**STUDENT HANBOOK**

**2020-24**

**::**

**¡Bienvenido!**

**Bienvenue! Bem-vindo!**

**Willkommen!**

**Welcome!**

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# ABOUT UNIVERSIDAD POLITECNICA METROPOLITANA DE PUEBLA

# Background

# Mission

At Uinversidad Politecnica Metropolitana de Puebla we are committed to form our students integrally using educational models according to the needs of labor market and global society. Our goal is that our graduates perform satisfactorily in all the aspects of their lives, thus contributing to the inclusive and sustainable development of our state and our country.

# Vision

As a leading educational institution in the state of Puebla that forms highly trained professionals who would promote a fairer, more inclusive and sustainable society through their work and the activities or their daily life.

* 1. **Values of UPMP** Excelence

Critical Thinking

Social and Environmental Responsibility

Respect for Human Rights

* 1. **Educational Offering:**

**Bachelor Degrees**

* B.E. in Biotechnology
* B.E in Logistics and Trasportation
* B.E. in Computer Systems
* B.Sc. in Business Administration and Managment

# Areas Regulations

# Computer Center Regulations

1. To use the tutoring area services it is necessary to present the valid UPMP ID card. To

attend a class, entering accompanied by the professor is required.

1. Every person can use only one computer.
2. Graduates must process their UPMP ID card in order to use the computer center.
3. At the moment of entering the user shall be liable for the assigned computer equipment.
4. To report the tutor about any failure in the equipment; either physical (Hardware) or logical (Software), or else, the current user shall be considered liable for the failure.
5. **No food is allowed in the computer center**.
6. When the scanner service is required, it shall be only used to scan images and not

text.

1. Installing programs (Software) without the computer center responsible authorization is **strictly prohibited** to professors or students, just as exchanging devices from one computer to another. In case the professor needs to install Software it must be requested by a memorandum having the corresponding authorization.
2. The computer center responsible is authorized to remove a student, or students, who break the regulations, commit morally offensive conducts or damages to the computer center facilities. In this last case, those damages must be paid.
3. Entering web pages that contents immoral material; just as transferring audio, video or games in real time and using “chatting” programs is strictly prohibited, unless the authorization of the responsible.
4. Professors are liable for the equipment during the time of their class and they must watch the students to use it correctly. Professors shall check nobody stays in the classroom and shut the computer equipment down at the end of the class.
5. The use of external devices requiring USB connection is authorized.

# Library regulations:

**Opening hours:**

The library hours are from Monday to Friday 7:00am to 8:45pm Restrictions: In the Library is NOT allowed:

* **Entering to the facilities with no UPMP ID card**
* **Introducing luggage, backpacks, packages or briefcases**
* **Using the computers to chat and download audio or video**

**- Eating inside the facilities**

* **Mistreating the furniture**
* **Mistreating or mutilating the books**

**Librarian: Prof. Fidencio Martínez**

**Access to library:**

**STUDENTS MUST PRESENT THE CURRENT UPMP ID card**

1. Who can use the library:
   1. Students enrolled in the current academic period in UPMP.
   2. Teaching, administrative and services staff who work in the University.
2. To enter the library facilities, every user is required to register in the entrance with the

valid UPMP ID card.

1. The introduction of baggage, backpacks, bags or briefcases to the library facilities is not allowed.

# Leaving the Library:

Each book is registered with a security device. If the alarm is activated, the user belon- gings shall be thorough searched.

As a safety measure, backpacks and packages must be searched by the library personal. The library is not liable for the left or lost properties and robberies.

# Loan of material:

1. To use the book loan service it is necessary to present the valid UPMP ID card to

the library staff.

1. fill out the loan card (internal board in the back of the book).
2. when returning material, you must check it is stamped when received in order to not

take responsibility for it.

**Basketball / volleyball court**

Wear sport clothing and to be student of the UPMP Indoor Fut Ball Court

It is located at the entrance of the University

Wear sport clothing and to be student of the UPMP

**Medical service**

**Dr. Hector Carreto**

9:00 am – 3:00 pm

Monday to Friday

# Public Transportation Routes passing by UPMP

|  |  |  |
| --- | --- | --- |
| Origin | Destination | Route |
| UPMP | CAPU | Red Urbana de Trasporte Articulado Line 3, line 2 |
|  | Puebla Centro | NGA |
|  | Cholula Centro | Ruta Periferico |
|  | Angelópolis | NGA |
|  | Pirámide Cholula | Ruta Periferico |
|  | Las Animas | NGA |
|  | VW-CU | Ruta Periferico |

**MIGRATION PROCEDURES**

Instituto Nacional de Migración (www.inm.gob.mx) is in charge of the migration procedures in Mexico, which are mandatory for all foreigners who want to enter to our country.

According to the new rules of Instituto Nacional de Migración, every person who takes part in an academic program that is more than 60 days long must count with a student visa.

# Type of visa to study in Mexico

Visa must be processed in any Embassy or Consulate of Mexico. Requirements and tariffs

can vary depending on each country.

There are two possibilities of visa to the exchange students:

1. When the stay in the UPMP will be a semester or a year:
2. To go to the Embassy or Consulate of Mexico in your country of origin with the acceptation letter of the University and ask for a student visa, also known as FM3. When arriving to the country, the page 3 will be registered and stamped by the migration authority.

