

PROTROPICO and CAN International Field Experience Orientation Packet



*A collaboration between,
Cuerpo Académico de Manejo y Conservación
de Recursos Naturales Tropicales de la Facultad
de Medicina Veterinaria y Zootecnia de la
Universidad Autónoma de Yucatán, México,
and
The Community Agroecology Network (CAN),
a nonprofit organization based in Santa Cruz,
California

Table of Contents

| | |
|---|----|
| Overview..... | 3 |
| Communities | 4 |
| Weather..... | 9 |
| Culture, Attire, and Social Considerations..... | 10 |
| Accommodations..... | 11 |
| Food..... | 12 |
| Language..... | 13 |
| Health and Safety..... | 13 |
| Money..... | 16 |
| Fees and Expenses..... | 16 |
| Travel Logistics and Transportation..... | 16 |
| Packing List..... | 18 |
| Communication from Mérida..... | 19 |
| Media resources..... | 20 |
| Academic Credit/ Scholarships and Grants..... | 20 |
| Projects and Timeline..... | 20 |
| Application Logistics..... | 23 |
| Code of Ethics..... | 23 |
| Contact Information..... | 25 |

I. Overview

The PROTROPICO-UADY/CAN field internship program builds mutually beneficial relationships between interns and Latin American farming communities. Community members open their homes to interns, working collaboratively with them to exchange knowledge and share ways of living. Farm families receive supplemental income and build friendships. Perspectives are challenged and shared, while respect is given to knowledge steeped in place and local experience. Through hands-on work, interns apply diverse skills and learn more than they ever anticipated. The relationships that are formed build personal connections with the realities of global trade and rural subsistence agriculture. The program in Tzucacab and Cepeda in Yucatán, México allows undergraduate and graduate students to earn credit through their universities while experiencing rural Mexican communities.

The Community Agroecology Network (CAN)

Based at the University of California, Santa Cruz, CAN is a U.S. based non-profit committed to sustaining rural livelihoods and environments by integrating research, education, and trade innovations. CAN is linked to educational institutions, community organizations, and consumer groups that are working together to support agroecological sustainability at the community level. CAN partners with the local university UADY and an associated research group PROTROPICO on the Yucatán Peninsula.

PROTROPICO-UADY

The Academic Body of Management and Conservation of Tropical Natural Resources of the school of Veterinary medicine and Animal Technology of the Autonomous University of the Yucatán, México is a group that promotes regional sustainable development. They pay special attention to the marginalized sectors of the Yucatán peninsula through education and general participatory strategies of sustainable management of natural resources. This group works in an interdisciplinary manner with students, communities, government institutions, and non-governmental institutions to develop options that help better the quality of life for society. Through databases, systemization of experience, published articles, videos, interactive programs, web pages, etc., it seeks to generate and disseminate knowledge, promote teamwork, and support the students and researchers. This is the group CAN interns will be collaborating with on community-based projects.

This team is made up of biologists, veterinarians, and anthropologists. It conducts investigative research projects in rural communities that are preformed in collaboration with social psychologists and economists. The main topic of the research is Tropical Agroecology and Rehabilitation of Agroecosystems.

For more information on PROTROPICO's work, visit the links below:

<http://www.jornada.unam.mx/2008/07/28/eco-c.html>

http://www.iai.int/files/communications/publications/institutional/Applying_Ecological_Knowledge_to_Landuse_Decisions.pdf

II. Communities

CAN interns will be placed with a home-stay family in Cepeda or Tzucacab. Read below for a glimpse into the community's background and organization.

The Cepeda Community

This community is located in the municipality of Halachó in the state of Yucatán, México. The municipality is located in the western region of the state at an altitude of 16 meters above sea level. It shares borders with municipalities, Maxcanú and Opichén to the north, Muna and Santa Elena in the east, and to the southwest is the state of Campeche.



The principal industry of the Municipality of Halachó is the production of *Huano* and *Jipi* (*Carludovica palmata*), palm craft techniques with which they make hats, brooms, baskets, etc. Groups of embroiderers also make clothing. In addition, farmers cultivate corn intercropped with *ibes* and *espelón* (beans), and squash. There are also groups of beekeepers, citrus producers, and pork producers.

