

OC TH 499/690
Introduction to Mexican
Traditional Medicine
(2 credits)
Summer Session 2009

June 1 to June 11, 2009

A Partnership between the University of New Mexico
Occupational Therapy Graduate Program, Tierraventura
and Solexico



Instructors: Terry K. Crowe, Ph.D., OTR/L, Professor
UNM Occupational Therapy Graduate Program
and

Eliseo "Cheo" Torres, Ph.D., Vice President of Student Affairs
In collaboration with several Oaxacan traditional healers

Course will open up for enrollment on Jan. 26, 2009

Introduction to Mexican Traditional Medicine (2 credits)

June 1 to June 11, 2009

OC TH 690: Graduate course

OR

OC TH 499: Undergraduate course

Course Overview:

This course offers undergraduate and graduate students a cross-cultural learning opportunity focusing on Mexican traditional medicine. In addition, there is an emphasis on learning Spanish. Over 11 days in the Mexican state of Oaxaca, participants will learn about traditional (or some may call it nontraditional) approaches to health in both rural and urban settings in Oaxaca. Students must have a valid passport and must be in good physical condition for travel and adventure. This course is open to students from all programs and disciplines. One of the strengths of the course is interacting with a group of interdisciplinary students.

The purpose of this course is to learn views of health, wellness and illness from a different cultural perspective. It is not to actually master traditional healing methods to integrate into your own practice. Learning the special healing methods we will be exposed to takes years of focused study.

The course will provide the opportunity for dialogue with traditional healthcare providers/healers. Students will participate in traditional healing experiences including a special Temazcal (steam bath) and a Limpia (a traditional cleansing ceremony). The course will involve many different types of learning experiences. Formal presentations by traditional healers will be blended with discussion and hands-on experiences. Five mornings will be devoted to intensive instruction in Spanish (individualized across **all** levels). Medical Spanish will be available for those having at least intermediate fluency in Spanish.

The first week will be spent in the beautiful colonial capital city of Oaxaca. Participants will experience the warm hospitality of a Mexican home arranged through Solexico, the Spanish Language School. During the first week, students will live with a Mexican family which allows participants to experience Mexican home life and practice their Spanish. Several excursions including 7 days on the coast of Oaxaca are part of the course. We will be traveling to the coast of Oaxaca the second week where we will be staying in the high mountains for 1 night, at a motel near the beach for 3 nights and at a family run coffee plantation in the jungle for 2 nights. Accommodations are modest and shared, yet clean and comfortable. You must take the provided transportation which is safe and reliable. Rented vehicles are not allowed for any part of the course.

During the first week, the class hours are sensitive to the Mexican time schedule. It is traditional to eat your main meal (comida) in the early afternoon. There are many wonderful Oaxacan restaurants for you to sample the fine Oaxacan cuisine. You will need to make special arrangements with your family if you plan to eat in the home. Families usually spend time together in the afternoons before returning to work in late afternoons and the evenings. To respect the Mexican culture, we will be having Spanish classes in the mornings and then the afternoon sessions will usually start between 2 and 4. One day we will be going out to a village to the mountains leaving at 1 in the afternoon. You need to be flexible in the ending times as there are many logistics to coordinate.

You may wish to study Spanish for an additional week (either before or after the course) at the Spanish School Solexico (info@solexico.com). This can be arranged by the student directly contacting Solexico. The co-owner of the School, Elizabeth Petter (liz@solexico.com) is our main contact for the Spanish instruction. In addition, you can arrange through Solexico for you to stay extra days with a family in the city of Oaxaca before or after the course.

The instructors reserve the right to alter the course syllabus. Qualified students with disabilities need to inform the instructors of any special needs PRIOR to departure.