We suggest you to ask for your student visa with a minimum of a month in advance to your arrival to Mexico. In some cases, the delivery of the visa can last from 30 to 40 days, depending on the Consulate.

1. To get a tourist visa, also known as FMT, at the moment of entering the country and to carry out a change to get a student visa during the first days of your stay in Mexico. This option will imply procedures and additional costs to you.
2. When the stay in the UPMP will be less than 3 months:

To students who study during summer, that is if their stay is less than 12 weeks, a tourist visa (FMT) is enough.

# To process a change of tourist visa to student visa

When entering the country with a tourist visa and the stay will be more than 3 months long, the student must carry out the change to a student visa. The whole process to change your visa will cost $36 USD approximately.

# Registration to the Foreigners National Record

It is mandatory for the foreign students to carry out their registration to the Foreigners National Record, within a maximum period of 30 days after the arrival to the country. Once the Foreigners National Record has been carried out, the particular address, marital status or activities changes must be reported Instituto Nacional de Migración within the 30 days after such change.

Laws forbid the foreign students to work while they are studying. For further information: Instituto Nacional de Migración Delegación Regional Puebla Calle 20 Sur 1110 Esq. con Av. 13 Oriente

Col. Azcarate Z.C. 72501 Puebla, Pue. Tels. 01 (222) 243 12 51

01 (222) 235 90 43

01 (222) 211 06 90

Fax. 01 (222) 211 06 90 Email:

[ccobos@inami.gob.mx](mailto:ccobos@inami.gob.mx)

# Embassies in Mexico

Av. Paseo de las Palmas No. 910, Lomas de Chapultepec 11000 México, DF.

Tel: (52) 5 55 20 94 30 Fax: (52) 5 55

40 50 11

[embajadaargentina@prodigy.net.mx](mailto:embajadaargentina@prodigy.net.mx)

Calle Lope de Armendáriz No. 130 Lomas Virreyes Delegación Miguel Hidalgo

11.000 México, DF.

Tel: (55) 5201‐4531 Fax:(55) 5520‐4929

[embrasil@brasil.org.mx](mailto:embrasil@brasil.org.mx)

Schiller No. 529, Col. Bosque de Chapulte- pec (Polanco)

Del. Miguel Hidalgo 11580 México, D.F. Tel: (55) 57 24 79 00 Fax: 57

24 79 80

[mxico@international.gc.ca](mailto:mxico@international.gc.ca)

Tennyson No. 217, Polanco Delegación Miguel Hidalgo 11560 México, DF.

Tel. 55 45 31 41, 55 45 60 13

Fax: 52 54 24 42

[mecuamex@prodigy.net.mx](mailto:mecuamex@prodigy.net.mx)

Galileo No. 114 esquina Horacio, Polanco Delegación Miguel Hidalgo 11550 México, DF.

Tel: 52 82 29 74, 52 82 22 71, 52 82 24 59

Fax: 52 81 82 27, 52 82 15 20

[embae@prodigy.net.mx](mailto:embae@prodigy.net.mx)

Paseo de la Reforma 305 Col. Cuauhtémoc Delegación Cuauhtémoc 06500 México, D.F. Tel: (55) 50 80 20 00 Fax: (55) 55 25 50

40

[acsmexicocity@state.gov](mailto:acsmexicocity@state.gov)

# 1. ABOUT MEXICO

# Mexico

The official name of Mexico is Estados Unidos Mexicanos.

# Territory

Mexico has a territorial extension of 1,964,375 km being the 5th largest country in America, and 13th in the world.

# Borders

Mexico shares its borders with the United States of America, Guatemala and Belize, with a total of 4,301 kilometers. With its 3145 kms long, the USA-Mexico border is the most crossed border in the world.

# Government System

Mexico is organized as a federal and democratic republic composed by 32 states with an independent government and congress in each , but united in a federation. The States of Mexico are: Aguascalientes, Baja California, Baja California Sur, Campeche, , Coahuila, Colima, Chiapas, Chihuahua, Durango, Guanajuato, Guerrero, Hidalgo, Jalisco, México, Michoacán, Morelos, Nayarit, Nuevo León, Oaxaca, Puebla, Querétaro, Quintana Roo, San Luis Potosí, Sinaloa, Sonora, Tabasco, Tamaulipas, Tlaxcala, Veracruz, Yucatán, Zacatecas and Mexico City wich has an special status due to be de see of the Federal Government and The Executive Power.

# Population

Mexico has a population of over 126,200,200 inhabitants, according to the most recent census by the Instituto Nacional de Estadísticas, Geografía e Informática (2020). Ranking 10th most-populous country in the world.

# Language

The official language of Mexico, as well as the most-spoken and almost exclusively used in the public administration is Spanish, Mexico is the most-populous Spanish-speaking country in the world. Mexicans speak a particular slang that makes it quite different then the one used in other Spanish-speaking countries, further in this handbook you will find a summary of the most used terms.

# Currency

Currency is the Mexican peso, which is issued in bills of $1000, $500, $200, $100, $50 and $20; made in paper currency, excepting the bills of $20 and $50 made of waterproof polymer. And

$10, $5, $2 $1, 50¢, 20¢ and 10¢ coins.

