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# GLOBAL TEACHER LEADER INSTITUTE

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Campeche, Mexico  
June 9 - June 17, 2018



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# GULF OF MEXICO

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## Campeche and Yucatan

Program Coordinator:

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(352) 514-4800 - Available by WhatsApp or Text

Jose Aranda, Autonomous University of Campeche

Eduardo Aguilar, Autonomous University of Campeche



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# Important Travel Information



## General Travel Information—Mexico

### Currency:

1 USD

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19.40 Mexican  
Pesos

Cash can be exchanged for pesos at Mexican hotels or exchange offices, and pesos can be withdrawn at ATMs.

Credit cards are widely accepted, although, not always for street markets. Be aware of the possibility of credit card skimming and fraudulent charges.

### What to expect upon arrival:

After you go through Customs/Immigration and collect your bags, Mary Risner will be waiting for you at the airport exit. The group will spend the first two nights in Mérida.

### Customs and Immigration in Mexico:

A valid passport is required at the time of entry and at least for the duration of your stay in Mexico. Note that all medications should be limited to the amount needed for your stay and be accompanied by a prescription. All over the counter and prescription medicines should be checked with the list of substances prohibited to bring into Mexico to avoid potential issues with Customs.

### Luggage:

Pack any valuables in your carry-on bag. Check with your airline for number of bag and weight restrictions, luggage fees, etc. Check TSA regulations on liquids and gels, electronic devices, and luggage locks.

### Tipping:

Most tips will be covered by UF in the program fee. You may bring some money to tip the guides we will have throughout the week. Tips are not expected for taxi drivers—that's not to say that your tips won't be welcomed!

# Important Travel Information

## Health & Safety Tips

- ◆ Wash your hands frequently with soap and water
- ◆ Stay hydrated
- ◆ Use sunscreen everyday, even when cloudy

**Mosquito Protection:** We only have two excursions out of the city where bugs may be an issue. But bring enough repellent in case it is a bad summer in the cities.

**Water Quality:** In the majority of areas in Mexico, tap water is not potable. Bottled water and beverages are safe, although you should be aware that many restaurants and hotels serve tap water unless bottled water is specifically requested. Be aware that ice for drinks may be made using tap water.

**Vaccinations:** Be up-to-date on all vaccinations recommended by the U.S. Centers for Disease Control and Prevention. Most common to have is Tetanus.

**Public Transportation/Taxis:** Avoid taking any taxi not summoned by telephone or contacted in advance, including "libre" taxis. When in need of a taxi, telephone a radio taxi or "sitio" (regulated taxi stand), and ask the dispatcher for the driver's name and the taxi's license plate number. Application-based car services such as Uber are available in many larger Mexican cities.

**The phone number to report emergencies in Mexico is "911":** Although there may be English-speaking operators available, it is best to seek the assistance of a Spanish speaker to place the call.

### U.S. Consulate General Mérida

Calle 60 No. 338-K x 29 y 31

Col. Alcala Martin  
Merida, Yucatan, Mexico  
97050

**Telephone:** From the U.S.  
011-52-999-942-5700 /  
within Mexico 01-999-942-  
5700 / within Merida 942-  
5700

**Emergency Tele-  
phone:** 011-52-999-942-  
5700 (from the U.S.) / 01-  
999-942-5700 (within  
Mexico) / 942-5700  
(within Merida)

**Fax:** 011-52-999-942-  
5758 (from the U.S.)

**Email:** [AskMeridaACS@state.gov](mailto:AskMeridaACS@state.gov)

The Consulate in Merida provides consular services for the three Mexican states of Yucatan, Quintana Roo and Campeche.

# Important Travel Information

## Travel Tips:

Consider packing a pocket Spanish-English dictionary (for translation) and pocket calculator (for currency conversions)

