



Important Pre-Tour Information

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Recommended items to be brought to Mexico:

❖ *Travel Documentation and photocopies (Required)*

- ✓ Passport
- ✓ Visa documentation
- ✓ Support documentation provided by Fundar (letter stating that Fundar will cover all your expenses, hotel bookings, etc.).
- ✓ Travel insurance documentation
- ✓ Health documents (proof of vaccinations etc.)
- ✓ Airline ticket
- ✓ Telephone numbers and address of your country's embassy, consulate in Mexico (to be reachable at any moment)

Embassy or Consulate	Address	Telephone numbers	E-mail and website
Bangladesh	Bangladesh Embassy Hotel Marlowe Hab. 604, Independencia No.17, Col. Centro, Del. Cuauhtémoc, C.P. 06010, México D.F.	04455 3997 6288	bdootmexico@gmail.com
Nepal	Consulado General Honorario of Nepal (Mexico) Avellanos 24, Col. Jardines de San Mateo, C.P. 53240, Naucalpan de Juárez, Edo. De México	5560 5568	nepalcons@netscape.net
Nigeria	Cancillería (Mexico) Diego Fernández de Córdova 125, Col. Lomas Virreyes, Del. Miguel Hidalgo, C.P. 11000, México DF	5245 1487 5245 1489	info@embassyofnigeria.com.mx nigembmx@att.net.mx http://www.embassyofnigeria.com.mx
Pakistan	Cancillería (Mexico) Hegel No. 512, Col. Chapultepec Morales, Del. Miguel Hidalgo, C.P. 11570, México D.F.	5203 3636 5203 1242	parepmex@hotmail.com

South Africa	Cancillería (Mexico) Andrés Bello No. 10, Piso 9, Edificio Fórum, Col. Polanco, Del. Miguel Hidalgo C.P. 11560, México DF	1100 4970	safrica@prodigy.net.mx
Togo*	Embassy (US) 2208 Massachusetts Avenue NW, Washington, DC 20008-2849	(001) 202 234-4212	info@togoembassy.us www.togoleseembassy.us
Uganda*	Concurrent Embassy (US) 5911 16 th Street, NW, 20011 Washington DC	(001) 202 726 7100	ugembassy@aol.com http://www.ugandaembassy.com

*These countries do not have any Embassy or Consulate in Mexico; **please verify which is the closest Embassy or Consulate** that you can contact in case of emergency.

❖ **Clothing**

- ✓ Formal and casual wear appropriate for cool and warm weather (between 15 and 30°C)
 - Sweater and/or Warm jacket for chilly and rainy nights
 - Raincoat
 - Light clothing (light and short-sleeves shirts) as it can get very warm, especially in Oaxaca
- ✓ Appropriate and comfortable clothing for field visits, sightseeing and air conditioned bus travel (light casual pants, light casual shirt with sleeves; closed-toe boots or tennis)
- ✓ We will be visiting public agencies and policy makers, and there might be video recording of a few sessions, so we recommend that you wear formal clothes on May 29th. The rest of the days you can wear casual clothes.

❖ **Miscellaneous Items**

- ✓ International adapter plug
- ✓ Pouch to store money underneath clothing
- ✓ Extra money for amenities not covered by ELLA study tour as listed in the "Study Tour Logistical Information" section.
- ✓ Avoid as possible bringing items of significant value
- ✓ Camera for taking pictures
- ✓ Any medication you might need
- ✓ Sunscreen
- ✓ Notebook or personal computer to take notes during the visit

Some advice while travelling in Mexico:

- Be sure to use taxi services at night time. Likewise, **always** take a safe taxi (*taxis de sitio* in Spanish). These taxis need to be called, are from trustworthy companies, and are 100% safe. Participants can ask for a safe taxi in the hotel's front desk. Fundar staff can also help you with calling a safe taxi. **Never take a taxi from the street; these are quite dangerous, so please make sure to call one of these "taxis de sitio".**
- At night, avoid going out alone. It is preferable to go in groups of at least two people. Never talk to strangers, even if they look nice and charming.
- Please, be advised not to take out valuable belongings (cameras, iPhones, iPods, etc.) in the street or in crowded places.
- Always pay with small notes. Do not pay with notes of \$500 pesos as it will be difficult that people have change.
- When buying local art craft or souvenirs in a market, bargain! As you are a tourist, vendors will try to give you higher prices. Also, bargaining is a common practice in Mexico.
- Be sure to always carry Embassy/Consulate information, as well as Hotel (see the "Study Tour Accommodation Information" section), Fundar and ELLA staff information:

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*To call a Mexican cell phone from a foreign cell phone, please mark **0052 1 + 10 digits**

To call a Mexican cell phone from a Mexican landline phone, please mark **044 + 10 digits**

To call a Mexican cell phone from another Mexican cell phone, please mark **10 digits**

To call another Mexican state landline phone from a landline or a cell phone, please mark **01+10 digits**

To call another Mexican state cell phone from a landline phone, please mark **045 + 10 digits**