# Exchange rate

The following numbers are approximated and they are subject to change.

https://bit.ly/31JvGQN

# Holidays

|  |  |
| --- | --- |
| **Date** | **Celebration** |
| **1 January** | **New Year’s Day \*** |
| **February 5** | **Constitution of 1917 Day \*** |
| **March 21** | **Benito Juarez’s Birthday\*** |
| **March / April (** | **Holy Week and Easter \*** |
| **May 1** | **Labor Day \*** |
| **May 5** | **Battle of Puebla (Statutory day** |
| **May 10** | **only in the State of** |
| **May 15** | **Puebla) \*** |
| **September 16** | **Mother’s Day** |
| **November 2** | **Teacher’s Day \*** |
| **November 20** | **Independence Day \*** |
| **December 12** | **Day of the Dead\*** |
| **December 25** | **Mexican Revolution Day\*** |

# Gastronomy

Mexican cuisine is considered as one of the most varied and delicious of the world. Thanks to pre-Columbian and Spanish heritage, Mexican gastronomy joins the flavors of two continents in colorful and tasty dishes.

Mexican cuisine origins are based on the principle of the use of corn, beans, chili pepper and other typical vegetal or animal ingredients of the country to which ingredients and new ele- ments, principally from Europe, have been incorporated increasing its variety.

# ABOUT PUEBLA

# Brief History

Heroica Puebla de Zaragoza, formerly known “Puebla de los Ángeles” is the 4th largest and most populous city in Mexico, it is geographically included in the Megalopolis of Central Mexico which contains Mexico City and the surrounding metropolitan areas with a total population of 27 million people.

Puebla was founded 1531 in an area surrounded by the Popoca- tépetl, Ixtaccihuatl and Pico de Orizaba volcanoes and “La Malin-

che” mountain know as the valely of Cuatlaxcoapan, the city was supposed to be an area for Spaniard immigrants, or a intermediate post between the Gulf of Mexico coast and the capital. Puebla became the second most important city of Nueva España, thanks to its location in a great productive area.

Nowadays Puebla is considered as World Heritage Site. Its climate is mild, with cool and semicool summers and rain during summer and at the beginning of fall; its annual average temperature is 16°C (60.8°F).

The perfect design of its convents, churches and small squares seems to have been made by the angels themselves. The cultural richness of the city is observed not only in its architecture; the gastronomy perfectly combines the pre-Columbian, Arabian, French and Spanish heritage, reflected in its world-famous recipes such as Chiles en Nogada and Mole Poblano. This heritage is also reflected in its handicrafts such as Talavera Poblana, Árbol de la Vida, paintings on Papel Amate (Amatl) and the strange-shaped designs in onyx and marble.

# 4.1 Cost of living (Mexican pesos)

# Accommodations

A two-rooms and bathroom apartment monthly rent: $3,000.00 - $4,000.00 A room monthly rent: $2,000.00 – $3,000.00

**Services**

Water: monthly average consumption per person: $60.00 Electricity: monthly average con- sumption per person: $50.00 Gas: monthly average consumption per person: $80.00

# Food

Set menu or meal: $50.00 Cup of coffee: $20.00

Bottle of water (600 ml): $5.00 Bottle of soda (600 ml): $8.00 Sandwich: $25.00 Ice cream: $20.00

Transportation

Public transportation fare: $8.5 RUTA (Metrobús): $7.5 Minimum taxi fare: $30.00

# Recreation

Movie ticket: $50.00

Glass of beer at a bar: $35.00 Club cover: $50.00

Academic expenses Photocopy: 50¢ Printing: $1.00 Notebook: $40.00

**NOTE:** Prices are estimated and can vary depending on the quantity and place of consumption

# Cultural Activities:

# There is a wide variety of museums in Puebla.

**Museo Amparo**

2 sur 708,

Wednesday - Monday: 10:00 - 18:00 hrs

General admission: $35.00; Children, students and teachers with ID: $25.00. Free admission on

Mondays

https://museoamparo.com/

# Museo de Arte San Pedro

1. norte 203

Tuesday - Sunday: 10:00 - 17:00 hrs

General admission: $20.00; children, students and teachers: $15.00. Free admission on

Tuesdays

<http://museospuebla.puebla.gob.mx/index.php/museos/item/2-san-pedro-museo-de-arte>

# Biblioteca Palafoxiana

1. oriente 5

Tuesday - Friday: 10:00 - 17:00 hrs; Saturday - Sunday: 10:00 - 16:00 hrs.

General admission: $20.00; Children, students and teachers: $15.00. Free admission on Tues- days

<http://museospuebla.puebla.gob.mx/index.php/museos/item/11-biblioteca-palafoxiana>

# Sala Histórica de la Biblioteca La Fragua. BUAP

(La Fragua Library Historical Room)

Juan de Palafox y Mendoza 407 Monday - Friday: 9: 30 - 17:30 hrs.

