Latino Initiative Program to Mexico

Orientation Notebook

2015 Study Program for NC Leaders
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Our Sponsors

The Center for International Understanding’s 2015 Latino Initiative program to Mexico is made possible with generous support from our sponsors:

Thank you!
• Alan Gordon, Immigration Attorney, Alan Gordon Immigration Law (CIU’s board member)

• Angelina Schiavone, Simultaneous Interpreter, Full Circle Interpreting

• Bryan Thompson, City Manager, Siler City, Chatham County

• Byron Hill, Sergeant, Asheboro Police Department

• Christopher Poston, Principal of Pittsboro Elementary School, Chatham County

• Gary T Tyson, Chief of Police, Siler City, Chatham County

• James Johnson, Assistant Principal of Randleman Elementary School, Randolph County

• Jon Spoon, Executive Director NC Arts Incubator, Coordinator SBC CCCC

• Layton Long, Director of Health Department, Chatham County

• Lorena Patterson, Program Director, Center for International Understanding

• Pamela Senegal, Vice President, Economic and Community Development at CCCC

• Paul Cuadros, Associate Professor, University of North Carolina

• Rachel Cone, Executive Director, Chatham County Hispanic Liaison

• Roxanne Taylor, Co-Chair Latino Coalition of Randolph County

• Stephanie Caplan, Communications Director, Center for International Understanding
Who We Are:
The Center for International Understanding serves North Carolina by promoting awareness, expanding understanding, and empowering action through global education. Founded in 1979, CIU is part of the University of North Carolina System.

Our Vision:
CIU’s programs for business, policy, and education leaders aim to make North Carolina the most globally engaged state in the nation.
The Center for International Understanding’s Latino Initiative provides North Carolina policy and community leaders with a fresh approach to immigration integration. North Carolina has one of the fastest growing Latino populations of any state, and most of the state’s newest residents are from Mexico.

The Latino Initiative provides NC leaders with resources and information to create practical, insightful solutions that incorporate a better understanding of Latino/Hispanic cultures into our state. The program allows local and state policy-makers to explore administrative solutions with team members to ensure better use of resources and achieve better outcomes.

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

-Tom Ross,
President of the University of North Carolina System (Latino Initiative Alum, 2000)
LATINO INITIATIVE 2015

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

• Exposure to best practices locally and abroad

• 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, better allocate resources and address the concerns of all residents

WHY IS THIS IMPORTANT?

• There has been a 73% increase in the Latino/Hispanic population in Chatham County and a 70% increase in Randolph county since 2000

• Chatham county reports a Latino/Hispanic birth rate of 28.4% and Randolph county of 18.9%

COURSE SCHEDULE

January 2015 --- Local team meetings held

April 15 2015 --- Orientation workshop (Full day required attendance)

May 18-25, 2015 --- Travel to Mexico City and Guanajuato, Mexico

June 18, 2015 --- Planning for Change Workshop (Full day, required attendance)

December 2015 --- Success and Review meeting (Half day- required attendance)
Monday, May 18 - Travel, Mexican History

- Depart RDU on Delta Airlines, Flight #2351 at 9:45am
- Depart Atlanta on Delta Airlines, Flight #365 at 12:23pm
- Arrive in Mexico City at 3:09pm (go through customs)
- Check into Geneve Hotel, Zona Rosa
- Welcome reception, presentation by Nancy Westfall de Gurrola, Universidad Iberoamericana
- Dinner on your own

Tuesday, May 19 - Social Investment and Community Services

- Breakfast in hotel
- Presentation at Ministry of Foreign Relations, by Executive Director: Francisco de la Torre
- Visit to Ministry of Health and Hospital
- Leave for Valle de Chalco to visit the Juan Diego Center
- Tour and overview of programs at Juan Diego Center
- Lunch at Juan Diego Center
- Dinner on your own

Wednesday, May 20 - Mexico’s Past and Present

- Breakfast in hotel
- Presentation on Economic Development
- Tour of the National Palace and Museum of Anthropology
- Lunch at the Anthropology Museum
- Depart for Hotel
- Leave for dinner with invited guests in Santa Fe
- Dinner at Bajío Restaurant with invited guest from Iberoamericana University

Thursday, May 21 - Community and School Visits

- Breakfast in hotel, check out, and depart for Guanajuato (about 4 hours)
- Arrive at Mineral de Pozos and check in Hotel Posada de las Minas & Su Casa
- Lunch at Restaurant Los Escamoles
- Visit and talk at the Agro-ecological Center Tellus
- Group visits to School of the Arts, Venado Azul, a ceramic factory and Centro de Atención
- Welcome reception at restaurant La Fama
- Depart back to hotel
Itinerary Continued...