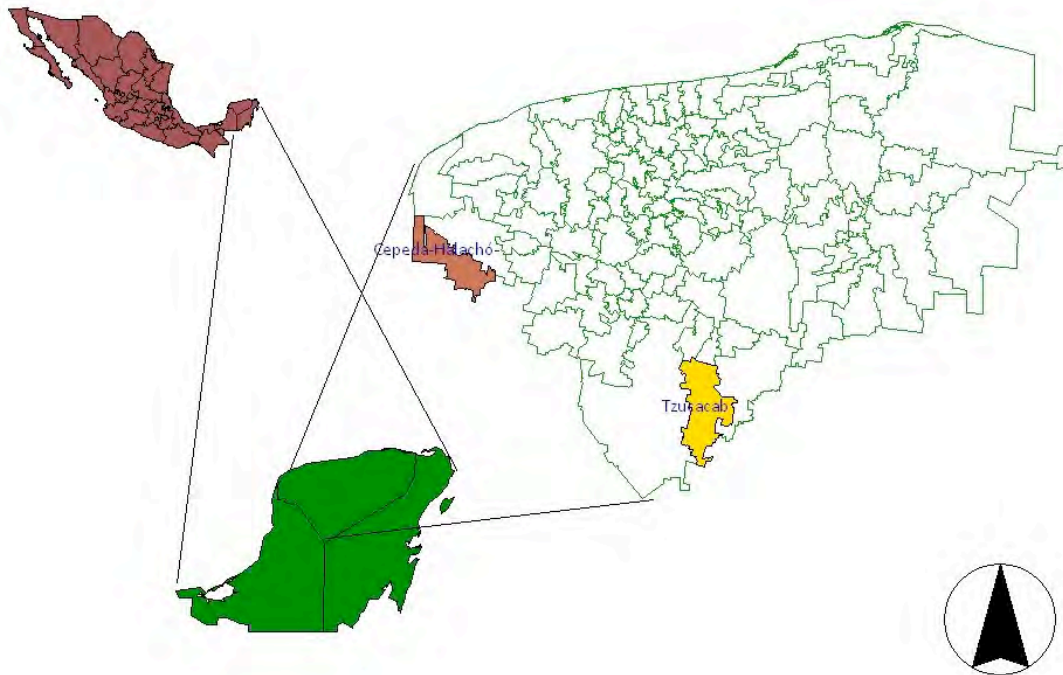
Local palm crafts



Construction of a palm roof



Typical palm roofed house



Map showing Tzucacab and Cepeda, Halachó in Yucatán, México.

Local Government Structure:

In Halachó there are seven municipalities of which Cepeda has the largest population.

The local authorities are Municipal Groups and Commissions, whose presidents are democratically elected for a period of 3 years, and Municipal Agencies, whose leaders are named by the municipal president for 3 years as well. There are two municipal group presidents in the community, one municipal commissioner, and nineteen municipal agents.

The roles of the Municipal Groups, the commissioners, and the Municipal Agencies are as follows:

| | |
|------------------|--|
| Municipal Groups | <ul style="list-style-type: none"> -Formulate the budget for the municipality's income and expenditures. -Write reports that apply to all the branches of the municipal administration. -Represent the city council in the municipal sections. -Each year, formulate the registry of children of school age. -Name secretary and treasurer. |
| Commissioners | <ul style="list-style-type: none"> -Attend to the order and public safety of the commission. -Ensure that regulations, circulars, and administrative |

| | |
|--------------------|--|
| | <p>dispositions are enforced.</p> <ul style="list-style-type: none"> -Ensure that children of school age and youth attend primary and secondary school respectively. -Evaluate the errors and impose sanctions upon violators of the terms of laws and regulations. |
| Municipal Agencies | <ul style="list-style-type: none"> -Attend to the preservation of public order and where the case requires, apprehend and bring delinquents to the appropriate authorities. -Ensure that laws of primary education and civil registry are followed. -Ensure that liquor is not sold by persons without proper permission. |



Photo: Municipal Palace of the town of Cepeda

Local Organizations:

The principal local organizations are artisan collectives that do embroidery and other handicrafts such as the Leona Victoria Society with 50 participants and the Lol Katzin group.

Also present are the *ejidos* (parcels of land distributed during Mexican land reform, governed by elected *ejido* leaders) organizations and a society formed of 32 ejidal members dedicated to mechanized corn production as well as beans, squash, and other local crops.

There are 2 organized groups of beekeepers each consisting of 20 members, as well as a Beekeeping Committee and two Apiculture Centers. In the neighboring regions of Cuch and Holoch there are 2 organized groups and 20 non-organized beekeepers. In Santa Cruz there are 20 beekeepers and in San María Acú there are also 20 beekeepers.

There are various unions: a citrus growers' union, 3 pig farmers' unions, and a traditional medicine group called Zazil, which has 25 members. The San Roberto pig farmers' union is composed of 12 members who are all related.

External Organizations:

The community is supported by institutions like the Mexican Ministry of Social Development, through programs such as Opportunities for Employment; and the Ministry of Agriculture, Cattle Raising, Rural Development, Fishing and Food, which houses the PROCAMPO program and the National Indigenous Institute (INI).

The country's Ministry of Public Education and the National Institute of Adult Education are the principal educational institutions that have influence in the municipality.

The National Fund for Natural Disasters (FONDEN) has been present in the municipality since Hurricane Isidoro hit in September 2002. Its current job is the construction of houses in the towns that were hit hardest by the floods.

The principal health institution in the municipality is the Ministry of Health. It has a clinic in the main town and each smaller town has health promoters who are able to solve certain health problems locally in the communities.