Course Objectives:

Students will:

- Examine traditional health care approaches in both urban and rural parts of Oaxaca, Mexico
- Understand the history of traditional medicine
- Learn about the healing properties of medicinal plants
- Participate in traditional healing practices
- Learn about social and economic determinants of health among the various cultures in Oaxaca
- Learn about community development programs in rural Mexican environments
- Increase competency in cross-cultural communication and understanding by living with Mexican families both in urban and rural settings
- Increase proficiency in Spanish (however, this is limited since the course provides only 15 hours of instruction). *It is recommended that students add additional weeks of study if they want to significantly increase their Spanish fluency.*

Course Highlights:

- Predeparture session in early May (for participants living in Albuquerque)
- Exploration of Oaxaca City (the capital of Oaxaca), 2 mountain areas and the Oaxacan Pacific coast
- Discussion with several traditional Mexican healers
- Hands-on experience in the preparation of traditional medicines made from local medicinal plants
- Participation in traditional healing sessions including a Temazcal and a Limpia

- Demonstration of traditional massage techniques
- 5 mornings of Spanish instruction at individual competency levels
- A trip to the Sierra Norte mountains to view medicinal plants in their natural surroundings
- Visit with a traditional healer in her mountain home
- Live with a Mexican family in Oaxaca for 5 or 6 nights
- 1 night staying in beautiful mountain cabins
- 3 nights staying near the beach on the Oaxacan coast
- 2 nights staying at a beautiful Mexican coffee plantation in the jungle
- Explore medicinal plants growing in the mountains, the lagoon and the jungle
- Learn about the production of coffee
- Visit to the Lagoon of Chacahua, a special ecosystem treasure and spend a relaxing day at the beach
- Readings and discussions with instructors and peers

Course Schedule:

Predeparture Orientation – To be scheduled in May 2009

Pretrip session for students living in Albuquerque

- Overview of course
- Discussion of safety and health precautions: Robyn Cote, Latin American and Iberian Institute (LAI)

Sunday, May 31

- Arrival in Oaxaca (arrange your own transportation)
- B & B with Oaxacan family

It is recommended that you arrive *before* Sunday so you can do some sightseeing! Oaxaca is full of wonderful places to visit!

The schedule is subject to change depending upon arrangements with guest speakers. The main meal (comida) is usually offered late afternoon with a smaller meal (cena) in the evenings. Flexibility in scheduling is needed as some times sessions go longer than planned. Translation is provided but it is not possible to translate every word. All questions should be asked in English and they will be translated to the speakers in Spanish. Even if you are fluent in Spanish you need to ask your questions in English.

Monday, June 1

- AM (8:30 to Noon): Spanish language study including a written Spanish placement test
- Noon to 1: Overview of course and syllabus
 - Introductions and sharing of personal course objectives
 - Discussion of safety and health precautions (for those students not attending the pretrip orientation session)
- PM (3 to 6:30): Meet at Santo Domingo Church at 2:45 to walk as a group to the CECIPROC office

Introduction to traditional medicine (Lopez Nuñez)

- History
- Philosophy of healing
- Views of health and illness
- Types of healers
- Course of study to become a healer
- B & B with Oaxacan family
- Breakfast provided

Tuesday, June 2

- AM (9 to Noon): Spanish language study
- PM (1 to 7 to 8): Trip to a village (Cuajimoloyas) in the Sierra Norte Mountains (be sure to bring warm clothes, good walking shoes, rain gear/ umbrella and motion sickness meds). Bring Infusion of Healing book. Take precautions if you get car sick!
 - Overview of the healing powers of medicinal plants (Lopez Nunes)
 - Identification of medicinal plants
 - Visit and discussion with a traditional healer (Dona Telesphora) in her humble home. Come prepared to ask questions.
- B & B with Oaxacan family
- Breakfast provided

Wednesday, June 3

- AM (9 to Noon): Spanish language study
- PM (3 to 6): Discussion with a traditional healer specializing in delivering babies (Dona Catalina), a traditional healer specializing in Limpias (Dona Rosario) and a healer specializing in herbs and delivering babies (Dona Queta). Meet at CECIPROC Office. Healers may change depending upon their availability.
- Demonstration of a Limpia (traditional cleansing ceremony)
- B & B with Oaxacan family
- Breakfast provided

