

MEXICO

NATIONAL PROFILE

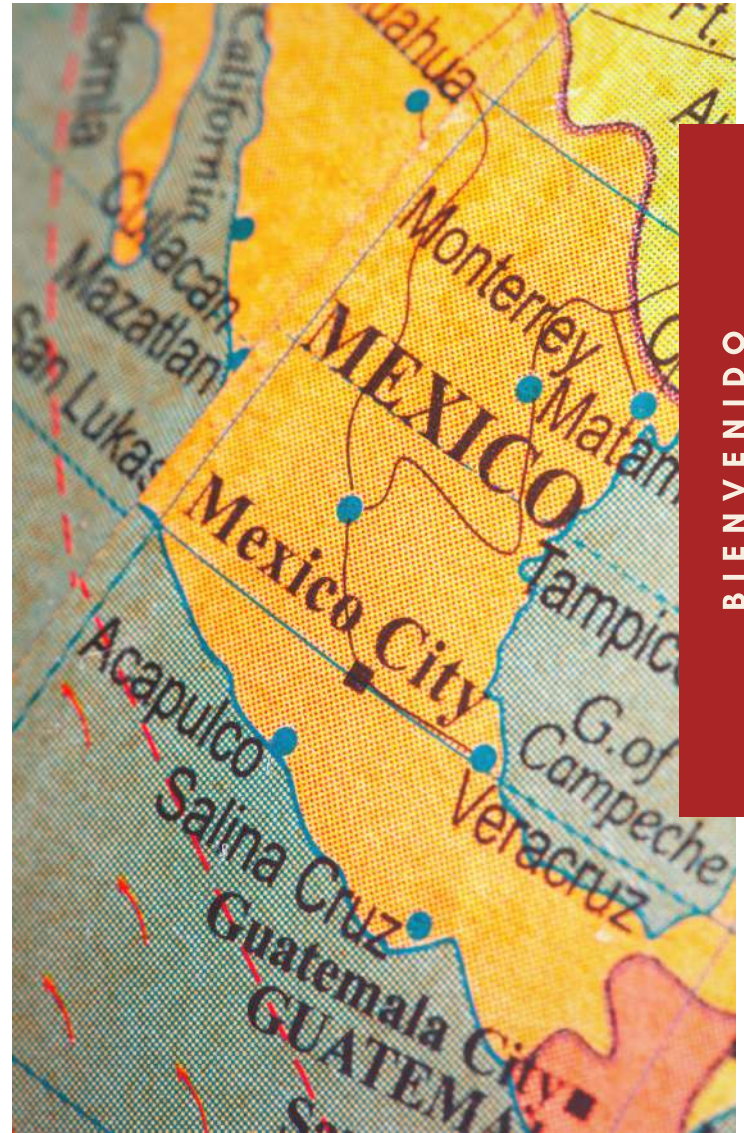


2022 // 2023

Photography of the Palace of Fine Arts in Mexico City.

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WELCOME TO MEXICO

SIJUVE A.C. we are eager to show you our country, our culture, our people.... We want you to see the real Mexico, a land of immense cultural and natural diversity. A country with many needs, but also with a lot to offer to anyone willing to open his mind and heart to it. Mexico is a very friendly country, and our people will welcome you as if you were a fellow Mexican, rather than a tourist. They will offer you their house, food, and lifestyle. Mexicans will tell you that not even us have enough time to know everything about our own country because there is always something new to discover. That is why Mexicans often say "There's no country like Mexico". If you want to see Mexico through the eyes of its people and not the global media, we invite you to participate in one of our projects!

2022-2023

THE COUNTRY

Mexico can be best described as a mix of cultures. Mexico is home to twenty ethnic groups and sixty-eight ethnolinguistic groups. Diversity can be seen not only in the people and languages we speak, but in the flavors of our dishes, the diversity of our traditions, and our contrasting architecture. In Mexico, we celebrate indigenous rituals, like the day of the death, in Catholic cemeteries. We have beautiful Spanish churches next to pre-hispanic cities and modern buildings. In Mexico, you will discover that everything is possible!