The Tzucacab Community

The municipality of Tzucacab is located in the southern region of the state of Yucatán at 36 meters above sea level. It borders municipalities, Tixméuac-Chacsinkín to the north, Peto to the east, Tekax to the west, and the state of Quintana Roo lies to the south.

The main activity of the community members is agriculture. A full 51% of the population relies on agriculture for their livelihood, 17% are craft makers, and the rest of the population does other activities (INEGI, 2000). Their main crops are corn, beans, tomatoes, chile, squash, sweet potato, yucca, sweet and sour citrus such as orange, grapefruit, and others, as well as floriculture.

Local Government Structures:

The community of Tzucacab is politically organized as a municipality, comprised of 12 Commissaries and a Municipal Cabinet. The principal civil authority of the municipality is the municipal president who heads the City Council, which is part of the Municipal Cabinet. The municipal president's role is to take care of the social order of the municipality and monitor contributions. He or she is the executive authority of the City Council.

The City Council is also comprised of councilmen or aldermen who, together with the municipal president, are elected by the citizens of the town and are responsible for the progress of the entire community. When problems arise between neighbors or relatives, the people go to the Justice of the Peace or to the judicial authorities of the state, depending on the case.

The farmers who live on *ejidos* (parcels of land distributed during Mexican land reform, governed by elected *ejido* leaders) also have their own political organization - the Ejido Commission and its members, who are responsible for attending to the land and registries of the *ejido*, resolving conflicts with the *ejido* dwellers, convening assemblies and coordinating with the municipal presidency to complete projects in the *ejido*. The Ejido Commission and the members are elected by the *ejido* dwellers.

Local Organizations:

One of the principal forms of local organization found in the Tzucacab region is the irrigation cooperative union. These unions operate within the Municipal Cabinet, and are made up of groups of small cattle ranchers, beekeepers and farmers organized by industry who also use this structure to do things like pay for electricity.

For the women, the principal group is the UAIM. This group undertakes diverse projects specific to the municipality such as temporary *milpa* cropping (a crop-growing system specific to the region), cattle raising, and horticulture. There are also groups of embroiderers and textile workers primarily located in the municipal center. Other local organizations present are parents' committees, religious groups, sports teams and milling cooperatives, and CONASUPO (*Compañía Nacional de Subsistencias Populares*).



Photo: Talk with the members of the integral farm "Kaxan Kuxtal."

External Organizations:

The Secretariat of Public Education and CONAFE are two of the principal educational institutions that hold influence in the municipality. The cultural mission located in the municipal center, also gives classes for women in commercial baking, sewing and nursing.

The principal health institution in the town is the Office of Health Services. It has a clinic in the municipal center and practitioners in surrounding towns that are trained to solve common ailments. The rural population is supported by institutions like the SAGARPA (*La Secretaría de Agricultura, Ganadería, Desarrollo Rural, Pesca y Alimentación*, a federally supported agricultural and economic development organization) that runs the PROCAMPO program and the *Roza, Tumba y Pica* program (a form of slash and burn agriculture), as well as supporting rural development and the SEDESOL program (another government-supported social development program). They also have programs that support continuous corn plantation, irrigation systems and CONAFOR (a forestry program), which provides employment in the town of Ek Balam through reforestation efforts focusing on different economically important wood species.

Some municipalities in the area are lacking water facilities, which are normally provided by the municipal government.

The National Natural Disaster Foundation (FONDEN) has been present in the municipality since Hurricane Isidoro hit in September 2002 and is currently constructing houses in the towns most affected by the floods.



A “bajareque” – typical house found in the Cepeda and Tzucacab communities

Living conditions:

The communities of Cepeda and Tzucacab are categorized as rural and predominantly consist of houses or *bajareques* (pictured above) – palm roof structures, built with materials from the region . The families for the most part have no beds or hot water for bathing. The majority of the family members sleep in one room and prefer sleeping in hammocks, which are very popular throughout the peninsula.

III. Weather

In Mérida

The climate in the Yucatán state capital, Mérida, is hot and humid. The rainy season is long and goes from May until January, though rain is not uncommon during February, March, and April. The hottest months are April and May with temperatures reaching up to 40° Celsius or 104° Fahrenheit.

In Cepeda

The region is classified as warm and sub-humid with regular rains interrupting the draughts throughout the summer. The average annual temperature is 27.2° C or 81° F and the average rainfall is 1,200 millimeters.

In Tzucacab

The region is warm and sub-humid with rains in the summer. It has an average annual temperature of 25.8° C or 83° F and its average monthly rainfall is 108.4 millimeters.

IV. Culture, Attire, and Social Considerations

The state of Yucatán is one of the most prosperous regions in Southern México. Great efforts have been made to modernize the infrastructure of the peninsula and the advances are noticeable. The peninsula is largely influenced by the Mayan Yucateco culture, one of the largest indigenous populations in México. Maya is spoken and taught throughout the peninsula and, according to the information of INEGIHi , Yucatán is proportionately the most indigenous state in the country. This has allowed it to conserve its indigenous roots and customs.



