

Mexico



Programas
Interculturales
México

Safety Tips

As you may probably know,
you will live in a wonderful
country, full of tradition
and history





“AFS Mexico is excited to host you this year, we are sure that you will have an amazing experience in Mexico. We want to provide you with all the information necessary to protect your safety”

This beautiful country has many customs and traditions that will keep your mind busy and test your skills every day. So the more you know about this extraordinary country, the easier it will be for you to adapt and adjust to our culture, traditions, and folklore.

Please, read these safety tips about Mexico carefull and make use of them when you arrive to our country.

*We want you to have one of
the best years of your life!*

Here are some tips that you can use to keep yourself safe. Please, read and use them for your own and your host family's safety. Also, make sure to share this info with your natural family so they can be more calm about you going to Mexico. They can trust the fact that AFS Mexico is making everything possible to keep you safe while you are here.

— Personal — Information

**Make sure you get the following
information as soon as possible after
your arrival:**

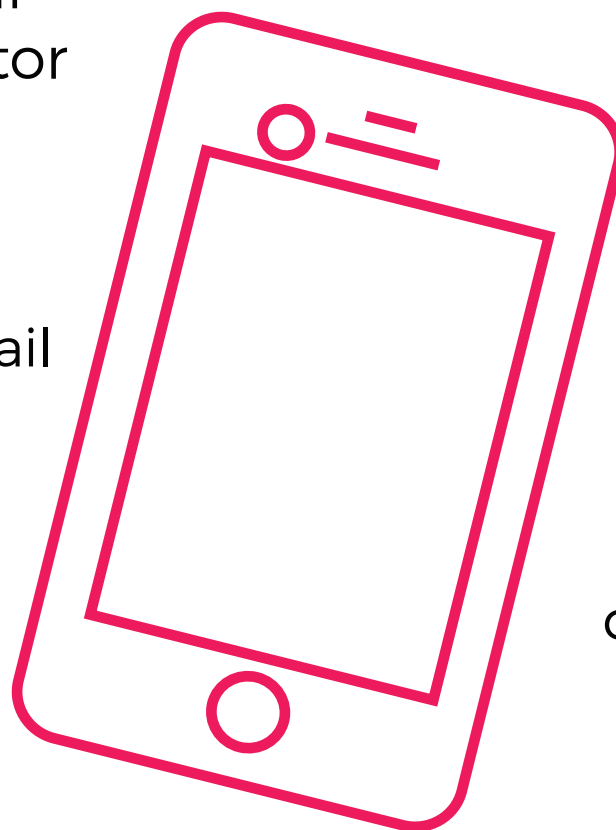




1 Phone and cellphone number of your local coordinator and contact person

2 At least one email address from your volunteers

3 AFS Mexico's emergency cellphone number and email address



4 Also, provide to AFS Mexico's National Office and volunteers with your updated email address, so you always can be informed of all plans, new and emergency information

5 As soon as you have a cellphone in Mexico, share your number with local volunteers and the AFS Mexico's National Office. In case of any emergency it is always good to have a personal number where you can be reached

—Activities—

Always ask your host family and local volunteers about the activities you want to do and places you want to visit in order to make sure that they are safe.



There is a big difference between the places you can visit in your country and the ones here in Mexico. You should get reliable information about what to do in one place or another, so it will be easier for you and your host family to keep you safe.

When walking on the street...be careful because pedestrians unfortunately are not the priority and cars very rarely stop. Use the corners of the streets to cross over to the other side even if other people don't do so.

If you want to take a cab,
please consider this

1 It's not very safe to take a taxi on the street -
ESPECIALLY AT NIGHT

2 Be sure that the taxi has a permission posted on its window.

3 Watch carefully that the driver is the same person as the one on the permission photo

4 It's better to call a safe taxi company.



NOTE

If you're a woman, some men will most probably whistle at you when walking on the street. Don't answer back. Just ignore them and keep walking.