WELCOME TO OUR COUNTRY

HISTORY

TENOCHTITLAN, FIRST CAPITAL OF MEXICAN CIVILIZATION...

The history of Mexico covers a period of more than three millennia. It was first populated 13,000 years ago by diverse indigenous civilizations, from which the most prominent were the Aztecs in the center and Mayas in the south of the country. Later, the territory now known as Mexico was conquered and colonized by the Spanish in the 16th century. After three centuries of colonialism, Mexicans were able to achieve their independence in 1810. A brief period of monarchy (1821-23), called the First Mexican Empire, was followed by the founding of the Republic of Mexico, established under a federal constitution in 1824. slavery and legal racial categories were eliminated, abolishing the system of castes in the country. Independence didn't mean peace for the Mexicans, who still fought several foreign invasions through the years. The Mexican-American War started in 1846 and ended two years later with Mexico ceding almost half of its territory via the Treaty of

Guadalupe Hidalgo to the United States. In 1862, the empires of France, Spain, and England joined forces to invade Mexico after the Mexican president, Benito Juárez, suspended the debt payment. While Spain and England retreat after the sign of the Treaty of London, France stayed and invaded Mexican territory until they were defeated in 1867. This war was known as the Second French Intervention, as there was a previous one in 1838. After several wars and the Mexican Revolution in 1910, Mexico's industry and infrastructure were modernized by a strong, stable but autocratic central government. Increased tax revenues and better administration brought major improvements in public safety, public health, railways, mining, industry, foreign trade, and national finances. Mexico was ruled by one party until 2000, when Fox, the candidate of the opposition party, won the presidential elections.





WHO WE ARE . . .

SIIJUVE A.C



The International Service for Youth Exchange A.C. (SIIJUVE A.C.) is a non-profit organization, legally established in Mexico in January 1987 with the primary objective of promoting intercultural understanding and youth with global skills and values through international volunteer and training programs. On the national level, SIIJUVE consists of voluntary collaborators and a National Office. These volunteers are divided into Regional Committees, responsible for meeting the objectives of the association. Sijjuve brings together representatives of the regional committees in General Assemblies where the general policies and strategies of the organization are defined, the previous programs are evaluated and new ones are established. On the other hand, the National Office is located in the city of Puebla and it is responsible for implementing the programs.

CULTURE (FOOD, FESTIVALS AND TRADITIONS)

A COUNTRY OF DIVERSITY...

Its festivities are colorful parties that know not cultural boundaries. Above you will find some of the most representative holidays in Mexico.

1. Día De Los Muertos (Day of the Dead)

Because Mexico is a country of diversity, and which loves to have fun, it is not surprising that its festivities are colorful parties that know not cultural boundaries. Above you will find some of the most representative holidays in Mexico.

2. Las Posadas (Christmas Parties)

A Posada is a celebration held in December to remember the hardships that Mary and Joseph had looking for accommodation in Bethlehem when Mary was pregnant of Jesus. During the celebration we recreate Mary and Joseph's experience through songs.

A Posada is also a time to break piñatas, have traditional food, and share with our family, friends, neighbors, and others.

3. Independence day

On September 15th, Mexico is all green, red and white! Independence day is celebrated with a lot of traditional food, fireworks, and the recreation of the shout that started the independence fight (popularly known as "el grito").