The Yucatecos are kind people that are accustomed to receiving visitors with a warm hospitality. Expect to be offered food and a drink to cool down. They are generally more timid people offering a wave hello and rarely a hug or kiss to their friends. However, Mérida is populated with people that come from other states in México and the rest of the world. This influences the social climate and behavior of the Yucateco Mayans.

In Mérida men and women dress in lightweight clothing that is appropriate for the heat. Cotton shirts or blouses and denim pants predominate, as well as comfortable sandals or shoes.

In the more rural communities, the majority of adult women wear blouses, skirts, and straight-cut simple dresses. A minority still dress in the *hipil* (traditional indigenous outfit shown in the picture above), made of white fabric with simple borders or patterned straps, and a *justan* (traditional skirt) of mid-length made from the same *hipil* fabric. To protect from the sun they cover up with a shawl. The girls, adolescents, and young women wear casual or “in fashion” clothes.

The adult men wear pants, shirts or *guayaberas* (a popular type of men’s shirt common throughout Latin America) in light colors with hats and caps appropriate for the heat and work in countryside, as well as sandals made from hide or rubber. The boys, adolescents, and young men wear casual or “in fashion” clothing.

The social events in Mérida include family gatherings on Sundays, or a trip to the beach, archaeological sights, or fresh water swimming holes called *cenotes*. In the rural communities,

catholic holidays are celebrated with festivals for the patron saints during which various cultural activities occur, such as the running of bulls, regional and modern dances, exhibitions, and sales of regional products. One of the most important festivals in the Yucatán is the Day of the Dead or *Hannal Pixán*, a (maya-catholic) religious tradition celebrated on the 1st and 2nd of November. The holiday is characterized by displays of intricate altars (pictured above) dedicated to deceased relatives. A special food is made called “*Mukbilpollo o pib*” (to be put in the earth or cooked in a pib, a subterranean oven). This is a tamale offered to the dead, accompanied by a cup of hot chocolate and the traditional “*xek*”, a mix of fruits such as grapefruit, yam bean, tangerine, orange, and others.

Cultural Considerations

Drugs and alcohol:

Even though Mexicans love to have fun, drinking alcohol in an excessive manner can cause serious problems for the host family and the community. *****Students participating in excessive drinking and inappropriate behavior will be discharged from the program. The consumption or selling of drugs is illegal in México and doing so will cause immediate termination from the program***.**

Gender:

Men and women entering a new culture will have different expectations based on their gender. Various norms, such as how you dress and how you talk may be different. **The best way to learn cultural idiosyncrasies of the people is to observe and ask questions.**

It may be observed that gender relations in the home-stay communities are more influenced by *machismo* culture where men tend to be socially dominant. Similarly, in some activities there is a clear difference between the male and female roles. For example, the work of the *milpa* is basically the men's, and the activities of the garden plots are typically the women's.

Higene:

Warm weather in Yucatan causes a lot of sweating, it is recommended that personal hygiene be a daily activity for the student.

V. Accommodations

The majority of the families don't speak English and the students are required to possess an acceptable level of Spanish comprehension. Almost all of the home-stays have potable water, electricity and a refrigerator. Some do not have enclosed bathrooms and use the back patio for bathing. However, it is important to clarify that the home-stays that receive students all have the basic services, including telephone for emergency calls. Yucatán is a very hot, tropical state, and the people are accustomed to sleeping in hammocks and using lightweight cotton clothing. Behind the homes are washing areas where the students will be able to wash their clothing by hand, but they will have to buy detergent. In the houses there is no internet, but in the town it is possible to find an internet cafe to buy service by the hour. The electrical connections are 110V and have two prong outlets instead of three - check the chords on your computer to see if you need to buy an adapter.

The home stay families do not expect gifts, but if you want to bring t-shirts, key rings, pencils, books or some other small things from your town, they will be well received. The best gift is a photo album to share photos of your family, friends, and where you live so they can become more familiar with you. They also appreciate it if you take photos of them and leave them copies.

VI. Food

The Yucatecos eat a lot of beans, meat and tortillas (and usually cook with more grease and oil than the North American diet). It is common that on Monday beans with pork is eaten and on Sunday, grilled chicken. Other common foods are the “*cochinilla pibil*” (pig meat with annatto, made and cooked in the ground), *panuchos* (corn tortillas made by hand, stuffed with beans and fried in oil, served with pieces of lettuce, tomato, onion, avocado, and grilled turkey) *salbutes* (similar to the *panuchos*, but without beans). They are prepared with a variety of fruits and vegetables. These foods are pictured below.



Note: Please notify the internship coordinator as soon as possible if you require a special diet (for example: for diabetics or lactose intolerant people). Providing a special diet is not guaranteed and can be very difficult given availability and local conditions.