Thursday, June 4

- AM (9 to Noon): Spanish language study
- PM (2 to 6): Preparation of traditional medicines (Lopez Nunes)
 - Tour of where to buy traditional herbs, plants, etc. at the market in small groups, purchase products (small groups)
 - Preparation of syrups, salves and other medicine with medicinal plants – hands-on experience
 - Take products home
- B & B with Oaxacan family
- Breakfast provided

Friday, June 5

- AM (9 to Noon): Spanish language study
- Leave at 3 for drive on difficult roads (approximately 3 hours). *Take precautions if you get car sick!*
- Stay in mountain cabins (shared rooms). It will be cool in the mountains so you need some warm clothes.
- Discuss readings as group after cena facilitated by Dr. Crowe and Dr. Torres
- Introduction to CECIPROC, a non-profit organization that facilitates community development (Claudia)
- Breakfast and cena provided

You will NOT be near the Internet or a phone for most of the next 5 days. We will stop in Huatulco on Tuesday (June 9) for students to contact family and friends.

Saturday, June 6

- Travel from the mountains to the Oaxacan Pacific Coast by van –this is a 5-hour plus drive on difficult roads. *Take precautions if you get car sick!*
- Relaxation time at the beach and pool(6 students)
- Participate in Limpia (ritual cleansing) and Temazcal (traditional steam bath) with Laurencio (6 students)
- Stay at beach motel with swimming pool(shared rooms)
- Breakfast and cena provided

Sunday, June 7

- Boat exploration of the Chacahua Lagoon, an ecosystem with more than 150 species of birds, reptiles and fish. Bring rain gear depending upon the weather.
- Discussion of medicinal plants in the Lagoon with plant expert
- Lunch on the beach, time to swim in the beautiful ocean
- Stay at beach motel
- Breakfast and cena provided

Monday, June 8

- Visit the La Luz village to view CECIPROC projects
 - View work of a cooperative women's group
 - Prepare brunch with community women
 - Learn about healthy traditional plants used in daily food preparation
- Optional visit to the beach or relaxation by the pool (students not participating in healing ceremonies)
- Participate in Limpia (ritual cleansing) and Temazcal (traditional steam bath) with Laurencio (6 students)
- Stay at beach motel
- Breakfast, brunch and cena provided

Tuesday, June 9

- Travel (4 hours) to coffee plantation “El Mamey”. *Take precautions if you get car sick!*
- Visit a beauty product cooperative in Mazunte
- Stop at Huatulco for phone calls/email (1 hour)
- Hike in the jungle and swim in natural pools (Jose Angel)
- Introduction to healing (Elizabeth)
- Stay at Coffee plantation
- Breakfast, comida and cena provided

Wednesday, June 10

- Overview of traditional Mexican family life
- Exploration of jungle and discussion of use of traditional jungle plants (Jose Angel)
- Introduction to the production of coffee (Jose Angel)
- Workshop with Elizabeth and mentees – focus on message and healing
- Dialogue and Reflection: Traditional healing in Mexico and course evaluation, paper discussion
- Discussion with Terry and Cheo about papers and extra credit (if applicable)
- Farewell comida
- Stay at Coffee plantation
- Breakfast, comida and cena provided

Thursday, June 11

- Breakfast provided
- Travel back to Oaxaca city by van. If you wish, you can stay a few extra days on the beach and fly out of Huatulco. **However, you will need to make your own travel arrangements from the coffee plantation. The vans do NOT travel back through Huatulco to Oaxaca.**
- Make own personal arrangements for place to stay in Oaxaca (it might be possible to stay with the same family if you prearrange with Solexico before we leave for the coast)