— Street —

- **Street crimes such as pickpocketing and mugging pose a significant risk for you, particularly in urban areas. Crowded squares, transport terminals, the metro and buses are favoured targets for pickpockets and bag-snatchers, who often work in teams. Robbers particularly target foreigners who appear to be rich, lost and/or drunk, as well as unaccompanied women. Be careful!**



Please don't be brave and don't take unnecessary risks

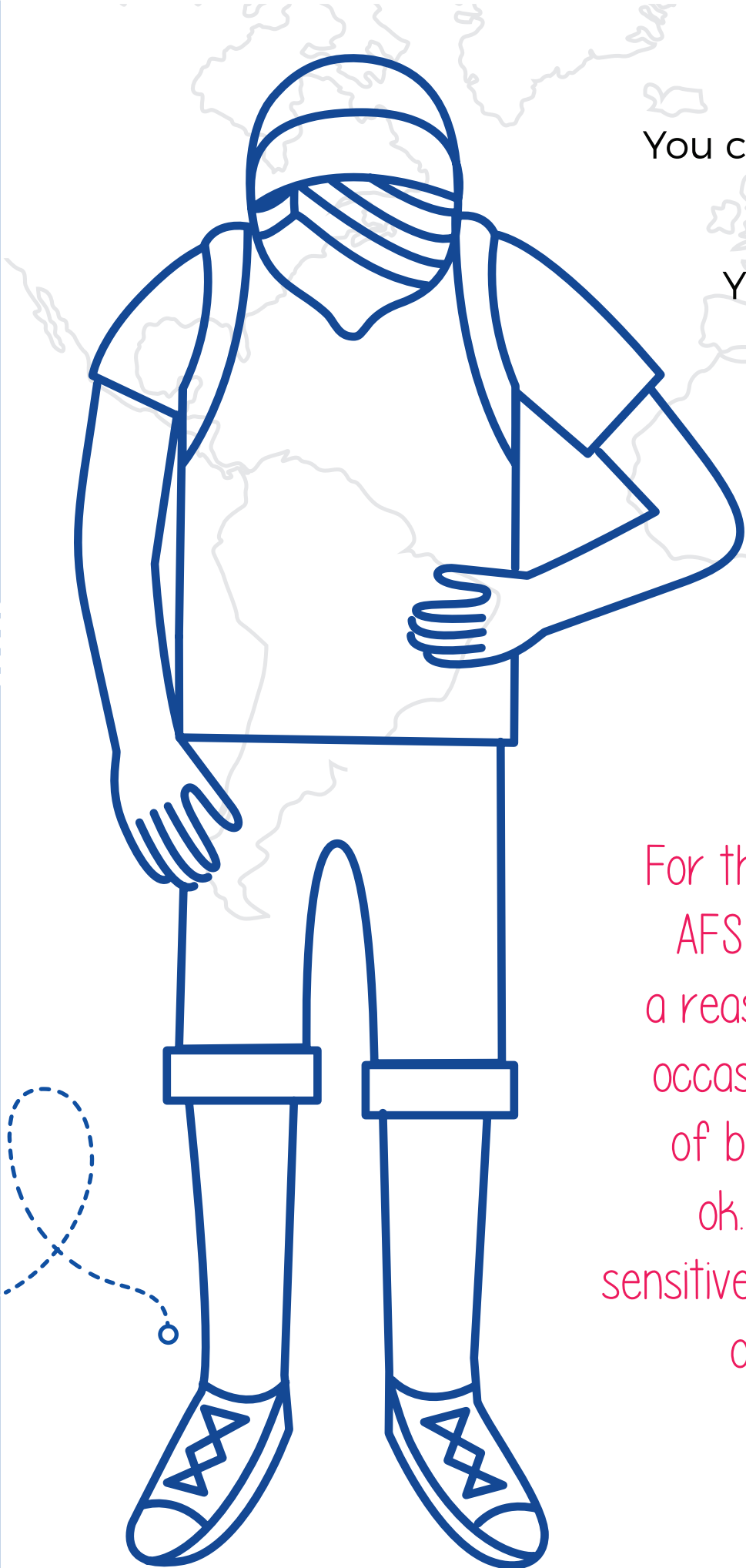
Don't give any personal information to strangers. Like:

- 1 Phone numbers
Cellphone numbers
Address
School name
PIN codes
- 2 Maintain a low profile. Long term visitors should avoid establishing routines and vary the timings and routes of journeys
- 3 Don't accept invitations from someone you don't know
- 4 Don't get into a car with someone you don't know
- 5 Don't visit the house of someone you don't know
- 6 Don't accept any invitations on your Facebook or Twitter from people you don't know
- 7 When you make any kind of trip, keep your passport and visa in a safe place, like at HOME
- 8 If you feel that there is someone bothering you, please inform your host family, your local coordinator or local volunteer about this; they will know what to do
- 9 Occasional politically motivated unrest is a possibility. Avoid all demonstrations as a precaution
- 10 Don't get money at cash machines during the night, you should only use ATMs during normal business hours and at indoor commercial establishments, it's also better if you go accompanied by a person you trust

— **Alcohol** — and Drugs

Excessive alcohol consumption is forbidden while on the program and students who do not respect this rule risk an early return. This rule has not been invented to spoil the fun, but to protect you and your AFS friends. Too much alcohol has many negative consequences:





You cannot control your movements anymore.
The risk for accidents increases

Your ability to judge situations adequately is affected. You might do things that you regret afterwards. You can also easily be taken advantage of or even become a victim of a crime or sexual transgression

You put your health at risk. Alcohol intoxication is dangerous. You may need medical attention, and if worst comes to worst, it can even kill you.

For this reason, alcohol is not tolerated at official AFS events. However in Mexico there is always a reason to party and alcohol is offered on many occasions. If you want to try, that's fine. A glass of beer or wine at a party or during a dinner is ok. But don't exaggerate. Teenagers are more sensitive to alcohol than adults, but many teenagers overestimate themselves and think they can handle it. This increases the risk that they drink too much and lose control.

If you are 18+

follow these recommendations:

- 1 No hard alcohol. Drink tequila or other hard liquor only when mixed with soft drinks.
- 2 Don't drink more than once a week and not more than one or two glasses
- 3 Never drink when you don't feel well
- 4 Never drink when you have taken medicine (no matter if prescribed or over-the-counter)
- 5 Say no when you don't feel like drinking or if you don't like the taste of alcohol
- 6 Look out for others: Tell your friends to stop if they exaggerate. If you think that a friend has an alcohol problem, share your concerns with an adult you trust.

REMEMBER

You are on this program because your parents back home and AFS in your sending country believe that you are sensible and mature enough for this experience. They trust that you know how to behave, that you abide by the rules and that you don't put yourself at risk with your behaviour. It is up to you to show that you have deserved their trust.

NOTE

Using drugs is forbidden for all students. If you are 18 years old or more, this advice is for you: when at a bar, order drinks whose preparation you can observe and do not leave them unattended. If you get drunk or high, know that you will get in serious trouble or that these might be your last nights in Mexico, as it will mean an Early Return. Don't put yourself in danger!

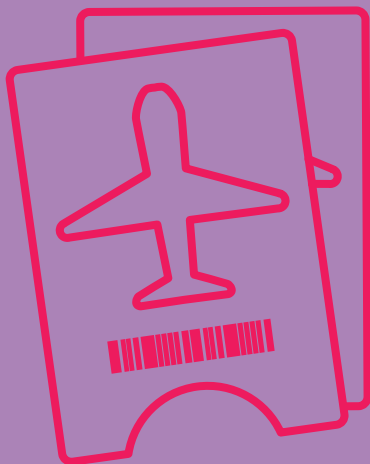
MEXICAN FOOD:

As you know, Mexican food is very hot and spicy. When you arrive, you will want to try it all out at once, but please don't. It's almost certain that you will be visiting the doctor or the nearest hospital with an extreme case of diarrhea or something worse. Don't eat in little street kiosks until your stomach is used to Mexican food, it might take one or two months after your arrival.