Special note for semi-vegetarians and strict vegetarians: It will be difficult to accommodate this type of diet. It will be possible to obtain food prepared with less meat, but it will be difficult to avoid the consumption of foods with ingredients of animal origin completely. You will always have beans available as a source of protein, but tofu is not available. If this is a serious problem for the student, then your participation in the program should be reconsidered.

VII. Language

The dominant language of Yucatán is Spanish, but in rural communities where Maya is spoken, there are adults who only speak this language. Some young people know basic English, as it is taught in primary and secondary school. It is very important to evaluate your level of Spanish

before you begin the program because it can limit your experience during your stay in the community.

*****A minimum of intermediate conversational Spanish is required and will be gauged by an interview with the CAN coordinator***.** In general the communication will depend on you and your desire to learn and willingness to involve yourself in the culture.

If you have a lower comprehension level and still would like to participate in the program, we suggest participating in in-country language classes for 2 – 6 weeks prior to arrival in the community. Here are some recommended sites to get you started:

<http://www.benjaminfranklin.com.mx/>

<http://www.educacion.uady.mx/codi.php?id=codi>

Please contact the office for more information on “*cursos para extranjeros*”

VIII. Health and Safety

Recommendations for Women

Most Yucatecan women do not like to walk alone at night, either in Mérida or in rural areas. It is safer if you do the same, and it also shows respect for the norms of the society you will be living in. Women in the Yucatán in general dress differently than women in the US. Until you learn the social cues that your clothes project, it is better to dress more conservatively than you might at home. It is recommended to not accept alcoholic drinks during parties, especially if it is offered by a male.

You will inevitably be whistled, hissed, and shouted at in the streets. This has a different meaning than it would in the United States. Some people consider it a compliment and the same whistle is used to catch people’s attention - men or women. It is best to ignore comments and whistling in the streets. Being defensive only makes it worse. Remember that sometimes they may be trying to warn you of a danger like a truck coming up behind you!

Water

The tap water at the home-stay families’ houses is not safe to drink without treatment. Water potable will be provided.

Traveler’s Diarrhea

Many interns inevitably get TD at some point during the stay due to the introduction of new foods and local bacteria. The key is not to be embarrassed – *it happens* – and seek treatment. There are other more serious diseases that involve diarrhea such as cholera and giardia that are important to detect early. For cases lasting more than several days, it may be important to go to the lab in Mérida with samples for testing. Even if the test comes back negative the first time, bring back samples for three consecutive days for testing since results might not show amoebas initially.

Medical Services

There are several hospitals in Mérida that provide emergency and regular medical care, and ambulance services. From Cepeda it takes 60 minutes to drive to the hospital in Mérida and from Tzucacab it takes 90-120 minutes. There is a health clinic in Tzucacab and another in Halachó. You can also access private doctors and pharmacies in those places as well.

Mosquitoes are prevalent in the communities and in Mérida. Protective clothing and repellent in the field is recommended. It is common to encounter scorpions and poisonous snakes. We recommend using gloves and boots when working in the field. Awareness of your surroundings is by far the best method for avoiding accidents.

In case the student suffers any physical or physiological discomfort, s/he should contact the Program Coordinator in PROTROPICO, to decide whether to return to Merida to visit a specialist for diagnose and treatment.

International Health Insurance

IMPORTANT: The field internship requires you to obtain international traveler's medical insurance. This **must** be added on to your current insurance coverage. No providers offer coverage for basic illness in foreign countries. The cost depends on the length of stay and desired coverage options, but students can expect to pay around \$80-120 for a 10-12 week stay. We work with a reliable and very helpful insurance broker, Sue Barstow, who can answer any questions.

Please visit Sue's website for an instant quote:

- 1) Go to <http://www.rossvalleyinsuranceagency.com/page.php?travelInsurance>
- 2) Under "Multinational Underwriters" click "Atlas Travel Insurance."
- 3) Click "StudentSecure." This is the most comprehensive and economical coverage for students.

As part of the application process you will need to show proof of international travel insurance before departing.

Perceptions of safety in the State of Yucatan, Mexico.

Based on information published by the Research Center for Development A.C. about the rate of incidence of violence and delinquency in the United Mexican States, out of five levels (Very high, high, middle high, middle and middle low), the State of Yucatan is placed in the middle level. This is because in recent years, the fight against organized crime that the Mexican government faces has increased the rate crime in the country. However, it is important to note that in Yucatan, clashes between criminal groups and police have been scarce. But precisely because of the importance of tourism to the country, this region is heavily guarded by police force and military agents. So much is the security in the region that academic, political and artistic events that unite people from all over the world often take place.

The central and northern regions of the peninsula of Yucatan are found in the lowest crime rate levels, which places the region as one of the safest for Mexican citizens and foreigners that visit. The authorities of Yucatan have received high recognition as the safest state in the country (http://www.larevista.com.mx/ver_nota.php?id=7327), which strengthens the idea that the central region of the peninsula is the safest for exchange student activities.