Friday, June 12 or later

- Return home (make your own travel arrangements)
- NO meals provided

Course Instructors:

Dr. Terry K. Crowe is a tenured professor in UNM School of Medicine's Occupational Therapy Graduate Program. She has obtained both undergraduate and master's degrees in Occupational Therapy and a Ph.D. in Special Education. She spent a sabbatical semester in Oaxaca and has conducted six courses in Oaxaca, one focusing on Maternal and Child Health in Oaxaca in 2001 with a nursing colleague. With the help of the Mexican instructors, Dr. Crowe taught the course in 2005 and 2008. In 2004 Dr. Torres co-taught the course. In 2006 and 2007, Laura Alonzo de Franklin co-taught the course. Dr. Crowe is the logistic manager for the course.

Dr. Eliseo "Cheo" Torres is the Vice President of Student Affairs at the University of New Mexico. He often lectures on curanderismo and has written several books on the topic. Dr. Torres grew up with curanderismo in his native South Texas. Cheo co-taught the course in 2004.

Laurencio (Lauro) Lopez Nuñez is a botanist who has studied the medicinal qualities of plants the past 12 years. He is also a healer having learned his craft from the many healers he has worked with over the years. He has written a book on medicinal plants. Lauro will be the master teacher in our course spending 8 days with the class. He is an employee of CECIPROC.

Claudia Schurr de Chavan and Yves Chavan are the owners of Tierraventura, a travel company specializing in helping tourists experience the unique culture and ecology of Oaxaca (www.tierraventura.com, info@tierraventura.com). Yves and Claudia will be responsible for all of the in-state travel. In addition, they coordinate all of the traditional healing instructors throughout the 10 days. They serve as our drivers and assist with translation. We also appreciate translation assistance from students who are fluent in Spanish. This course would not be possible without the assistance of Yves and Claudia.

Gordon Maul is an American that works with Tierraventura and will assist with translation.

Description of Resources:

Solexico

Solexico is a small Spanish Language School located in the heart of Oaxaca. Solexico provides students of **all** levels with intensive, interactive programs designed to meet their individual needs. Even fluent speakers have been pleased with the individualized instruction at Solexico. Upon arrival students are given placement exams to determine their Spanish levels. The school is located in a charming building with a lively courtyard where students and faculty meet. Medical Spanish is offered upon request. For students who are fluent and do not want to participate in the morning sessions, volunteer experiences can be coordinated.

Home Stay in Oaxaca

To benefit from total immersion in the language and culture, we recommend that students live with local families for the first 5 days of the course. The relationship with a caring Mexican family greatly enhances language acquisition. Solexico will match each student (single or in pairs) with a local Oaxacan family. The Mexican families have expressed their interest in sharing their culture, customs, and language with students. The families integrate students into their home, while still giving students their privacy. The families are within walking distance from the school. The houses are chosen to meet expectations of basic amenities, cleanliness, comfort and safety. You will be signing up for bed and breakfast only. While other meals are available with the families, our class schedule does not always correspond with the mealtime schedules in the homes. Make sure you get a map to your house and contact information for your family before leaving for class the first day. Some houses host only 2 or 3 students while others have room for more students.

CECIPROC (Centro de Capacitacion Integral para Promotores Comunitarios)

CECIPROC is an NGO with several programs focusing on health, nutrition, education and ecology in the Northern Sierra and Pacific coast communities in southern Oaxaca. You will experience two special healing ceremonies with Laurencio Lopez Nuñez. The temazcal is an indigenous vapor bath of both therapeutic and religious importance. It is used as a method of physical and spiritual purification. The four elements of nature are brought together in the temazcal: fire, water, air and earth (in the form of healing herbs). A limpia (ritual cleansing) is a spiritual ceremony with special rituals. Both of these experiences will happen on a beautiful private Oaxacan beach. Our primary instructor, Laurencio Lopez Nunes is employed by CECIPROC. The village we visit during the second week is a community that the organization has assisted over the years.