Free admission

http[s://w](http://www.buap.mx/content/biblioteca-hist%C3%B3rica-jos%C3%A9-mar%C3%ADa-lafra-)ww.b[uap.mx/content/biblioteca-hist%C3%B3rica-jos%C3%A9-mar%C3%ADa-lafra-](http://www.buap.mx/content/biblioteca-hist%C3%B3rica-jos%C3%A9-mar%C3%ADa-lafra-) gua

**Planetario Domo IMAX Unidad Cívica 5 de mayo** Showings: Tuesday - Friday: 17:00 hrs.

Admission: Adults: $50.00; children, students and teachers with ID, handicapped people: $40.00 http[s://w](http://www.corazondepuebla.com.mx/descubre/planetario-puebla/)ww.c[orazondepuebla.com.mx/descubre/planetario-puebla/](http://www.corazondepuebla.com.mx/descubre/planetario-puebla/)

# Museo y Biblioteca General Ignacio Zaragoza

1. poniente 516

Monday - Friday: 10:00-20:00 hrs; Saturdays: 10:00-13:00 hrs; Sundays: 10:00 -16:00 hrs. Free

admission https://sic.cultura.gob.mx/ficha.php?table=otra\_bib&table\_id=7716 **Museo Regional de Puebla. INHA**

Av. Ejércitos del Oriente s/n Centro Cívico 5 de mayo Tuesday - Sunday: 9:00 - 18:00 hrs

General admission: $39.00; children, students and teachers: free free admission on Sundays Museo de la no Intervención Fuerte de Loreto

Calzada de los Fuertes s/n Centro Cívico 5 de Mayo Tuesday - Sunday: 9:00 - 17:30 hrs

General admission: $35.00; children, students and teacher with ID: free Free admission

on Sundays

# Casa de Cultura de Puebla

1. oriente 5

Monday – Friday: 10:00 – 17:00 hrs Weekends: 9:00 – 16:00 hrs

Free admission

http[s://w](http://www.inah.gob.mx/red-de-museos/283-museo-regional-de-puebla)ww[.inah.](http://www.inah.gob.mx/red-de-museos/283-museo-regional-de-puebla)g[ob.mx/red-de-museos/283-museo-regional-de-puebla](http://www.inah.gob.mx/red-de-museos/283-museo-regional-de-puebla)

# Museo de la Revolución Mexicana (casa de los Hermanos Serdán)

1. Oriente 206

Tuesday - Sunday: 10:00 - 17:00 hrs.

General admission: $20.00; children, students and teachers: $15.00. Free admission on Tues- days

<http://sic.gob.mx/ficha.php?table=museo&table_id=283>

# Museo de Arte Religioso Ex Convento de Santa Mónica

18 poniente 103

Tuesday - Sunday: 10:00 - 17:30 hrs

General admission: $20.00; children, students and teachers: $15.00 Free admission on Tuesdays http[s://w](http://www.inah.gob.mx/red-de-museos/234-museo-de-arte-religioso-de-santa-monica)ww[.inah.](http://www.inah.gob.mx/red-de-museos/234-museo-de-arte-religioso-de-santa-monica)g[ob.mx/red-de-museos/234-museo-de-arte-r](http://www.inah.gob.mx/red-de-museos/234-museo-de-arte-religioso-de-santa-monica)e[ligioso-de-santa-monica](http://www.inah.gob.mx/red-de-museos/234-museo-de-arte-religioso-de-santa-monica)

# Instituto Cultural Poblano

Reforma 1305

Monday - Sunday: 8:00 - 15:00 hrs Free admission http[s://w](http://www.mexicoescultura.com/recinto/55257/instituto-cultural-poblano-icp-.html)ww[.mexic](http://www.mexicoescultura.com/recinto/55257/instituto-cultural-poblano-icp-.html)oe[scultura.com/recinto/55257/instituto-cultural-poblano-icp-.html](http://www.mexicoescultura.com/recinto/55257/instituto-cultural-poblano-icp-.html)

# Galerías del Palacio

Av. Juan de Palafox y Mendoza 12 Tuesday - Sunday:

11:00 - 20:00 hrs Free admission

http[s://w](http://www.mexicoescultura.com/recinto/67042/galeria-de-arte-del-palacio-munici-)ww[.mexicoescultura.com/recinto/67042/galeria-de-arte-del-palacio-munici-](http://www.mexicoescultura.com/recinto/67042/galeria-de-arte-del-palacio-munici-) pal-de-puebla.html

# Museo de Sitio del Fuerte de Guadalupe

Av. Ejércitos de Oriente s/n Centro Cívico 5 de Mayo Tuesday - Sunday: 9:00 - 17:45 hrs

http[s://w](http://www.inah.gob.mx/red-de-museos/284-fuerte-de-guadalupe)ww[.inah.](http://www.inah.gob.mx/red-de-museos/284-fuerte-de-guadalupe)g[ob.mx/red-de-museos/284-fuerte-de-guadalupe](http://www.inah.gob.mx/red-de-museos/284-fuerte-de-guadalupe)

# Centro Cultural Ex Convento de Santa Rosa

3 norte 1203

Tuesday - Sunday: 10:00 - 17:00 hrs. <http://sic.gob.mx/ficha.php?table=museo&table_id=296>

# Casa del Deán

Calle 16 de Septiembre 505 Tuesday – Sunday: 9:00 - 17:30 hrs

General admission: $29.00; children, students and teachers: free. Free admission on Sundays

# Casa de las Bóvedas Vicerrectoría de extensión y difusión de la Cultura

Av. Juan de Palafox y Mendoza 406

Monday - Friday: 9:00-17:00 hrs. Free admission

# Barrio del Artista.

Sala José Luis Rodríguez Alconedo 8 norte 410, entre 4 y 6 oriente

Tuesday - Friday: 10:30 - 14:00 hrs, 16:30 - 20:00 hrs; Saturdays: 11:00-18:00 hrs; Sundays: 11:00-15:00 hrs. Free admission

# Museo taller Erasto Cortés

7 Oriente 4

Tuesday – Sunday: 10:00 - 17:00 hrs.