Security

Life in rural communities is calm and secure. However, it is recommended that internship students avoid walking the streets alone after 8 pm. Also, avoid showing off money, and keep it in a safe place. It is recommended that students avoid dating or establishing some sort of romantic relationship with anyone from the communities. It is suggested that students don't bring valuable things on their trip, and that they comply with the recommendations made by their homestay families.

Below are some facts and statistics about the security situation in the state of Yucatán, Mexico. The rural area of Yucatán, in which the internship takes place, is an area in which violence related to drug trafficking is rare. In addition we would like to add that as a university we feel very secure about the safety of internship students. Internship students who participate in our program will find that they are part of a network that helps to insure their safety. We help to ensure the safety of not only internship students, but our own students in several important ways.

- 1) Our program takes place in two small rural communities : Cepeda and Tzucacab.
- 2) Internship students participate with professors and students from the communities high schools and they work into the schools. This means that internship students are not alone in the communities, but are working and living with people of the communities.
- 3) All students are closely supervised by Protropico professors who visit students in the field throughout the development of their project.
- 4) In addition to internship students receiving supervision from the Protropico profesors who are supervising projects, the internship students have weekly meetings with the Protropico internship coordinator.
- 5) Internship students are placed in communities which have internet and phone access, and communities which immediate evacuation is possible if need be.

IX. Money

Mexican money is called the peso, check for the current exchange rate at: www.gocurrency.com.

- Bring around \$100 (US) in cash with you. Cash can be exchanged at banks in Mérida.
- Travelers checks are often more hassle then they are worth, but you can cash them at banks in Mérida.

- In Mérida you can withdraw pesos from local ATMs with your bankcard.
- **Note:** ATM fees have been increasing for international withdrawals. **We HIGHLY RECOMMEND checking with your bank regarding their policies and services fees for international banking before leaving and adjust the amount of cash you bring accordingly.**

X. Fees and Expenses

Cost of 10-week program: \$2000 (US)

More than 10 weeks: please contact us for more information

This covers the administration cost as well as your home-stay. You can expect three meals a day, a room and laundry facilities from your host family. Be prepared to cover other basic costs involved with your project. Travel costs and anything extra are your responsibility.

XI. Travel Logistics and Transportation

Upon arriving at the Mérida airport there will be a person from the program waiting for you. If you arrive on Monday through Friday between 8:00 am and 1:00 pm they will take you to the School of Veterinary Medicine to have a presentation with the Academic Body. If you arrive on a Saturday or Sunday or after 1:00 pm you will stay in a provisional room for the night. In Mérida you can move around by bus, which costs 5 pesos. There are always taxis but the cost is higher - between 50 and 100 pesos. You will be in Mérida for approximately 7 days to receive a more detailed orientation on the projects, the communities and the doubts that you might have. To get to the communities you can use taxis or buses. To Cepeda the cost is 60 pesos and to Tzucacab, 100 pesos. Your stay in the communities is covered through the program fees, but if you want to go to Mérida on weekends you will have to cover it and for that we present you the following information:

Hotels in Mérida

Below is a list of 2 and 3 star hotels with moderate pricing that are located in the central historical district of Mérida. It is recommended that you call ahead of time to get a price quote - don't forget to dial the country code for México, 52.

HOTEL ARAGON 3* 18 habitaciones Calle 57 No. 474
Mérida, Yucatán. Tel. (999) 924-0242

HOTEL COLON 3* 53 habitaciones Calle 62 No. 483
Mérida, Yucatán. Tel. (999) 923-4355

HOTEL DEL PARQUE 3* 20 habitaciones Calle 60 No. 495 x 57 y 59
Mérida, Yucatán. Tel. (999) 924-7844

HOTEL EL CID 3* 64 habitaciones Calle 61 No. 573-A x 74 y 76
Mérida, Yucatán. Tel. (999) 924-4228

HOTEL EL MARQUES 3* 40 habitaciones Calle 54 No. 373 x 33-A y 35
Mérida, Yucatán. Tel. (999) 927-7252

HOTEL FLAMINGO 3* 38 habitaciones Calle 57 No. 485 x 58 y 56
Mérida, Yucatán. Tel. (999) 924-7755

HOTEL GRAN HOTEL 3* 32 habitaciones Calle 60 No. 496
Mérida, Yucatán. Tel. (999) 923-6963

HOTEL MODY 3* 40 habitaciones Av. Itzáes No. 243
Mérida, Yucatán. Tel. (999) 925-2101

HOTEL PARIS 3* 19 habitaciones Calle 68 No. 474 entre 57 y 55
Mérida, Yucatán. Tel. (999) 923-8284

HOTEL POSADA TOLEDO 3* 23 habitaciones Calle 58 No. 487 x 57
Mérida, Yucatán. Tel. (999) 923-1690

HOTEL REFORMA 3* 50 habitaciones Calle 59 No. 508 x 62
Mérida, Yucatán. Tel. (999) 924-7922

