GLOBAL TEACHER LEADER INSTITUTE

Campeche, Mexico
June 9 - June 17, 2018
GULF OF MEXICO
Campeche and Yucatan

Program Coordinator:
Mary Risner, University of Florida
(352) 514-4800 - Available by WhatsApp or Text

Jose Aranda, Autonomous University of Campeche
Eduardo Aguilar, Autonomous University of Campeche
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important Travel Information</td>
<td>4-6</td>
</tr>
<tr>
<td>Map and Itinerary</td>
<td>7-16</td>
</tr>
<tr>
<td>Language Overview</td>
<td>17-18</td>
</tr>
<tr>
<td>Field Notes</td>
<td>19-20</td>
</tr>
</tbody>
</table>
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!
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.
Important Travel Information

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 Edma 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.

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
CAMPECHE/MÉRIDA

Yucatan Map
All participants arrive to the Merida airport. We will take a shuttle from the airport to the hotel. We will check in at the Maison del Embajador. There will be time to get settled in our rooms for the 2 nights in Merida. We will have dinner and then take a walk downtown to the Main Square to visit historic buildings, see the sites, and have an ice cream, etc. (Lunch is on your own this day)
http://www.maisondelembajador.com/

Notes:

__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________

8
We will have breakfast and orientation at the hotel. We will meet in the lobby to visit the Museum de Antropologia e Historia Palacio Canton at Paseo de Montejo. After touring this museum, we will walk about 3 blocks on Paseo de Montejo a beautiful street and get to the Holiday Inn Hotel to take the Hop on Hop off bus to take a city tour to see the most important places in Merida. We will make a stop for lunch during the city tour to try typical Yucatecan food and to cool off. After our last stop of the city tour, we will return to the Main Square to see handicrafts and other activities going on. We will go back to the hotel to relax and cool off. We will go downtown for a typical dinner later in the evening when it is cooler.

Notes:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**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](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/](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/](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](https://www.zonaturistica.com/en/things-to-do-and-places-to-visit/2112/59th-street-campeche.html)

**Notes:**

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________
Tuesday, June 12

We will have breakfast at the hotel and then start our day at the Colegio Xail where we will tour the school, visit classes, and meet teachers. Rosa Sales, the Director and English Program Coordinator, Laura Azar will host us. This is a private school. We will have lunch at the school or at Marganzo’s. Some time to relax at hotel and pool.

In the afternoon we will go to Ex Templo San Jose where we will see the show Tradición y Folklore performed by students from Artistic School of Instituto Campechano. We will go for dinner at Marganzo’s after the show and then take a “paseo” on the “malecon,” the boardwalk along the Gulf.

http://www.xail.edu.mx/

Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
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.

Notes:
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
__________________________________________________________
We will have breakfast at the hotel and then go to the Instituto Campechano Tourism School for a talk on Mayan Culture by Professo Álvaro Santos. It will prepare us for visiting the ruins of Edzna on Friday. If time, we will stop in shops on the way to Marganzó’s for lunch (or shop in the evening when cooler). After lunch, we will meet to discuss curriculum development and integration ideas with what we have learned so far. We should have time for a swim in the small pool. We will have dinner at Marganzó’s and then free time on your own, or we walk around together to see what cultural activities are happening in the “plaza” or have a drink at a nearby café.
After breakfast at the hotel we will visit Edzna, an archaeological Mayan zone. It is a 45 minute drive from Campeche and it’s a beautiful representation of the Mayan culture. It’s suggested to bring snacks, a lot of water, sunblock, mosquito repellent, hat and light clothes. We will stop for a snack on the way to Campeche and have lunch at Marganzo’s upon our return. [http://mundomaya.travel/en/arqueologia/top-10/item/edzna.html](http://mundomaya.travel/en/arqueologia/top-10/item/edzna.html)

After lunch, we will have a talk by Cecelia Suarez, University of Florida faculty member. The rest of the afternoon will be for reflections on the activities so far and lesson planning. We should have some time for the pool or souvenir shopping. Dinner at Marganzo’s.

Notes:

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________
Saturday, June 16

After breakfast we will leave to visit the village of Pomuch, which is 45 minutes from Campeche. Here we will see the way they have traditionally buried their people. We will also get the chance to see the bakeries and the way they prepare delicious breads. https://www.huffingtonpost.com/janelle-pietrzak/bone-washing-a-day-of-the-b_8403284.html

On the way back from Pomuch, we will stop at Koben, a little town where they sell hammocks and souvenirs from Campeche. We will have lunch somewhere on the way back.

Upon return to Campeche, we will have some time for souvenir shopping and packing for departure. Our farewell dinner will be at 8:30 p.m. at a square with typical Campechano food, the Portales de San Francisco. https://www.facebook.com/pages/Los-Portales-de-San-Francisco/164943063550165

Notes:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
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.
PRONUNCIATION GUIDE

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

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)
### COMMON PHRASES

#### Greetings:

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
<th>English</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>Hola</td>
<td>Good morning</td>
<td>Buenos días</td>
</tr>
<tr>
<td>How are you?</td>
<td>¿Cómo está?</td>
<td>Good afternoon</td>
<td>Buenas tardes</td>
</tr>
<tr>
<td>Very well</td>
<td>Muy bien</td>
<td>Good evening</td>
<td>Buenas noches</td>
</tr>
<tr>
<td>Ok/Fine</td>
<td>Bien</td>
<td>Goodbye</td>
<td>Adios</td>
</tr>
<tr>
<td>And you?</td>
<td>¿Y usted?</td>
<td>What’s up?</td>
<td>¿Qué tal?/¿Qué pasó?</td>
</tr>
</tbody>
</table>

#### Introductions:

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>What’s your name?</td>
<td>¿Cuál es su nombre?/¿Cómo se llama?</td>
</tr>
<tr>
<td>My name is...</td>
<td>Mi nombre es.../Me llamo...</td>
</tr>
<tr>
<td>Where are you from?</td>
<td>¿De dónde es usted?</td>
</tr>
<tr>
<td>I am from the US.</td>
<td>Soy de los estados unidos.</td>
</tr>
</tbody>
</table>

#### Courtesy:

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excuse me</td>
<td>Con permiso/Discúlpeme</td>
</tr>
<tr>
<td>Thank you</td>
<td>Gracias</td>
</tr>
<tr>
<td>Yes</td>
<td>Sí</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

#### Questions:

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you speak English?</td>
<td>¿Habla inglés?</td>
</tr>
<tr>
<td>Do you understand me?</td>
<td>¿Me entiende?</td>
</tr>
<tr>
<td>I don’t understand</td>
<td>No me entiendo</td>
</tr>
<tr>
<td>Where is the bathroom?</td>
<td>¿Dónde está el baño?</td>
</tr>
</tbody>
</table>

---

*Duolingo is a helpful app for language learning*
We hope you learn a lot and enjoy the program!

Center for Latin American Studies
University of Florida