General admission: $20.00; children, students and teachers: $15.00. Free admission on Tuesdays

# Museo José Luis Bello y Zetina

Calle 5 de Mayo 409

Tuesday - Sunday: 10:00 - 16:00 hrs. Free admission

# Museo José Luis Bello y González

3 Poniente 302

Tuesday - Sunday: 10:00 - 17:00 hrs.

General admission: $20.00; children, students, teachers and senior people: $15.00. Free admis- sion on Tuesdays

# Museo Universitario Interactivo “Casa de los Muñecos”

2 Norte 2, Centro histórico

Monday - Sunday: 10:00 - 18:00 hrs.

General admission: $30.00; students and teachers: $10.00. Free admission on Wednesdays

**Museo Regional “Casa del Alfeñique”** 4 Oriente 416, esquina 6 norte Tuesday - Sunday: 10:00 - 17:00 hrs.

General admission: $20.00; children, students, teachers and senior people: $15.00. Free admis- sion on Tuesdays

# Museo Nacional de los Ferrocarriles Mexicanos

11 Norte 1005, entre 10 y 14 poniente Tuesday

- Sunday: 9:00 - 17:00 hrs.

General admission: $10.00; children, students and teachers with ID, senior people: free. Free

admission on Sundays

# IMAGINA Museo Interactivo

Calzada Ejercito de Oriente s/n y Cazadores de Morelia, zona de los fuertes

Monday - Friday: 9:00-13:00; 14:00-18:00 hrs. Saturdays, Sundays and holydays: 10:00-14:00 hrs; 15:00-19:00 hrs.

Admission: Adults: $ 50.00. Handicapped people: $ 30.00. Simulator: $ 20.00. Temporary exhi- bition:

$15.00.

# Historical Buildings:

**Palacio Municipal**

Portal Hidalgo 14

Monday – Friday: 09:00 - 19:000 hrs. Saturday – Sunday: 09:00 - 17:00 hrs.

**Edificio Carolino**

4 Sur 104

Monday – Friday: 10:00 - 16:00 hrs.

**Palacio Episcopal**

5 Oriente 1

Monday – Friday: 08:00 - 18:000 hrs. Saturdays: 09:00 - 13:00 hrs.

**Ex Colegio de San Pedro**

5 Oriente 3

Monday – Saturday: 08:00 - 20:000 hrs. Sundays: 09:00 - 14:00 hrs.

**Ex Colegio de San Pantaleón**

5 Oriente 9 esq. 2 Sur Monday – Friday: 08:00 - 15:000 hrs.

# Casa Arronte

**J**uan de Palafox y Mendoza 209 Monday – Friday: 10:00 - 17:000 hrs.

# Casa de las Bóvedas

Juan de Palafox y Mendoza 406 Monday – Friday: 9:00 - 19:000 hrs.

# Historical neighborhoods:

**El Alto y San Francisco**

Boulevard 5 de Mayo y 14 oriente

**Barrio del Artista**

6 Norte y 6 Oriente

10:00 - 17:00 hrs.

Restaurants and cafés varied operating hours.

**Analco**

Boulevard 5 de Mayo y 8 Sur

**La Luz**

2 Oriente y 12 Sur

**Santiago**

Entre 17 Poniente y 15 Sur

**Churches and Religious Buildings**

**Catedral Metropolitana de Puebla**

16 de Septiembre esq. 5 Oriente 10:00 -

12:30 hrs. and 16:00 - 18:00 hrs.

**Iglesia de la Concordia (San Felipe Neri)**

3 Sur entre 9 y 11 Poniente 7:00 - 13:00 hrs. and 16:00 - 18:00 hrs.

**Iglesia de la Santísima Trinidad**

Av. Reforma y 3 Norte. 8:00 - 13:00 and 16:00 - 18:00.

**Iglesia de la Soledad**

2 Sur y 13 Oriente

8:00 - 13:00 hrs. and 16:00 - 18:00 hrs.

**Iglesia de Nuestra Señora del Carmen** 16 de Septiembre y 17 Oriente

8:00 - 13:00 hrs. and 16:00 - 18:00 hrs

**Iglesia de San Francisco**

14 Oriente 1009 y Boulevard 5 de Mayo 8:00 - 13:00 hrs.

and 16:00 - 18:00 hrs.

**Iglesia de Santo Domingo de Guzmán y Capilla del Rosario**

5 de Mayo y 4 Poniente 8:00 - 13:00 hrs. and 16:00 - 18:00 hrs.

**Iglesia del Espíritu Santo o “La Compañía”**

Juan de Palafox y Mendoza Esq. 4 Sur 8:00

- 13:00 hrs. and 16:00 - 18:00 hrs.