HOTEL SAN JUAN 3* 63 habitaciones Calle 55 No. 497-A
Mérida, Yucatán. Tel. (999) 924-1742

HOTEL SANTA LUCIA 3* 51 habitaciones Calle 55 No. 508
Mérida, Yucatán. Tel. (999) 928-2672

HOTEL SUITES REFORMA 72 3* 40 habitaciones Calle 33-B No. 544 x 72
Mérida, Yucatán. Tel. (999) 925-6323

HOTEL TRINIDAD GALERIA 3* 33 habitaciones Calle 60 No. 456 x 51
Mérida, Yucatán. Tel. (999) 923-2463

HOTEL SUITES IMPERIAL 3* 52 habitaciones Calle 17 No. 191
Mérida, Yucatán. Tel. (999) 944-6610

HOTEL POSADA PENSIONES 3* 60 habitaciones Calle 7 No. 215
HOTEL Mérida, Yucatán. Tel. (999) 920-1268

XII. Packing List

Clothing/Footwear for Fieldwork

- Well worn-in and comfortable hiking boots with good ankle support and traction
- Rain gear – rain jacket/poncho and umbrella

- Hat (for sun protection)
- Full length pants with pockets
- Shirts (long sleeved, lightweight shirts are best for field work as they protect you from sun and insects)
- Socks (they will get wet so wool or synthetic socks are better than cotton - if you prefer cotton then bring plenty)
- Bandana (good for protecting neck and head from insects)

Clothing/Footwear for Leisure

- A few sets of clothing for evenings in town
- Sandals
- Lightweight sweat pants or shorts
- A sweater or jacket for cold evenings

Field Supplies

- Small daypack/rucksack
- Drybag or plastic sealable bags (good for protecting equipment such as camera from dust, humidity, and water)
- Insect repellent
- Water bottles
- Passport and a copy of passport

Bedding and Towels

- Bathing suit
- Towel and wash cloth (you may want to bring 2 towels or a lightweight camping towel that dries quickly given the humidity)
- Mosquito net and hammock are provided
- Sheet

Personal Supplies

- Personal toiletries
- Personal first aid kit (for example: anti-diarrhea pills, antibiotics, antiseptic, itch-relief, pain reliever, bandages, blister covers, etc.) and personal medications
- Sunscreen with SPF 30 or higher
- Baby powder to help freshen up damp shoes and clothing
- Sunglasses

Miscellaneous/Other Suggested Items

- Camera, film, extra camera battery
- Flashlight/torch or headlamp with extra batteries and extra bulb
- A few photos of friends and family and where you live to share with your host family
- Earplugs
- Books or other pleasure reading and games for free time
- Pocket knife (pack in your checked luggage, not your carry-on)
- Binoculars
- Field notebook
- A small travel alarm clock

Mosquitoes and other small biting insects can be an annoyance, but can be minimized by protecting skin with clothing (long-sleeved shirts, bandanas, hats) and wearing insect repellent. Wasps and bees and possibly poisonous snakes may be present in the field.

When not in the field, you will want to wear what you wear at home. Yucatecans dress much like Americans. If you are worried about standing out it probably won't be because of what you're wearing. Basically, pack clothes knowing you will be walking a lot, and if you're in the field at all you'll get dirty. If you are doing office work or farm visits you will want to wear your normal clothes.

XIII. Communication from Mérida

| | |
|-----------|--|
| Mail | <p>In the Facultad de Medicina Veterinaria y Zootecnia (FMVZ) you can receive mail. The postal address is:</p> <p>Facultad de Medicina Veterinaria y Zootecnia Km 15.5 carretera Mérida-Xmatkuil, Yucatán, México</p> <p>You can buy stamps and mail postcards and letters in Mérida.</p> |
| Telephone | <p>Your host family's phone number will be given to you before departure. When calling from the United States, dial 052-999, then the 7-digit number for the FMVZ it is 9 42 32 12. To dial out of Mérida, first dial 01 and then the phone number, including the country code (which is 1 for the US). You can buy international prepaid phone cards in Mérida. You may want to check in the United States before you leave for other kinds of international phone cards that might cost less and work in Mérida. There is cell phone reception in much of Mérida, but not always in Cepeda or Tzucacab. SKYPE accessibility is common in Mérida, this is the most economical way to call out of the country. Be sure to create an account, for free, before leaving the states.</p> |
| Email | <p>There is no internet access in family homes. There are some internet cafés in the area, Tzucacab or Halachó. In the FMVZ you can get internet easily or you can go to an internet café. It costs about \$1 per hour to use internet.</p> |

XIV. Media Resources

| |
|---|
| <p>Facultad de Medicina Veterinaria y Zootecnia Located in Mérida, Yuacatán 8:00 am - 15:00 hours, Monday – Friday Telephone: 52 (999) 9 42 32 12 \$1.00 per hour for internet, approx. 1 hr. of daily personal use plus work-related research is free for interns 20 cents per page for printing</p> |
|---|

XV. Academic Credit/Scholarships and Grants

You can arrange for academic credit through your educational institution. However, enrollment in an academic institution is not required to participate in the CAN internship. Therefore, normal university enrollment fees are separate and not included in the cost of this internship.