Lagoon of Chacahua

Chacahua, which means “place of the shrimp” in Mixtec, is located on the Oaxacan coast. It is approximately 1 hour from the famous surfing beach, Puerto Escondido. The region’s ecosystem is composed of jungle, mangrove, islands and shores. There are more than 150 species of water and song birds, reptiles and fish. Located at the end of the lagoon are a host of great seafood restaurants on a beautiful, clean beach. We will be visiting the lagoon on Sunday, June 10. Lucy (a CECIPROC employee) or another person experienced in the native plants will join us on the boat to share her knowledge of medicinal use of local plants.

Coffee Plantation

The coffee plantation called “El Mamey” is located between Salina Cruz and the Huatulco Bays, next to a village called Santa Maria Xadani. The founder of the coffee plantation arrived in Oaxaca in 1935 from Germany. He bought a piece of land and started to grow coffee in the middle of the jungle. Today the coffee still grows in the shadow of the exuberant vegetation on the slopes of the southern Sierra. The original jungle flora offers nutritive soil and perfect conditions for the coffee plants. From November to March the coffee is harvested.

The coffee plantation is managed today by the third generation of the Mattern family. The home in which the grandfather built, has been tastefully renovated with five bedrooms for visitors. You will be sharing rooms with your peers. Near the house there is a river with beautiful waterfalls in which visitors can swim. A large variety of butterflies live by the river. You will be living in the family home where accommodations are simple, clean and shared. Three simple bathrooms are provided. The family prepares elaborate and delicious meals for the guests. The grandson (Jose Angel) and the granddaughter (Elizabeth) will be our teachers during our 2-day stay.

Course Cost:

This is a 2-credit course. The 2008 course cost is \$1,188. Course fees include:

- 3 hours a day of Spanish for 5 days
- Room and breakfast with a Mexican family for 5 days (shared room, private room will be a bit extra). You may want to bring a small gift for your Mexican family.
- All lodging for 7 days in the mountains and on the coast
- All except 4 main meals the *second* week
- All travel within Oaxaca – we will have 2 vans for 15/16 people
- Daily workshops (half-day 1st week, all day 2nd week)
- Honorariums for the traditional practitioner teachers
- Oaxacan coordination through Tierraventura – services of 3 experienced guides
- Translation of course content
- Support of CECIPROC projects

Cost does **not** include:

- Airfare and/or bus fare to Oaxaca (\$400 - \$800)
- Lunches and dinners for the first week and a few lunches the second week (\$100 to \$150). Plan to extra money for wine/beer/liquor.
- You will need to buy water as you cannot drink water from the tap in Mexico (\$25)
- Extra insurance required by UNM (approximately \$32). Insurance is higher for older students.
- 2 credits of UNM tuition (last year \$402.80 for undergraduate and \$442.20 for graduate credit). Exact amount will be determined by the Board of Regents during Spring semester
- Gifts for yourself or others

You should have a way access extra funds in case you experience extra costs. There are ATMs available and you can access money through your credit cards at a bank.

There may be an opportunity to have an individual consultation with one of the healers if you wish. This is optional and not guaranteed since this is dependent upon time and availability of the healers. There will be an additional cost for this special service. Costs can be from \$20 to \$80 dependent upon the service provided.

A non-refundable program deposit fee (\$200) is due on **Feb. 1, 2009**. Since we can only take 12 students this course may fill up shortly after being announced. The final

program fee (\$918) is due on **March 1, 2009**. Since this course is limited to 12 participants, the first 12 students who submit a deposit will be included in the course. A waiting list will be established in case of cancellations.