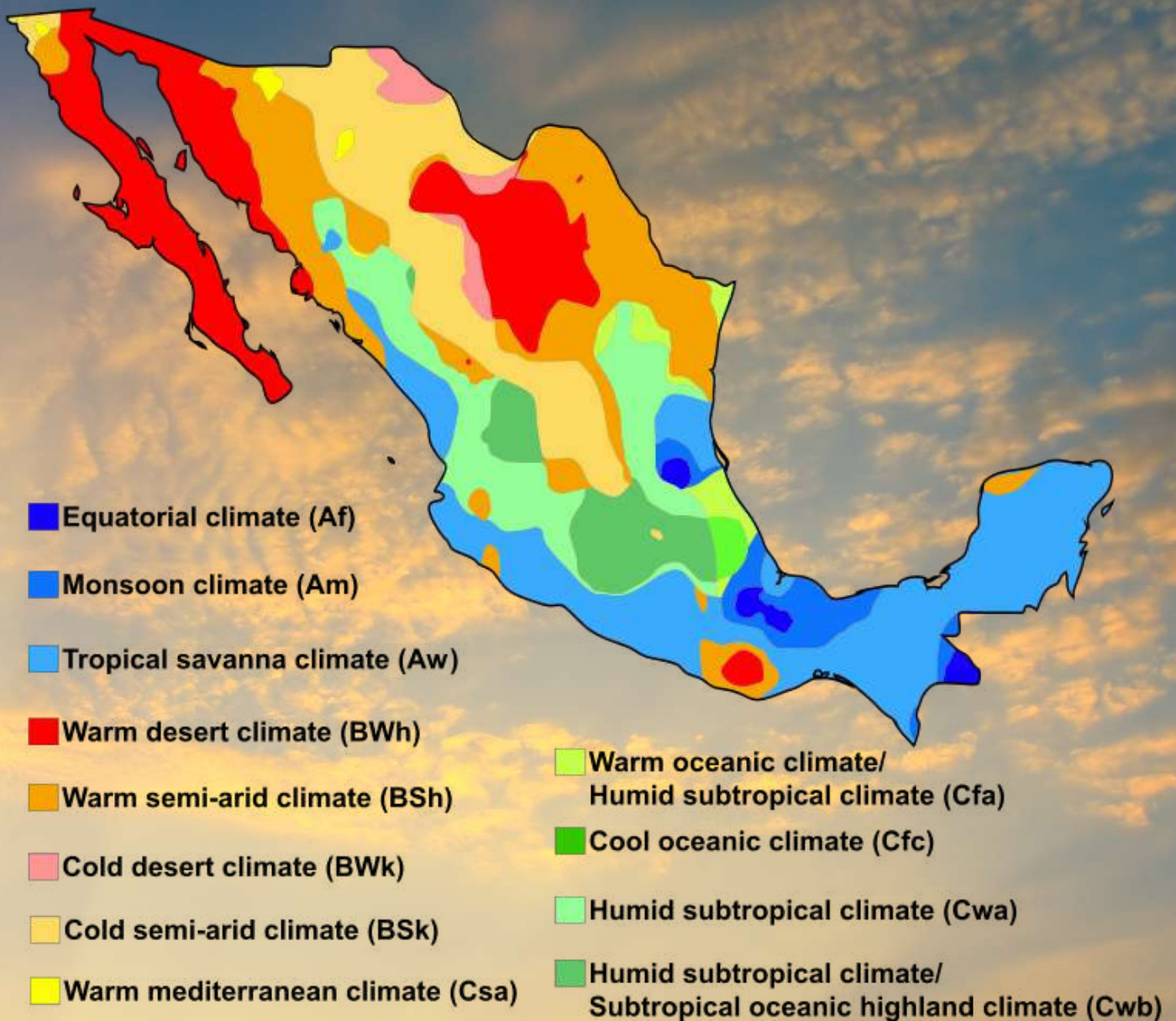


A dark, moody background featuring two glasses of beer with white foam, fresh green herbs, and a lime. The scene is lit from the side, creating strong highlights and deep shadows.