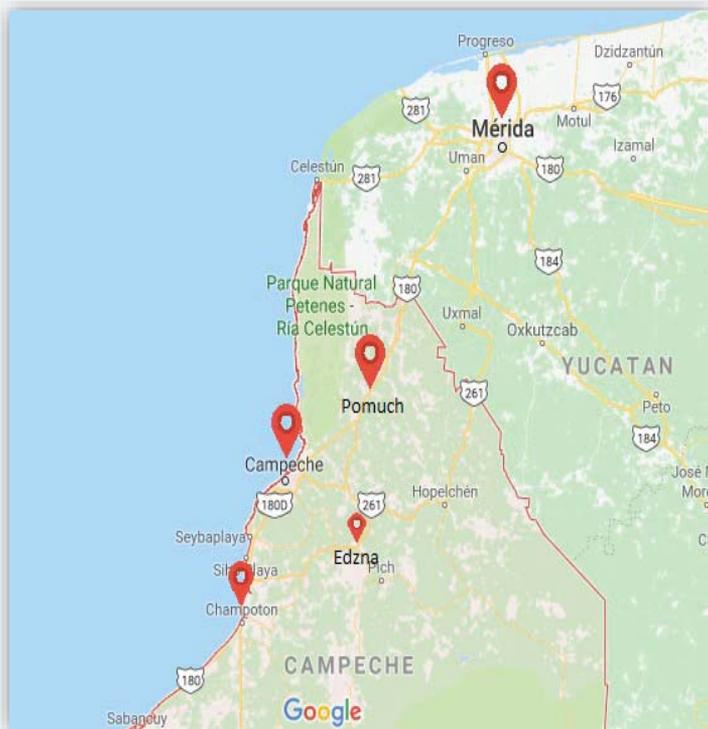
OR

Download smartphone apps that can do this for you before you leave the US

## Suggested Packing List

- ◇ T-shirts/short-sleeved shirts and at least one lightweight, long-sleeves shirt for sun and mosquito protection
- ◇ Shorts for the field and in towns
- ◇ Long pants (lightweight, quick-drying)
- ◇ Lightweight jacket/poncho or sweater/sweatshirt
- ◇ Undergarments, socks
- ◇ Bathing Suit (for pool)
- ◇ Sundresses
- ◇ Shoes: a pair of comfortable walking shoes for cobbled streets, tennis shoes for the excursion to the Edzna ruins. Sandals: for around the hotel
- ◇ Hat or sun visor
- ◇ Travel umbrella or light rain jacket for summer storms
- ◇ Camera with extra batteries and memory cards
- ◇ A small backpack for walks
- ◇ Photocopies of all documentation, passport, and flight schedule
- ◇ Prescription medications and optional copy of the prescription
- ◇ Sunscreen, hand sanitizer
- ◇ Non-perishable snacks
- ◇ Travel first aid kit—Helpful items to include: bandages, mosquito repellent, antihistamine, pain-reliever, moist towelettes, anti-diarrhea medicine, anti-fungal cream, and an extra pair of disposable contact lenses or eyeglasses if you wear them.

# Map



## CAMPECHE/MÉRIDA

Yucatan Map





# Itinerary

## Monday, June 11

We will have breakfast at the hotel. All participants should be in the lobby with their luggage at the designated time to depart from Merida to Campeche on the university bus. It is a two and a half hour drive. We will check into Hotel Castelmar and allow time for everyone to settle into their room. (The hotel is situated downtown, so it's close to everything). <http://www.castelmarhotel.com/en-gb>

We will have lunch at Marganzo's (a traditional, family-owned restaurant). It is a few doors down from the hotel and where we will have most of our meals. <https://www.facebook.com/marganzo/>

We will go to the Autonomous University of Campeche (UAC) to see the campus, have a talk on the Mexican university system, and meet the Rector, Gerardo Montero. <https://www.uacam.mx/>

After the university visit, we will have a short time in the hotel to rest before going to the Main Square for a city tour. We will have dinner at 59th Street after the tour, a quaint pedestrian street with lots of eateries. <https://www.zonaturistica.com/en/things-to-do-and-places-to-visit/2112/59th-street-campeche.html>

Notes:

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# Itinerary

## *Wednesday, June 13*

We will have breakfast in the hotel and then walk over to Instituto Campechano (IC) where we will spend the day learning about the teacher education system. We will meet with the Director of the High School, Professor Luis Bolaños, who will show us the school and explain the way they work. There will be a chance to meet students and teachers to exchange ideas and talk about education.

<http://instcamp.edu.mx/#>

Around noon there will be a meeting with the Rector, Dr. Fernando Sandoval, at the main campus. We will then take a walk around the beautiful Instituto Campechano campus. Lunch will be at Marganzo's. After lunch we will meet to talk about what we have seen and learned up to this point.

In the afternoon we will visit the Normal Superior school at the main IC campus and be hosted by Cristian Arjona, the Principal. We will meet with English teachers to exchange ideas and talk about the education system. After the meeting we will visit handcraft stores at 59th street, the Casa 6 museum, and the cathedral. Dinner will be at Marganzo's.

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# Itinerary

## *Sunday, June 17*

We will have a very early departure on the university, busy to get to the Merida airport in time for our flights back to the U.S.

