insure the safety of all.

• Be alert in airports. Don’t leave your bags unattended or agree to watch a stranger’s bag.

• Make copies of the picture page of your passport and any other important documents you carry with you (i.e., visas, green card). Give a copy to the Center, leave a copy at home and carry a copy with you.

• Don’t go anywhere with a stranger.

• Travel light. It will simplify check in at airports but it will also make you more mobile in the event that you have to move quickly in an emergency.

• Walk only in well-lighted, populated areas.

• Travel with a companion whenever possible; Travel in daylight hours if you must travel alone.

• Familiarize yourself with the public transportation system to avoid appearing like a vulnerable tourist.
Dress

• Dress to blend in with the local culture so as to avoid calling attention to yourself. Avoid American flags, university paraphernalia, tennis shoes, baseball caps, and other clothing that marks you as an American.

Finances

• Be discreet when paying for something.
• Be cautious when withdrawing funds from ATM's again being conscious of people around you.
• Have an emergency financial plan. For example, have a credit card which can be used in the event of unexpected expenses.
• Carry your HTH health insurance card with you at all times.
• Consider purchasing individual cancellation insurance, which is not covered by the program fee.

Health

• During long international flights, walk around the plane frequently to keep your circulation going and help avoid blood clots. Flex legs, feet and ankles in the seat.
• Drink lots of water and avoid dehydration by limiting alcohol and caffeine intake.
• Elastic support stockings may help reduce the danger of blood clots.
• Carry medicines in prescription bottles with you in carry on luggage. If you may need refills carry prescriptions as well.
• Take extra pairs of contacts or prescription lenses.
• Do not buy food on the streets, unless it is commercially packaged.
• Drink only bottled water unless the CDC guidelines and the program coordinators have indicated that tap water is safe to drink.
• Follow CDC guidelines and recommendations by program coordinators regarding eating raw fruits and vegetables.

Check Out the Following Websites for Additional Safety & Health Tips

American Citizens Services- U.S. Department of State
A Safe Trip Abroad
U.S. Department of State Travel Warnings
CDC Health Information for Travelers
Deep Vein Thrombosis
Traveler’s Diarrhea
**PACKING TIPS**

**Carry on baggage:** Be sure to include all medications in their prescription containers and at least a change of underwear in your carry on luggage since it is not unusual to have bags arrive later than you do!

**Liquids:** Liquids, gels and/or aerosols in carry-on bags must fit in one clear, re-sealable quart-sized plastic bag. The TSA’s 3-1-1 rule describes specific requirements for bringing liquids through security checkpoints: 3 ounce bottles or less; 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. Plastic bags must be completely sealed and will be x-rayed at the security checkpoint separately.

The following items are allowed, but must be presented to officials at security checkpoints if they are not contained in clear plastic bags or are of greater volume than 3oz.

- Medications (liquid, gel or aerosol)
- Liquids, juices or gels for diabetic passengers who indicate a need for such items to address their medical condition. (A letter from your physician is not necessary).

**Luggage:** Travel light! You will be handling your own luggage, often in very crowded circumstances. We ask that you limit your luggage to one checked bag and one carry-on bag. Airlines have varying regulations and fees related to baggage; please check your carrier’s website for specifics. Once you pack, walk around the block with your luggage to be sure you are comfortable porting your bags. The Transportation Security Administration (TSA) website is a good resource for and what to pack, along with updates on restrictions: [https://www.tsa.gov/travel](https://www.tsa.gov/travel).

**Clothes:** Business or business casual clothing will be appropriate for meetings with government officials and site visits. Semi-casual dress will be fine for days when we are sightseeing and traveling. Plan to layer clothing since weather can be changeable and unpredictable. Take clothes which are wrinkle resistant, hand washable, darker colors (to hide dirt), quick drying, interchangeable. Also, don’t worry about wearing the same clothes several times. Others will be doing the same thing!
PACKING CHECKLIST