**Iglesia y Convento de la Purísima Concepción**

16 de Septiembre y 7 Poniente 8:00 - 13:00

hrs. and 16:00 - 18:00 hrs.

**Iglesia y Convento de Santa Mónica** 5 de Mayo y 18 Poniente

8:00 - 13:00 hrs. and 16:00 - 18:00 hrs.

**Santuario de Nuestra Señora de Guadalupe**

Avenida Reforma y 11 Sur

8:00 - 13:00 hrs. and 16:00 - 18:00 hrs.

# Leisure Amusement parks:

**Africam Safari**

Km 16.5 Blvd. Cap. Carlos Camacho (Antes Carr. a Valsequillo), Puebla, Pue.

Open daily, 10:00 – 18:30 hrs Admission: adults $160.00; children $150.00. Annual pass $300.00

**Parque Loro**

Km 9 Carretera federal Puebla-Atlixco

Monday – Friday: 10:00 - 18:30 hrs. Admission: adults $78.00, children $70.00.

**Agua Azul Aquatic Park**

Prolongación 11 Sur 5117 Calzada a Mayorazgo, Puebla, Pue.

Admission: adults $70.00, children $50.00. Adults and children 2x1 on Wednesdays and Thur- sdays

# Movie theaters:

CINEMARK

Triangulo las Ánimas. Circuito Interior Juan Pablo II esq. Blvd. Atlixco 169 80 80

CINEMEX

Paseo de San Francisco Centro Comercial San Francisco Arroyo Xonaca 1006, Barrio El Alto 232

9643

CINEPOLIS VIP

Blvd. Del Niño Poblano No. 2510 Col. Concepción la Cruz Centro Comercial Angelópolis

222 225 17 52

La Noria

45 Poniente No. 1937 Col. Ex-Hacienda Sn. Miguel La Noria Centro Comercial La Noria

237 13 74 and 211 02 86

Theaters:

Centro Cultural Siglo XXI

Pléyades esq. Sirio, Rinconada Sur Oriente, Puebla, Pue. (222) 225 1302

Teatro la Paz

Av. Juárez No. 2309. La Paz, Puebla, Pue.

01 (222) 889 3425, 01 (222) 199 3775 and 01 (222) 509 4460

Teatro Principal

8 Poniente y Blvd. 5 de Mayo. Centro Histórico, Puebla, Pue. 01 (222) 232 6085 and 01 (222)

232 2686

Espacio 1900

2 Oriente No. 412, Centro Histórico, Puebla, Pue. 01 (222) 246 1246

Casa de la Cultura

5 Oriente No. 5. Centro Histórico, Puebla, Pue. 01 (222) 232 1227 and 01 (222) 246 3186

# Stadiums:

Estadio Cuauhtémoc

Calzada Ignacio Zaragoza s/n, Col. Unidad Deportiva. (222) 222 2168 Estadio de Beisbol, Hermanos Serdán. Final de la Calzada Ignacio Zaragoza

Polideportivo Ignacio Manuel Altamirano. Blvd. Valsequillo y Av. 14 Sur, Puebla, Pue.

# Shopping malls:

Centro Comercial Angelópolis

Blvd. del Niño Poblano núm. 2510 Col. Concepción La Cruz, Puebla, Pue.

Centro Comercial Las Ánimas

Circuito Interior Juan Pablo II No.3302, Puebla, Pue.

El Triángulo Las Ánimas

39 Poniente 3515, Col. Las Ánimas, Puebla, Pue.

La Isla de Angelópolis

Av. Osa Mayor No. 2902 Centro Comercial La Isla de Angelópolis Col. Reserva Territorial Atlixca- yotl, Puebla, Pue.

La Noria

45 Poniente núm. 1937 Col. Ex-hacienda Sn. Miguel la Noria, Puebla Pue.

Palmas Plaza

Av. Zeta del Cochero núm. 403 entre Blvd. del Niño Poblano y Vía Atlixcáyotl, Puebla, Pue.

Paseo San Francisco

Arroyo Xonaca 1006 Atrás del Centro de Convenciones Col. El Alto, Puebla Pue.

Plaza Dorada

Blvd. Héroes 5 de Mayo núm. 3126 y 3510, Puebla, Pue. Plaza Mazarik Blvd. Atlixcáyotl No. 1501 San Andrés Cholula, Puebla.

# Hotels

**5-star:**

**2 Poniente N° 601, San Andrés, Cholula Puebla, C.P. 72810 México MEXICO: 01 (800) 557 77**

**55, Tel: + 52 (222) 273 7900, Fax: +52 (222) 247 1508,** [**info@villasarqueologicas.com.mx**](mailto:info@villasarqueologicas.com.mx)

Hotel Presidente Intercontinental

Av. Hermanos Serdán No. 141 Col. Amor Phone: (222) 213 70 70 [www.intercontinental.com.mx](http://www.intercontinental.com.mx/)

Hotel Marriott Real de Puebla

Av. Hermanos Serdán No. 807 Phone: (222) 141 20 00, 141 20 67 [www.marriott.com.mx](http://www.marriott.com.mx/)

Fiesta Americana La Vista

Boulevard Atlixcayotl km 5 Col. Atlixcayotl Phone: (222) 225 93 00, 225 93 07 [www.fiestamericana.com](http://www.fiestamericana.com/)