— Travel —

You probably already know that not all parts of Mexico are safe. Much of the cartel-related violence in Mexico is concentrated in certain regions of the country, especially in the north-eastern border states and along the central-western coast. Restricted states have a strong cartel and organized crime presence, along with frequent shoot-outs, road blockades, attacks on military and police units and structures, and high homicide rates. The following is a map of Mexican states that are either safe, restricted or prohibited to travel to, and it applies to every single participant on our programs (school, university and community service)

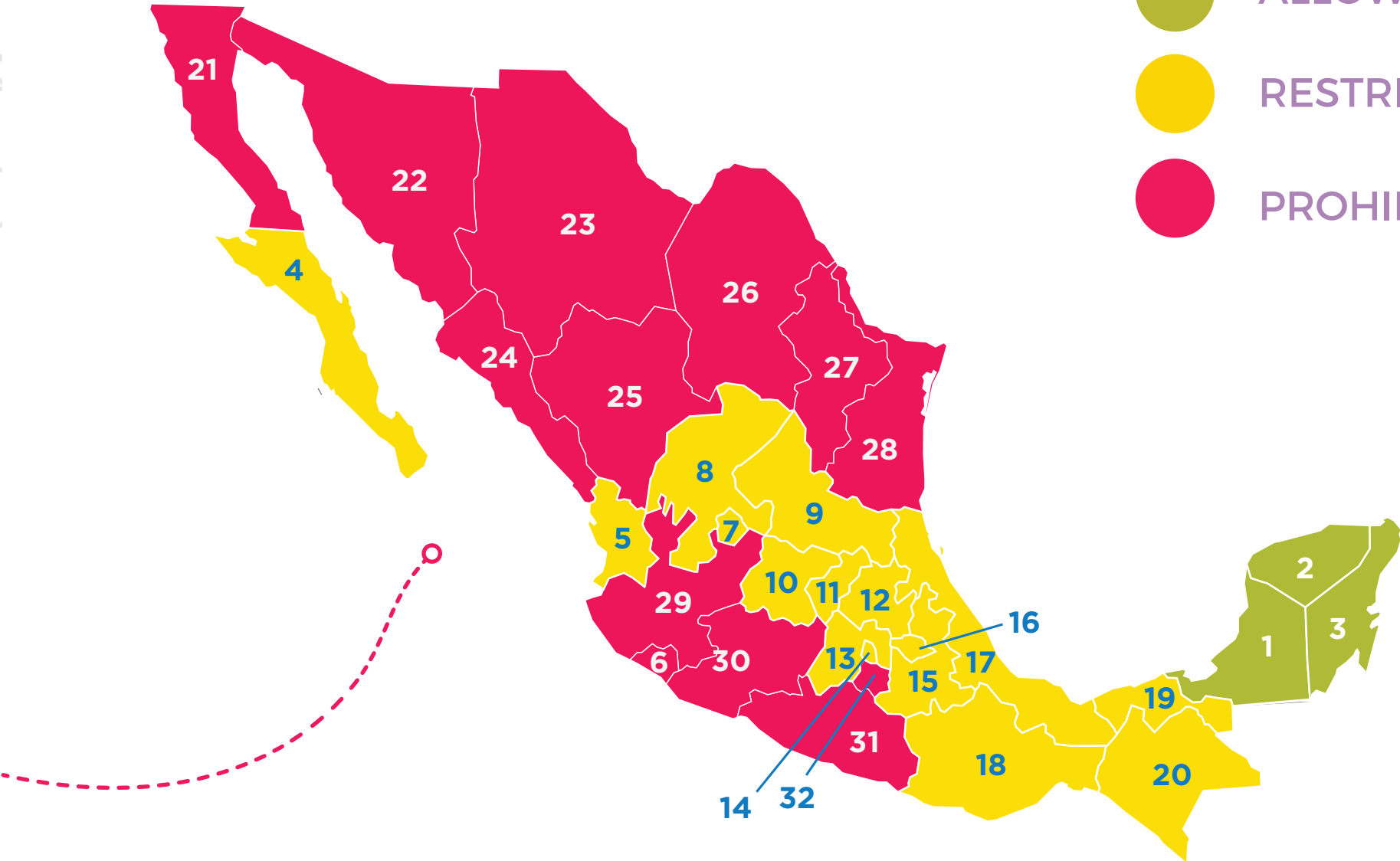


SAFE AND RESTRICTED STATES

NOTE

TOURIST DESTINATIONS STRICTLY PROHIBITED FOR INDEPENDENT TRAVEL

- ALLOWED
- RESTRICTED
- PROHIBITED