- Passport
- Ticket
- Debit/Credit Card (Let your bank know your travel plans to avoid hassles)
- Cell Phone (Check with your service provider)
- Watch/Travel Alarm Clock (especially if you are not bringing your cell phone, in order to stay on time)
- Lightweight Flashlight
- Medical/Health supplies, including: Band-Aids, OTC diarrhea medication, Tylenol/Aspirin, etc.
- Medications in their prescription containers for the entire trip/copy of prescriptions if you anticipate needing refills
- Wash-and-dry towelettes or hand sanitizer
- Insurance card and claim form (Provided by Go Global NC staff)
- Business clothes for educational programming; casual dress for sightseeing and free time.
- Raincoat/jacket or umbrella
- 1 pair of comfortable business shoes
- 1 pair of comfortable walking shoes
- Extra pair of glasses or contact lenses, and a copy of your lens prescription
- Copy of the first page of your passport (as well as visas, if applicable) stored separately from your passport
- Electric converter and/or adaptor if you want to use electrical devices
- Washcloth (these may not be available in hotels)
- Camera/memory card
- Journal for keeping notes and observations
- Cosmetics
- Earplugs, especially if you are a light sleeper
- Toilet paper or tissues for use in public toilets
HEALTH INSURANCE ABROAD

The participant program fee covers international health insurance through HTH Worldwide Insurance Services. This policy is valid while abroad, for the dates listed on your HTH Medical Insurance ID card. Should your travel plans go beyond the dates of the program, contact Go Global NC to extend your health coverage. This policy covers health only. You are advised to seriously consider purchasing lost baggage and/or trip cancellation insurance since Go Global NC is not responsible for the cost of missed flights for illness or other reasons.

The Plan features HTH Worldwide’s Global Health and Safety Services - online tools and toll-free assistance to help members manage their health and safety risks, from finding the right doctor to receiving real-time alerts and advice on health and security threats. Visit the HTH website for these resources and for additional information.

Please carry your HTH Worldwide Insurance ID card and claim form with you at all times while traveling abroad in the event of a health emergency.

HTH Worldwide Numbers

While you are abroad: +1-610-254-8769 (collect calls accepted)
Within the US: 1-888-243-2358

HTH Website: http://hthstudents.com

HTH Email:

Questions about plan: customerservice@hthworldwide.com

24/7 Assistance: globalhealth@hthworldwide.com

Go Global NC, 68 T.W Alexander Drive, Box 13628, Research Triangle Park, NC 27709, 919-314-2826

In all calls to HTH Worldwide Insurance Service, please refer to the patient name and the University of North Carolina sub category USSNC Go Global NC Policy Number BCS-3428-A-13 which covers all participants in Go Global NC programs.
IN AN EMERGENCY, SEEK APPROPRIATE MEDICAL CARE DIRECTLY AND THEN CALL HTH WORLDWIDE.

Ask the Go Global NC program coordinator or local contact person for health care provider suggestions. Or call HTH Worldwide directly for referrals to doctors or hospitals. Once at the health care provider, present the insurance card as proof of coverage.

PAYMENT:

Referrals to medical facilities are not intended as payment guarantees but are intended to direct participants to quality medical services. Thus, the participant may still have to pay part of all related expenses and request reimbursement later. If required to pay for all of part of the services, have the doctor sign the claim form provided to you and provide a receipt of payment. You can submit the claim form to HTH Worldwide along with receipts when you return to the U.S.

If the service provider wants to coordinate payment directly with HTH or wants proof of coverage other than the insurance card, the provider should call HTH Worldwide and identify the participant as a member of the University of North Carolina group plan.

THE PLAN COVERS EMERGENCY MEDICAL EVACUATIONS AND REPATRIATIONS WHICH ARE SUBJECT TO THE PRIOR APPROVAL OF HTH WORLDWIDE INSURANCE SERVICES.
Did you know?

Mexico is so mountainous that if flattened, the country would cover Asia.
LATINOS IN NORTH CAROLINA

North Carolina ranked 11th nationally for total Latino/Hispanic population

- In the state of North Carolina 58% of the total Hispanic population is from Mexico.

- The Hispanic population of the U.S. as of July 1, 2013 was 54 million, making people of Hispanic origin the nation’s largest ethnic or race minority.

- Hispanics constitute approximately 17% of the nation’s total population.
TRAVEL & CULTURE RESOURCES

(Click on the images to learn more)

Books

Films

Television
ADDITIONAL RESOURCES

(Click on the images to learn more)

Podcasts

Mexico City, Travel with Rick Steves Podcast

Immigrant Integration and Human Rights: Lessons from the US-Mexico Border

Basic Spanish Lessons
Immigration Article

Administrative Relief Community Education PowerPoint

Bilateral forum on Higher Education

Values Americans Live By

Public Safety Programs for the Immigrant Community

I didn’t know I was undocumented