4-star:

Hotel Villa Florida

Boulevard Atlixcayotl No. 1100 Col. La Noria Phone: (222) 273 22 22 [www.villaflorida.com.mx](http://www.villaflorida.com.mx/)

Hotel Fiesta Inn Las Ánimas

31 Poniente No. 3333 Col. Las Ánimas Phone: (222) 477 21 00 [www.fiestainn.com](http://www.fiestainn.com/)

Hotel Holiday Inn La Noria

Circuito Juan Pablo II No. 1936 Col. Ex hacienda La Noria Phone: (222) 211 90 00 [www.holiday-inn.com/espanol](http://www.holiday-inn.com/espanol)

Holiday Inn Express

Boulevard Hermanos Serdán No. 45 Col. Amor Phone: (222) 303 03 03 [www.hiespress.com/](http://www.hiespress.com/)

espanol

**NOTE:** Go to the Business Liaison and International Affairs Office to ask for information about

special fees at the hotels.

# Emergency Telephone Numbers

|  |  |
| --- | --- |
| **Service** | **Telephone Number** |
| Emergencies | **060 o 066** |
| Red Cross | **235 86 31 / 234 00 00 / 235 80 40** |
| Medical emergency | **235 82 44 / 065** |
| Rescue and First Aid | **222 21 30 / 222 15 47** |
| Fire Station | **245 73 92 / 245 77 99 / 245 69 65** |
| Police | **288 18 63 / 288 18 64** |

* 1. **Distances from Puebla**

|  |  |
| --- | --- |
| **Destination** | **Distance** |
| **City/Town Acapulco**  **Cancún**  **Mexico City Cuernavaca Guadalajara Guanajuato La Paz Mérida Monterrey Oaxaca Querétaro Tijuana**  **Tuxtla Gutiérrez**  **Veracruz** | **State**  **Guerrero 537 km.**  **Quintana Roo 1647 km.**  **Distrito Federal 120 km.**  **Morelos 178 km.**  **Jalisco 706 km.**  **Guanajuato 558 km. Baja California Sur 4425 km. Yucatán 1326 km.**  **Nuevo León 1114 km.**  **Oaxaca 363 km.**  **Querétaro 340 km. Baja California Norte 3005 km. Chiapas 923 km.**  **Veracruz 301 km.** |

Pyramid of Cholula 14 Poniente s/n Hours: 9am-6pm

Pyramid of Cholula- Museum 14 Poniente and 5 Norte Hours: 10am-5pm

Los Remedios Church

14 Poniente s/n (over the Pyramid) Hours: 7am-8pm

San Andrés Cholula Parish

16 de Septiembre 101

Hours: 7am-2pm and 4pm-8pm

Santa María Tonantzintla Church Av. Reforma Norte s/n

Santa María Tonantzintla Town Hours: 7am-2pm and 4pm-8pm

(Open the whole day during weekends)

San Francisco Ecatepec Church

Carretera Federal Cholula-Tonantzintla s/n, San Francisco Acatepec Town Hours: 7am-2pm and

4pm-8pm

Paragliding School Getsemani 30-A

Fracionamiento Santa Teresita San Andrés Cholula, Pue. Tel: (222) 4779255

# Hotels 5-star:

Hotel Estrella de Belem

2 Oriente 410 Centro Histórico, Cholula

Tel.(222) 261 19 25

[www.estrelladebelem.com.mx](http://www.estrelladebelem.com.mx/)

Hotel La Quinta Luna

3Sur No. 702 Col. Centro, San Pedro Cholula Tel. (222) 247 89 15, 247 89 16

[www.laquintaluna.com](http://www.laquintaluna.com/)

Hotel Las Iglesias 7 sur No. 501, San Pedro Cholula Tel. (222) 409 75 00

# 4-star:

Hotel Posada Señorial

Av. 5 de mayo No.1400, San Andrés Cholula Tel: (222) 247 00 49, 247 66 77

Hotel Real de Naturales

6 Oriente No. 7, San Pedro Cholula T el. (222) 247 60 70

[www.realdenaturales.com](http://www.realdenaturales.com/)

# 3-star:

Hotel Las Américas San Andrés

Calle 14 Oriente 6 Col. San Juan Aquihuac Tels: (222) 247 22 75, 247 09 91

Hostal del Zócalo

Miguel Alemán 101 Col. Centro

Tels: (222) 247 70 71, 247 70 41

Hotel Casa Calli Quetzalcoatl

Portal Guerrero 11 Col. Centro Tels: (222) 261 56 08, 261 56 07 [www.hotelcascalli.com](http://www.hotelcascalli.com/)

# Mexican Culture

Cultural shock must not be so drastic or shocking; it can be something pleasant in fact. People in Mexico are known to be polite and kind. As a rule, every social interaction starts with a smile and a “buenos días” (good morning) and it finishes with another smile and a “gracias” (thank you). All the foreigners are pleased with Mexican culture and the warm and hospitable peo- ple. This kindness is reflected in the grammar of the language, because Mexicans are used to using diminutives. In terms of time, “ahorita”, the most commonly adverbial of time used by Mexicans can mean something in between “right now” and “someday”. Mexican culture is a

peaceful one and the majority of people will choose making florid promises before causing an unpleasant moment, but frequently they will become empty promises. For foreigners it can result very frustrating and for Mexicans too, because a lot of time, emotions and energy can be wasted.