Friday, May 22 - Local Community Initiatives Visits

• Breakfast in hotel with Presentation from Law Enforcement
• Depart for surrounding community Toreadores and San Nicolás del Carmen
• Depart for Tour of Cuna Tierra
• Visit San Luis de la Paz Children’s Hospital and Neonatal facility
• Return back to hotel in Mineral de Pozos
• Visit to Videobachillerato 697 (Virtual High School) Depart for next town in Guanajuato
• Dinner with the Arredondo Family and guest from Pozos community
• Return to hotels

Saturday, May 23 - Travel to Guanajuato City and Community Project Visits

• Breakfast and check out
• Depart for Dolores Hidalgo City and visit the Historic Downtown Dolores Hidalgo
• Visit to Mendez Torres Ceramic Factory
• Lunch at Vivero Bio Arte “Cactus Project”
• Depart for Santa Rosa community
• Visit to Women’s Cooperative in Santa Rosa
• Arrive and check in hotel Mesón de los Poetas
• Free time (dinner on your own)
• Traditional Callejoneada (Musical Promenade through historic alleys of Guanajuato)
• Return to the hotel

Sunday, May 24 - Host Family Day

• Breakfast in hotel
• Presentation by Dr. Luis Miguel Rionda from the Migrant Institute of Guanajuato
• Free time Downtown Historic Guanajuato City
• Meet Host families at the Juarez Theatre steps
• Return to hotel, farewell and debriefing session
• Free time

Monday, May 25 - Departure

• Depart for airport at 5:00 am
• Depart for North Carolina on Delta Airlines Flight # 5498 at 8:30am
## Departure & Return Schedule

### DEPARTURE - RALEIGH

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<thead>
<tr>
<th>DATE</th>
<th>AIRLINE</th>
<th>FLT.#</th>
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<th>ARRIVAL</th>
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<tbody>
<tr>
<td>5/18/15</td>
<td>Delta</td>
<td>2351</td>
<td>Raleigh</td>
<td>Atlanta</td>
<td>9:45AM</td>
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<tr>
<td>5/18/14</td>
<td>Delta</td>
<td>365</td>
<td>Atlanta</td>
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### RETURN - RALEIGH

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<tr>
<td>5/25/15</td>
<td>Delta</td>
<td>5498</td>
<td>Leon</td>
<td>Atlanta</td>
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<tr>
<td>5/25/15</td>
<td>Delta</td>
<td>1666</td>
<td>Dallas</td>
<td>Raleigh</td>
<td>3:05PM</td>
<td>4:35PM</td>
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Baggage Information [Click Here!]
Emergency Contact Information

Mexico City
Contact Information:

Nancy Westfall de Gurrola
International Programs Coordinator
Universidad Iberoamericana
Tel: +52 55 31.7597
Claudia Mobile: +52 044 55 4044.2172
Email: nwgurrola@prodigy.net.mx
claudia.castillo@ibero.mx

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
CIU STAFF CELL 919 607.7651

Hotel
Information:

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

Posada de las Minas
Manuel Doblado 1
Mineral de Pozos, Guanajuato, México
+52 442 293 0213

Su Casa en Pozos
Manuel Doblado 19 Centro
Mineral de Pozos, Guanajuato, Mexico
+52 442 293 0284

El Meson de los Poetas
Positos 35, Zona Centro
Guanajuato, Mexico
+52 473 732 0705

Families may also contact:

Meredith Henderson
Senior Director of Programs
Center for International Understanding
919-554-1890 (Home)
919-345-1660 (Cell)
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.

### 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 Mexico 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 Mexico 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.

### 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 Mexican culture, and Mexican education? 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

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The Center for International Understanding
Most participants on a travel seminar 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 Travel Seminar:

- **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 StarTribune, Sunday July 16, 2000, page G9.*
Traveling to Mexico? Read This!

Airport Departure Information: In addition to arriving at the airport two hours before your scheduled flight departure, please allow additional time for 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 flight information at that time.

Late Arrivals: Contact the CIU group leader and the Raleigh-based CIU emergency contact person if you are running very late or miss your flight. Make arrangements to leave on the next available flight. Provide the Center’s emergency contact person with your new flight information.

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).

Phone Services: 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 in Mexico: 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 14 Mexican pesos for 1 U.S. dollar. Universal Currency Converter- http://www.xe.com (I would highly recommend downloading the app). There are currency exchange centers at the airport and our hotel 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.