CUISINE

The most popular Mexican dish in the world is the taco, but Mexican cuisine is varied as it comes. Enchiladas, mole, tamales, sopes, chiles en nogada, chilaquiles... are just some of the foods that you will find in Mexico. Traditionally, the main Mexican ingredients consisted of maize, beans, meat, tomatoes, coriander, onion, chili peppers, avocados and various herbs native to Mexico. Because in Mexico nothing is ever plain, we always accompany our food with water flavored with a variety of fruit juices, or soda. Other traditional beverages are horchata (rice and vanilla flavored water), jamaica (hibiscus tea), cafe de olla (coffee with cinnamon and brown sugar), cinnamon-flavored hot chocolate, among others. Alcoholic beverages original from Mexico include mezcal, pulque, and tequila.

MAP OF CLIMATE CLASIFICACION



The only common characteristic of weather in Mexico is the heavy rain from May to September in central and southern Mexico. Besides the former, weather will change depending on the region you are living in Mexican coasts that border with the Pacific Ocean and the Mexican Gulf have a very hot and humid climate. If you arrive in these areas you have to be ready to sweat a lot, even when just standing, this region is also prone to hurricanes and tropical storms during summer. The north of Mexico is mainly desert. It has hot and dry weather with lower temperatures during nights and winter. The most extreme case is the state of Chihuahua who can reach some of the lowest (minus 30 degrees) and highest (50 degrees) temperatures in Mexico. The centre-north part of Mexico has more template weathers, with less rain. Temperatures here can go from 15 to 25 degrees.

NATURAL LANDSCAPES

Mexico has deserts in the north, forests in the center, jungles in the south, beautiful beaches in the Caribbean and the California gulf. We have 5 percent of Mangroves in the world, the third-largest monolith, a canyon which is larger and in some places deeper than the great Canyon in the USA, a Monarch Butterfly Biosphere Reserve, and much more!



WHAT TO SEE IN MEXICO?

As Mexico is such a beautiful and diverse country with so much to offer, you will never be short of things to do. Whether you want to stick to the lush jungle backdrop of the humid Yucatán Peninsula, make your way to the beautiful beaches of Baja California, check out some natural wonders in Oaxaca or enjoy the big variety of culture and architecture in the cities, you can find it all in Mexico.

DISCOVER IT



TEQUILA JALISCO



DISCOVER IT

Tequila may be known outside of Mexico as an alcoholic drink, but in Mexico, it is a national symbol and a Magic Town in the State of Jalisco. Connected to the beautiful city of Guadalajara by train, Tequila is a colorful town where you can visit many “haciendas tequileras” (tequila factories) and agave fields.

Teotihuacan is an ancient Mesoamerican city located 30 miles (50 km) northeast of modern-day Mexico City. The city, which was designated a UNESCO World Heritage Site in 1987, was settled as early as 400 B.C. and became the most powerful and influential city in the region by 400 A.D. By the time the Aztecs found the city in the 1400s and named it Teotihuacan (meaning “the place where the gods were created”), the city had been abandoned for centuries. Nowadays, is a majestic place totally worth to visit and fulfill your body and soul with its magical energy.



TEOTIHUACAN

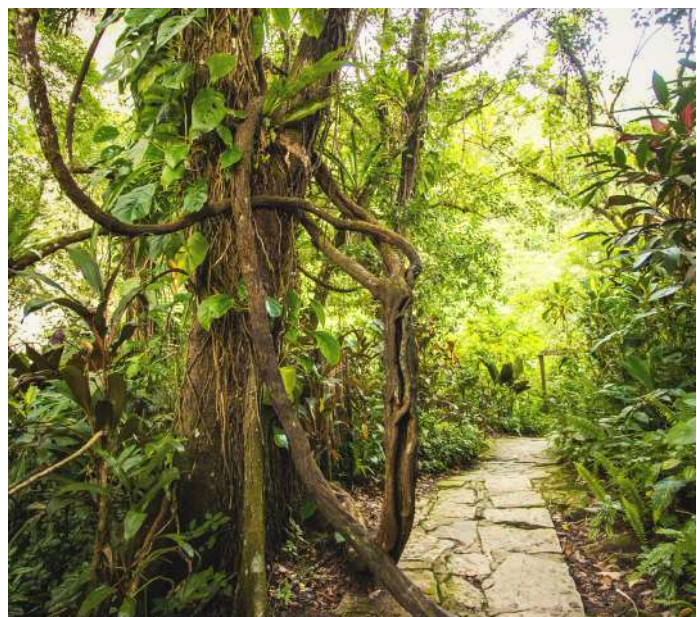
CHICENITZÁ (YUCATÁN)



DISCOVER IT

Chichén Itzá is one of the seven wonders of the modern world and one of the greatest Mayan archaeological sites in the country. Besides, it is located near the beautiful beaches of Yucatan.