Society is basically based on family (unlike those based on community). The biggest difference falls in the intuitive way Mexicans make decisions, the way they see any business transaction as an opportunity to socialize, the way they are related to. It has to be mentioned this is a general rule that does not take into account the transnational formality of a wide sector of the Mexican business population, though it is true Mexicans are generally funnier.

# SLANG IN MEXICO

The following is a list of idioms, colloquial expressions and lexical variation typical in Mexico, many of the young students use them almost every day, when they are with their friends or they feel very confident with a group of people:

# -A-

* **¡Aguas!:** Interjection to caution, encourage to the vigilance or attention / Watch out!
* **¡¿A poco?!:** It means surprise, wonder, skepticism.
* **A todo dar:** Very good.
* **Abusado:** Alert.
* **Acordeón:** Accordion- shaped fold paper used for cheating on an exam.
* **Agarrar la onda:** To understand.
* **Ahorita:** At this very moment.
* **Alivianar:** To tranquilize, help, calm down.
* **¡Ándale!:** Hurry up!/ Come on! Exactly!
* **Antojitos:** Popular typical food (E.g. tacos)
* **Antro**: Club.
* **Apachurrar:** To squash.
* **Apapachar:** To caress, pet.
* **Aventado:** Audacious.
* **Aventón:** To give a ride.

# -B-

* **Barbero:** A person who extremely compliments another.
* **Bato:** A man, boy.
* **Bote:** Jail.
* **Bronca:** A fight; mess, problem.

# -C-

* **Caer gordo:** To be antipathetic before the others.
* **Chafa:** Of little value, bad quality, no authentic.
* **Chale:** No, no way. Interjection used for contrasting or contradicting expressing objection, resistance.
* **Chamaco:** A boy.
* **Chamba:** Job.
* **Chaparro:** A short person.
* **Chavo:** A boy.
* **Chela/Cheve:** Beer.
* **Chido:** Very good, surprising, extraordinary. / Cool!
* **Chilango:** Pejorative word to refer to the inhabitant of the Distrito Federal.
* **Chin:** Expression of anger or delusion.
* **Codo:** Tightfisted /greedy.
* **Compa:** Friend, it comes from “compadre” (fellow parent).
* **Cruda:** Hangover, indisposition and headaches which follow the drunken state.
* **Cuate:** Pal; no identical twins

# -D-

* **De pelos:** Excellent, all right, very good.
* **De volada:** Fast, immediately.
* **Disparar:** To invite someone, pay the bill.
* **Dos-tres:** So so, neither good nor bad, neither a lot nor few.

# -E-

* **Echar el ojo:** To look something or someone.
* **Echar los perros:** To win someone’s heart.
* **Echar porras:** To encourage, cheer up.

# ‐F‐

* **Fachoso:** Somebody who improperly wears.
* **Fayuca:** No authentic articles or smuggled goods. Feria: Cash, money, coins.

# -G-

* **Gacho:** Unfriendly / an uncomfortable situation.
* **Gandalla:** Opportunist.
* **¡Guácala!:** Word that expresses disgust. Gross! / Nasty!.
* **Güero:** A blond person.

# -H-

* **¡Híjole!:** Interjection expressing surprise, sorrow or worry.

# -I-

* **Igualado:** Irreverent, disrespectful.

# -L-

* **Lambiscón:** A toady,
* **Lana:** Money.
* **Lavar el coco:** To convince, persuade.

# -M-

* **Mano:** It comes from “hermano” and means very intimate friend.
* **¡Me vale!: I** don’t care!.
* **Menso:** Fool.
* **Metiche:** Nosy, snoopy, indiscreet.
* **Mordida:** A bribe, hush money. • Morro: A young person / a guy.

# -N-

* **Naco:** An impolite person, ignorant.
* **Nel:** No.
* **Neta:** Tru**th.**
* **¡No manches!:** Expression of surprise**.**

# O-

* **Órale:** Yes / OK / Expression of surprise.

# -P-

* **Pachanga:** A party.
* **Padre:** Word to express that something is good, entertaining, nice, enjoyable and plea- sant.
* **Paro:** Excuse/ favor.
* **Pelado:** Ill-mannered, rude.

# -Q-

* **¿Qué onda?:** It can be a greeting / What’s up? / How are things?.
* **¡Quihubo!/ ¡Quihubole!:** A greeting / Hello! How are things?

# -R-

* **Refri:** Refrigerator, fridge.
* **Relajo:** A fuss, mess, row.
* **Rola:** Song.

-S-

* **Sacatón:** Coward.
* **Sangrón:** Annoying person.
* **Sacar de onda:** To disconcert, surprise somebody.
* **Sale y vale:** Expression that means “OK, understood”.
* **Simón:** Yes.

# -T-

* **Trastes:** Dinner set, dishes.

# -V-

* **Vaciado:** Funny.
* **Valer:** To lose, fail.

# -Y-

* **Ya mero:** Nearly, just about, in a minute.

# -Z-

* **Zafado:** Insane, crazy.
* **Zas:** Ok.