Partial refund (excluding the application fee - \$200) will be given if course instructors are notified (in writing) by March 1, 2009. No refunds can be given after March 15, 2009 *unless* a replacement for your slot can be found. Make checks out to the *UNM Occupational Therapy Graduate Program*. Send to University of New Mexico, Occupational Therapy Graduate Program, Health Sciences and Services Building (HSSB), MSC09 5240, Albuquerque, NM, 87131-5641. Since the course fills up fast, you may want to hand deliver your deposit to the Occupational Therapy Program in HSSB 140. If you have a payment question, contact the Course Coordinator, Dr. Terry Crowe at (505) 272-1753.

If you are a *student in the School of Medicine* you can apply for some funding. Contact Cristina Beraun at 272-3414 or CBeraun@salud.unm.edu for information about the SOM International Student Travel Support. Also the Office of International Study (OIPS) has funds for *undergraduate students* to pursue international learning experiences. These funds were allocated by the UNM Board of Regents.

Credit and Course Requirements:

This course is open to students from all fields of study. Students can take this course for undergraduate or graduate credit (2 credits). This is a 2-credit course that can be taken under the Occupational Therapy Program Independent Study courses OC TH 499 (undergraduate) or OC TH 690 (graduate). This course might be able to be taken under another Department/Program independent study course number. Some students in the past have also signed up with another university besides UNM. However, you will need to individually arrange alternative credit under another course number. First, please discuss alternative credit plans with Dr. Crowe. You can sign up for graded credit or Credit/No credit. You can also audit the course. Make sure you indicate this at the time of credit registration. If you audit the course you will need to do all course assignments except for the professional paper. You can also arrange an additional credit of work focusing on traditional medicine with Dr. Crowe. This will require additional work (minimal of 32 hours of extra credit) during the summer.

Personal daily reflections are required of **all students** which will provide a vehicle for reflection and professional development. Graduate students are required to complete a paper (approximately 5 pages) on a course topic pertinent to the course and their area of interest.

During the course, you will be responsible for the following assignments:

Assignment	Due date	Weight
1. Daily Reflections	June 11	40%
2. Paper (Graduate Credit)	Aug. 1	40%

(80% Undergraduate Credit)

3. General Participation June 1 -11 20%
(including participation in all sessions, active participation in session discussions,
evidence that student has completed readings *before* scheduled reading discussion)

If you cannot complete your assignments by the due dates, you can talk to Dr. Crowe about receiving an extension. Students are expected to actively participate in all learning activities. All students are expected to read assigned readings and participate in group discussions. All participants will identify personal professional /academic objectives and share them with course faculty and peers at the beginning and end of the course.

Grading Scale

A+ 98-100
A 93-97
A- 90-92
B+ 87-89
B 83-86
B- 80-82

Because this is an international course, the course evaluations are collected at the end of our time together (June 11). This means that the course evaluations are collected before grades are given. Course evaluations do NOT include names. We use the student feedback to make changes in the course and value honest feedback from participants.

Readings:

Required

Please read all materials before the course and be prepared to discuss throughout the course.

Arvigo, R. (1994.). Sastun: My Apprenticeship with a Maya Healer. New York: Harper-Collins,

This book can be ordered from www.Amazon.com in paperback for \$12.37 or used \$5.93.

Torres, Eliseo, with Tim Sawyer. (2005). Curandero: A Life in Mexican Folk Healing. Albuquerque:UNM Press. \$14.95 or used \$7.00

This book can be ordered from
<http://unmpress.unm.edu/Book.php?id=10546036839987>

Davidow, Joie (1999). Infusions of Healing: A Treasury of Mexican-American Herbal Remedies

This book can be ordered from www.Amazon.com in paperback \$14 or used \$4.75.

Recommended Reading

McAndrews, G.M. Utilization of medicinal plant species in the Zapotec community of Yatzachi el Bajo, Oaxaca, Mexico. Masters thesis. Download at <http://www.public.iastate.edu/~rjsalvad/gmthesis.html>

Arvigo, R. & Epstein, N. (2001). Rainforest Home Remedies: The Maya Way to Heal Your Body and Replenish Your Sole. San Francisco: Harper.