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# Language Overview



## PRONUNCIATION GUIDE

<i>A:</i> as in <b>arc</b>	<i>J:</i> as in <b>hello</b>	<i>R:</i> as in <b>rain</b>
<i>B:</i> as in <b>barn</b>	<i>K:</i> as in <b>keep</b>	<i>S:</i> as in <b>sun</b>
<i>C:</i> as in <b>cow</b> or <b>sun</b>	<i>L:</i> as in <b>lima</b>	<i>T:</i> as in <b>time</b>
<i>Ch:</i> as in <b>chin</b>	<i>Ll:</i> as in <b>yolk</b>	<i>U:</i> as in <b>tune</b>
<i>D:</i> as in <b>dog</b>	<i>M:</i> as in <b>me</b>	<i>V:</i> as in <b>barn</b>
<i>E:</i> as in <b>hen</b>	<i>N:</i> as in <b>never</b>	<i>W:</i> as in <b>wait</b>
<i>F:</i> as in <b>fair</b>	<i>Ñ:</i> as in <b>Kenya</b>	<i>X:</i> as in <b>mix</b>
<i>G:</i> as in <b>good</b> or <b>hello</b>	<i>O:</i> as in <b>home</b>	<i>Y:</i> as in <b>yolk</b>
<i>H:</i> (silent)	<i>P:</i> as in <b>pen</b>	<i>Z:</i> as in <b>sun</b>
<i>I:</i> as in <b>seen</b>	<i>Q:</i> as in <b>keep</b>	

### Special notes:

*ll:* as a 'ya' or 'ja' sound (ex: llamar, lluvia, millón)

*v:* as a short 'b' sound (ex: vaca, volver, viernes)

*rr:* as a rolled 'r' sound (ex: carro, arroz, ferrocarril)

Syllables with an "accent mark" get the stress (ex: **Mérida**)

# Language Overview



## COMMON PHRASES

### Greetings:

Hello	<i>Hola</i>	Good morning	<i>Buenos días</i>
How are you?	<i>¿Cómo está?</i>	Good afternoon	<i>Buenas tardes</i>
Very well	<i>Muy bien</i>	Good evening	<i>Buenas noches</i>
Ok/Fine	<i>Bien</i>	Goodbye	<i>Adios</i>
And you?	<i>¿Y usted?</i>	What's up?	<i>¿Qué tal?/¿Qué pasó?</i>

### Introductions:

What's your name?	<i>¿Cuál es su nombre?/¿Cómo se llama?</i>
My name is...	<i>Mi nombre es.../Me llama...</i>
Where are you from?	<i>¿De dónde es usted?</i>
I am from the US.	<i>Soy de los estados unidos.</i>

### Courtesy:

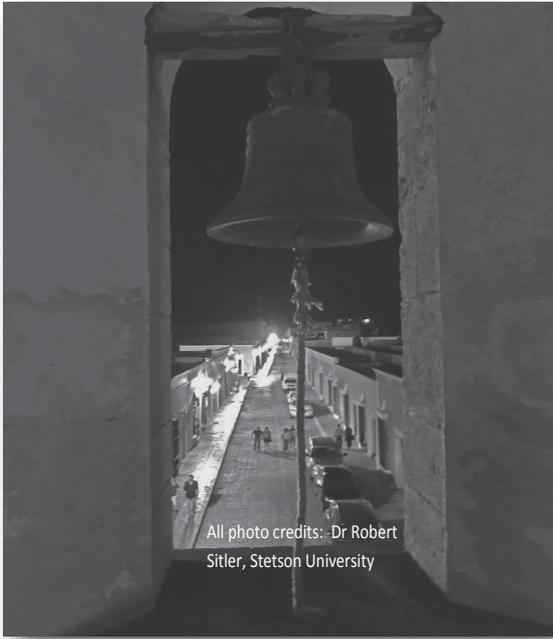
Excuse me	<i>Con permiso/Discúlpeme</i>	Please	<i>Por favor</i>
Thank you	<i>Gracias</i>	You're welcome	<i>De nada</i>
Yes	<i>Sí</i>	No	<i>No</i>

### Questions:

Do you speak English?	<i>¿Habla inglés?</i>	When?	<i>¿Cuándo?</i>
Do you understand me?	<i>¿Me entiende?</i>	Where?	<i>¿Dónde?</i>
I don't understand	<i>No me entiendo</i>	Why?	<i>¿Por qué?</i>
Where is the bathroom?	<i>¿Dónde está el baño?</i>	How?	<i>¿Cómo?</i>

**Duolingo is a helpful app for language learning**





All photo credits: Dr Robert  
Sitler, Stetson University

We hope you learn a lot and  
enjoy the program!

[Center for Latin American Studies](#)

University of Florida