Las Pozas de Xilitla are a surreal garden in the jungles of San Luis Potosí. The sculptures found in the garden are pieces of the American artist Edward James, who was looking to recreate Heaven in earth.



LAS POSAS DE XILITLA (SAN LUIS POTOSÍ)

RELIGION

More than 80 percent of the Mexican population is Catholic. While the tendency is a reduction of Catholics in the country, this process is much slower than in other Latin American countries.

Many Mexicans see Catholicism as part of their identity, passed on through the family and nation like cultural heritage. However Mexico is a secular country and has allowed freedom of religion since the mid-19th century.





PROJECTS

SIIJUVE's projects are carefully selected and frequently monitored to assure the best experience for our volunteers. The projects are public, non-governmental and some religious institutions that work in one or some of the following areas: street children/adolescents, orphan children, children/adolescents with difficult backgrounds, animal welfare, ecology, elders, community development, construction, education, etc. Our projects are located in the following cities and towns of Mexico:- Tuxtla Gutierrez-Chiapas, San Cristobal de las Casas-Chiapas, Puebla City, Toluca State-Mexico, CDMX(Mexico City), Queretaro, Guadalajara-Jalisco-Ocotlan, Cuernavaca, Morelos. We are constantly forming new alliances with projects in Mexico in order to fit the interests and abilities of our incoming volunteers and to enhance collaboration within Mexico's civil society. In Mexico, we live a situation of economic inequality, low support from the government, among others. The former makes collaboration the key to the survival of social projects in the country.

LIVING IN MEXICO

During the exchange program in Mexico, volunteers stay either in a host family or in the dorms of the project. The selection of the accommodation is based among others on the availability of host families and preferences of the volunteers. Each host family and project is different and it is important to make an effort to understand and follow their rules, which might be very different from what you are used to, but that's part of the fun and the intercultural learning process!! We leave you some particularities of Mexican families:

Mexican families appreciate clean rooms, your host family or project tutor like it when you let them know where you are going, with whom, and how/when are you coming back home. Mexican families can be more protective than in your home country. Remember that they are just worried about your safety!



ACCOMODATION



USEFUL INFORMATION

PLUG TYPE AND ELECTRIC SUPPLY

The voltage in Mexico is 110 V 60 HZ, just like in the USA and Canada. Be aware that in old places, energy may cycle more slowly and ruin your electrical devices. Also, Mexico uses American plugs with two flat parallel pins. If your country uses different voltage or plugs, bring an adapter with you. If you forget, don't worry!!, adapters can be easily found in electronics stores and supermarkets.

USEFUL WORDS AND SENTENCES IN SPANISH

Hola	Hello
¿Cómo estás?	How are you?
Me llamo...	My name is...
¿Dónde está...?	Where is...?
¿Dónde está el baño?	Where is the bathroom?
Perdón	Sorry
Gracias	Thank You
Por favor	Please
¿Me podría ayudar?	Could you help me?
Adiós	Bye
¡Ayuda!	Help!
Tengo sed	I'm thirsty
No entiendo	I don't understand
Me gusta	I like it
No me gusta	I don't like it