Banking and Credit Cards: 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.
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 each day, especially if you have health conditions.

Safety and 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.

Tips:

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.

Geography:

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, it is located between the arid north 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.

Weather:

Mexico City and Guanajuato will likely be on the warmer side during our visit. Check 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 and Health Tips

The Center cannot guarantee your safety while traveling but the staff is very conscious of participant safety in planning and carrying out programs abroad. CIU staff:

- Communicate with international counterparts on local safety issues
- Monitor State Department advisories and warnings
- Contact State Department Country Desk or US Consulate or Embassy in country when conditions seem questionable
- Provide you with Emergency Contact Information
- Register your group at the nearest US 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. The Center strongly recommends the valuable suggestions found in the State Department publication, “A Safe Trip Abroad”. Available at: http://travel.state.gov/travel/tips/safety/safety_1747.html and contains some valuable suggestions. In addition, the Center recommends the following actions by participants found on the following pages.

Click the State Department Logo to the left for more specific information about Safety in Mexico! (Also includes Embassy and Consulate Information)
**TRAVEL SAFETY**

- 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.

**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.
### 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.

### 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.

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**Check Out the Following Websites for Additional Safety & Health Tips**

- [American Citizens Services- US Department of State](#)
- [A Safe Trip Abroad](#)
- [US Department of State Travel Warnings](#)
- [Health Information for travelers](#)
- [Deep Vein Thrombosis](#)
- [Traveler’s Diarrhea](#)
Clothes: 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!

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: http://www.tsa.gov/stakeholders/travelers.

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).
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 CIU 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
- Wash cloth (these may not be available in the hotels)
- Earplugs, especially if you are a light sleeper
- Cosmetics
- 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
- Transformer/adapter if you want to use electrical devices
- Toilet paper or tissues for use in public toilets (be sure to have this in your purse or on you when outside of the hotel)
- Camera/memory card
- Journal for keeping notes and observations.
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 CIU 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 CIU 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.
IN AN EMERGENCY, SEEK APPROPRIATE MEDICAL CARE DIRECTLY AND THEN CALL HTH WORLDWIDE.

Ask the CIU 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, if flattened it would cover Asia.
Did you know?

Guanajuato’s name is derived from the Purépecha word Cuanaxhuato, which means the mountainous place of frogs.
### Latinos in North Carolina

<table>
<thead>
<tr>
<th>County</th>
<th>Latino/Hispanic Pop. (2010 US Census)</th>
<th>% Total Population</th>
<th>% Change 2000 – 2010</th>
<th>% of Latino/Hispanic Births</th>
<th>% Change in School Enrollment ('03-'13)</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chatham</td>
<td>8,228</td>
<td>13%</td>
<td>73%</td>
<td>28.4%</td>
<td>97%</td>
<td>29</td>
</tr>
<tr>
<td>Randolph</td>
<td>14,698</td>
<td>10%</td>
<td>70%</td>
<td>18.9%</td>
<td>92%</td>
<td>12</td>
</tr>
<tr>
<td>Statewide</td>
<td>800,120</td>
<td>8%</td>
<td>111%</td>
<td>14.7%</td>
<td>148%</td>
<td>-</td>
</tr>
</tbody>
</table>

- North Carolina ranked 10th nationally for total Latino/Hispanic population
- In the state of North Carolina 61% of the total Hispanic population is from Mexico
- The Hispanic population of the U.S. as of April 1, 2010 was 50.5 million, making people of Hispanic origin the nation’s largest ethnic or race minority
- Hispanics constitute 16.3% of the nation’s total population

*Source: U.S. Census 2010*
Films, Books, and Media Resources

(Click on the images to learn more)

Books

- A Home on the Field
  - Paul Cuadros

- Rubén Martínez: Crossing Over
  - A Mexican Family on the Migrant Trail
  - Paul Cuadros

- Distant Neighbors
  - A Portrait of the Mexicans
  - Alan Riding

- Enrique’s Journey
  - The Story of a Boy’s Dangerous Odyssey to Reunite with His Mother
  - Sonia Nazario

Films

- The New Americans
- Welcome to Shelbyville

Podcasts

- Travel with Rick Steves
  - Mexico City, Travel with Steve Ricks Podcast

- University of Oxford

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

- Los Graduados - PBS
Resources Continued. . .

(Click on the links to learn more)

Immigration Article

Administrative Relief Community Education PowerPoint

Bilateral forum on Higher Education