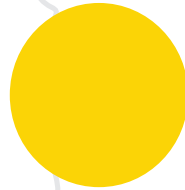
SAFE AND RESTRICTED STATES

ALLOWED



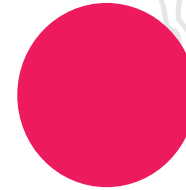
- 1 Campeche
- 2 Yucatán
- 3 Quintana Roo

RESTRICTED



- 4 Baja California Sur
- 5 Nayarit
- 7 Aguascalientes
- 8 Zacatecas
- 9 San Luis Potosí
- 10 Guanajuato
- 11 Querétaro
- 12 Hidalgo
- 13 Edo. de México
- 14 Ciudad de México
- 15 Puebla
- 16 Tlaxcala
- 17 Veracruz
- 18 Oaxaca
- 19 Tabasco
- 20 Chiapas

PROHIBITED



- 6 Colima
- 21 Baja California Nte.
- 22 Sonora
- 23 Chihuahua
- 24 Sinaloa
- 25 Durango
- 26 Coahuila
- 27 Nuevo León
- 28 Tamaulipas
- 29 Jalisco
- 30 Michoacán
- 31 Guerrero
- 32 Morelos



**Programas
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— **For more** —
information

Oficina Nacional

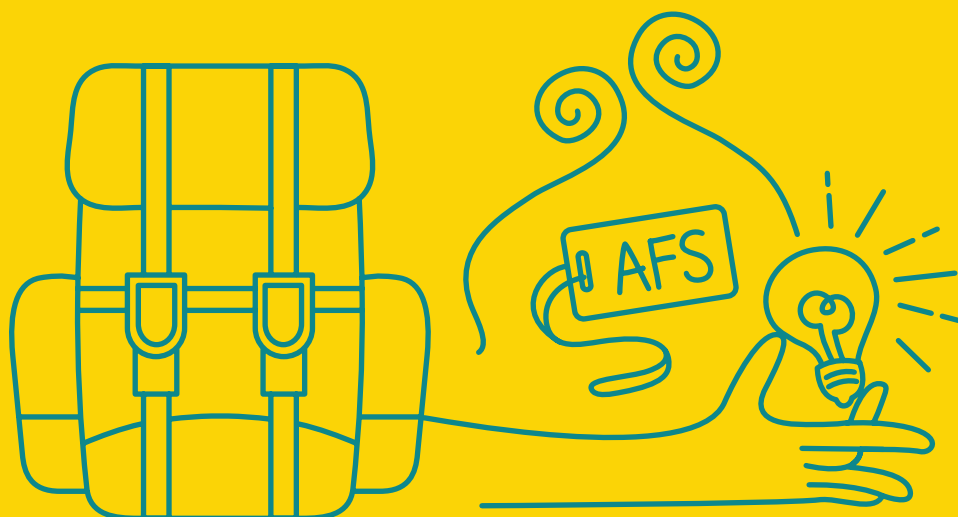
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