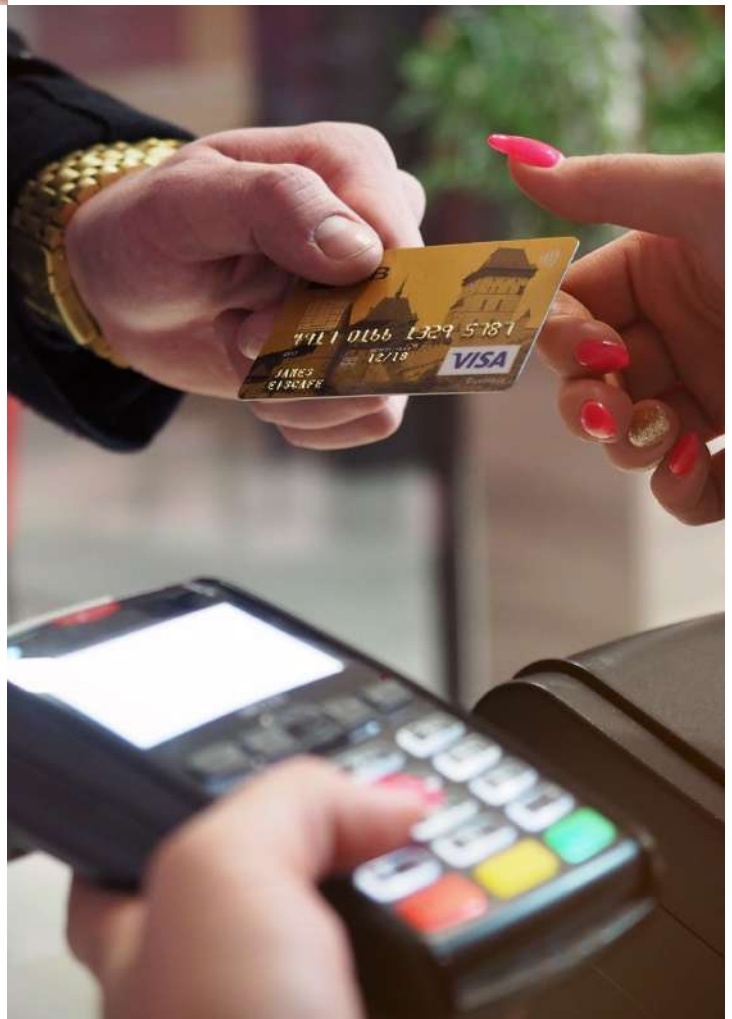
POCKET MONEY

ICYE volunteers have the right to monthly pocket money. SIIJUVE provides around 50 euros per month. The program also includes food, accommodation, transportation house-project-house, etc., but it doesn't pay for other expenses like personal traveling, clothes, personal entertainment, etc. We leave you with the cost of living in Mexico, so you get an idea of what you will be able to buy. We remind you that the costs might differ according to the city and type of places you go to.

LIVING COSTS

SOME COMMON NEEDS:

- Bus ticket..... 9-12 MXN
- Taxy.....30 to 200MXN
- Gym.....600 MXN per month
- Movie ticket.....65-80 MXN
- Regular restaurant.....70-100 MXN
- McDonalds.....80-100 MXN
- Coke.....12-15 MXN
- Water bottle.....8-10 MXN
- Capuchino.....40-50 MXN
- Local beer in a bar.....20 to 40 MXN
- Cigarettes (20).....55-70 MXN
- Bus Tour.....160-250 MXN



HEALTH INSURANCE

All ICYE exchangees count with a Dr. Walters Health Insurance for their stay in Mexico. We request volunteers to pay for the doctor themselves, to later get reimburse by the insurance. Nevertheless, in case of an emergency, SIIJUVE will pay to the doctor first, and ask you to request a reimbursement from the insurance later.

VISA REGULATION

Volunteers staying in Mexico for over 6 months will need a Temporary Resident Visa. The process will start in your home country, where you will need to take the required documents to the closest Mexican Embassy with at least two months of anticipation. Once your candidature is accepted, you will have to pick up your visa in the embassy. With the visa, you will be allowed to enter the country for 30 days. During that period, a SIIJUVE member will accompany you to the local immigration office in order to exchange the visa for a temporary resident card. This process has a cost of around 4,300 MXN, so please bring that amount of money with you. We will provide you with an invitation to Mexico, and a in-depth manual once you decide to come to Mexico.