This book can also be ordered from www.Amazon.com in paperback for under \$10.17 or used for \$7.37.

Cowen, E. Plant, Spirit, Medicine. (1995). Swan Raven & Company, P.O. Box 1429, Columbus, NC 28722

Healing with Herbs and Rituals: A Mexican Tradition (2006). Torres, E. & Sawyer, T.L. \$12.21 or used \$11.41

Recommended Items to Pack:

- Clothes for warm weather
- A sweater or wrap for the mountains
- Bathing Suit
- Jacket
- Towel and washcloth
- Flashlight (sometimes the lights go out!)
- Insect spray
- Sunscreen
- Hat
- Camera
- Basic medicines (car sickness, stomach upset, etc.)
- Sunglasses
- Binoculars
- Umbrella or rain gear (it can rain a bit everyday)
- Hand sanitizer
- Good walking shoes
- Fan
- Notebook
- Toilet paper (you cannot put paper in the toilets in Oaxaca. The plumbing is very delicate and you will plug up the toilet. Always put the paper in the trash can besides the toilet)

You need to have a small suitcase to bring on the 2nd week of the course to the coast. We have limited room for large luggage. You can always purchase a bag in the market for a limited cost. You can leave your large luggage in the Tierraventura office or possibly with your Mexican family.

Health Alert:

The southern part of Oaxaca does have Malaria and Dengue Fever. You should discuss your travel plans with your physician.

Emergency Contact during Course:

Claudia Schurr and Yves Chavan
Tierraventura Ecoturismo
Tierraventura@yahoo.com
inform@tierraventura.com
951-501-1363

However, you need to be aware that during the second week of class there may not be a direct way of contacting us as we are in very remote areas.

Travel Arrangements:

You are responsible for making your own travel arrangements to and from Oaxaca. You have three travel options: 1) the easiest and most expensive is to fly Continental directly to/from Oaxaca from Houston; 2) Fly to Mexico City from the US and then transfer to a domestic airline from Mexico City to Oaxaca; or 3) Fly to Mexico City and then take a bus (preferably first class) to Oaxaca. I have done all three of these transportation methods. Actually in the past, one student took a bus from Albuquerque and another student drove her car to Oaxaca. Three other students flew from Juarez, Mexico.

Your choice depends upon your time and your budget. You may want to connect with other students in the class to travel together. I will supply you with an email list as soon as the class is formed. Make your travel arrangements as early as possible. You need to arrive by Sunday so you are ready for the class to start on Monday. It is suggested that you arrive Saturday so you have a day to orient yourself to the city. You may want to even arrive a few days earlier to explore the city and the surroundings. You can make arrangements through Solexico to stay with your family if you arrive early.

Passport Requirement:

Starting January 2007, all visitors to Mexico need a passport. Go to www.travel.state.gov and click on Passports. Or you can call the U.S. National Passport Information Center at (877) 487-2778. Application Form DS-11 (DS-82 for renewals) is available from the website or at passport acceptance facilities, most of which are housed in post offices, libraries and municipal offices. Proof of U.S. citizenship such as a certified copy of your birth certificate is required and proof of identity such as your current driver's license. Two passport photos (2 by 2 inches square) are needed. The application fee is \$97 (\$55 fee, \$12 security fee and \$30 execution fee) is required. It takes a minimum of 2 months for your passport to be completed. Expedited service is available for an extra fee. Your passport is good for 10

years. If you currently have a passport make sure it does not expire in the next 6 months.

For more information:

Dr. Terry K. Crowe
Occupational Therapy Graduate Program
School of Medicine, MSC09 5240
Health Sciences & Services Bldg, Room 215
Albuquerque, NM 87131-5641
(505) 272-1753

tcrowe@salud.unm.edu

<http://www.unm.edu/~ovpsa/OAXACAclass.html> or www.unm.edu/oips