CAMPS

VSIIJUVE provides an initial and final camp to the volunteers, plus a mid-term camps for those staying a year. The preparation camp is to welcome new volunteers and show them how their life in Mexico will be; a middle-term camp is done to monitor advancements; a final camp is prepared to evaluate the whole experience and closing the cycle. The camps mostly take place in rural areas of Mexico. During the camps, we perform evaluation activities, presentations, and others according to the objectives of each one. Besides, we have integration moments, like bonfires, tours, etc. SIIJUVE provides transportation, food, accommodation, materials, and others.

PICK - UP

After arriving at the International Airport Benito Juárez in Mexico City, a member of SIIJUVE's staff will pick you up and take you to the on-arrival camp.

AGE LIMITS

We accept candidates from 18-35 years old. Nevertheless, we are flexible in accepting upper range of ages, just ask first!



CONTRACT FOR PARTICIPATION

In order to have a better experience, it will be useful for us all to have an agreement of understanding. Please read the following points carefully. Please send it back before you come to Mexico.

1. I have read the SIIJUVE A.C. National Profile thoroughly.
2. I will accept the host placement and volunteer work that SIIJUVE choose for me in accordance with my application form and other information.
3. I understand that during my exchange year my holidays are:
 - For ICYE 12 months Programme: twenty-four days plus official holidays. You must get approval from your project at least two weeks before travelling.
 - For ICYE 6 months Programme: twelve days plus official holidays. You must get approval from your project at least two weeks before travelling.
 - For WeltWärts & IJFD: twenty-four days plus official holidays. Twelve days plus official holidays. You must get approval from your project at least two weeks before travelling.
4. I will adapt to the lifestyle and culture of my host country.
5. I will attend to the Spanish course provided by SIIJUVE and try to learn the language.
6. I will stay at the same project:
 - For ICYE 12 months Programme: for at least six months.
 - For ICYE 6 months Programme: for 6 months.
 - For WeltWärts and IJFD: for 12 months.
7. I will participate in the monthly meetings organized by my regional committee
8. I will be act as a volunteer, not a tourist.
9. I will not consume, buy, sell or use any drug.
10. I will obey the Mexican laws during my exchange year.
11. I will not participate in any political activities.
12. I will follow the rules of my host family and make an effort to solve any difference with my host family.

13. I will follow the rules of my host project and make an effort to solve any difference with my host project.

14. I agree to keep my room clean and neat and to make a fair contribution to the cleanliness of the “communal areas” of my host family and/or host project.

15. I agree to maintain personal cleanliness and hygiene according to the norms in my host country and according to my host family’s habits and traditions.

16. I will not have a work permit, so I will not have a paid job during the exchange year. The chances to earn own pocket money are limited.

17. I will attend my social work, and if I do not work for at least four hours per day, five days per week, I will only receive the half of my pocket money and transportation help.

18. I will attend all SIIJUVE camps (preparation, middle evaluation and final)

19. I will not compare my experience with those of other volunteers. I understand that each experience is unique and depends on SIIJUVE, the project, the family, etc.

20. I will let my project and contact person know when I miss work due to health issues or vacation.

21. I will accept these rules and the way my host committee works.

22. I understand that I will act, so I do not put myself or others in danger (follow security tips, among others)

23. I will accept the decisions SIIJUVE A.C. makes if I don't respect this agreement, such as receiving warning letters (3 warning letters will mean expulsion from the program), or expulsion from the programme.

Note: Remember that your insurance does not cover car accidents if you are driving

NAME: _____

COUNTRY: _____

DATE(dd/mm/yyyy) ____/____/____

SIGNATURE _____

Welcome to Mexico

BIENVENIDO A MÉXICO

WE ARE
WAITING FOR
YOU!