Also, check your university for available funding to help cover the costs of the internship. Departments and colleges often offer funding for student-designed projects. UC Santa Cruz students can find a scholarship binder in the CAN office.

XVI. Projects and Timeline

As part of the 10- week program each intern will turn in their final project write up to CAN Santa Cruz, PROTROPICO, and the involved community participants. Here is a list of some of the possible projects in the communities of Tzucacab and Cepeda:

- 1. Develop a catalog of medicinal herb species and their healing properties.**
Objective: Research and identify the uses of the medicinal species in Tzucacab and Cepeda. The final product will be a catalog with photographs, ethno-botanical descriptions and recipes for their use.
- 2. Creation of medicinal plant garden in local schools**
Objective: Complete an investigation of medicinal plant species in the local middle schools of Tzucacab and Cepeda. The product will be the beginning of a garden with medicinal plants and signs that show a brief ethno-botanical description.
- 3. Assess the functionality and viability of the student agroforestry project established in the middle schools.**
Objective: To know the current structures and processes of the school's agroforestry land parcel and determine if it is being used as a living laboratory to strengthen processes of teaching/learning. The final product will be a document with information on the functionality of the parcel and ideas generated with the professors about how to carry out diverse agroecological practices that will help them in their lessons. Interns will offer support in the English classes and help develop guides relating to the agroecological practices in the school agroforestry project.
- 4. Diagnostic of flora and fauna in family gardens.**
Objective: To determine the species of flora and fauna in family gardens, as well as what management practices are employed. The final product will be a descriptive document, as well as a manual of agroecological practices that can be used in these agroecosystems of Tzucacab and Cepeda. It will be important to determine the economic impact that this activity has on the family economy.
- 5. Diagnostic with a group of artisans in Tzucacab.** Objective: To determine the materials and the production processes of artisans en Tzucacab. The final product will be photographic catalogs and process descriptions.
- 6. Diagnostic of the productive system *Milpa*.**

Objective: To assess the management of the *milpa* system in Tzucacab and Cepeda. The final product will be a descriptive document about the species cultivated as well as the system's processes. You should propose alternatives that promote improved productivity. It will be important to determine the economic impact that this activity has on the family economy.



7. **Building of *ka'anches* in family gardens.**

Objective: To promote the construction and management of *ka'anches* (elevated garden beds, pictured to the left) in family gardens. The final products will be *ka'anches* constructed and a manual for their construction.

8. **Training for the construction of compost systems in family gardens.**

Objective: To promote the creation and the management of composting in family gardens. The final products will be elaborate compost systems built with local materials and a manual for their production.

9. **Evaluate the functioning of the community seed bank as part of the school plots project.**

Objective: To gather information on how technology and Agroecological Activities Committees in Tzucacab and Cepeda have been involved in the activities of the seed bank as part of the school gardens project. The final product will be an analysis of the activities accomplished and their impact on the community.



10. **Research conventional versus organic vegetable farming.**

Objective: To promote the vegetable production processes used in Tzucacab and Cepeda to promote organic agriculture. The final product will be a diagnostic of the types of vegetables that are produced in the community, their management and a manual for the production of organic vegetables.

11. **Activities in 'el Rancho los Juanes' located close to Mérida.**

This is an alternative site location at the demonstration farm of CAN with research liaison, Juan Jimenez.

Objective:

- I. Diagnostic and design of agroecological production systems that are economically viable and nature friendly
- II. Construction of worm compost
- III. Construction of a stove "*Pollo Lorena*"
- IV. Establishment of pasture for fodder
- V. Working on soil conservation projects
- VI. Cultivation of organic vegetables
- VII. Working in the plant nursery
- VIII. Compost management
- IX. *Milpa* diversification

The projects are not financed, and the student must find necessary resources to fund them. There are farming tools available for loan during students' stay. It is recommended that students arrive with a grant to buy the materials they might need.

Example Timeline

| Week | <i>Community-Oriented Project Overview</i> |
|------|---|
| 1 | <ul style="list-style-type: none"> -Begin developing relationships and talking to people about community needs and interests. -Read available information about the communities and the Agroforestry Plots School Project. -Orientation given by in-country coordinator. -Visit to community. -Write a project proposal and present it (on powerpoint) to academics at PROTROPICO. |
| 2 | <ul style="list-style-type: none"> -Discuss project ideas with in-country coordinator. -Discuss refined project idea with in-country coordinator. -Begin stay in the community. -If ready, begin project. |
| 3 | Work on Project. |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | <ul style="list-style-type: none"> -Set up time and place to present project experience to relevant community members. |
| 9 | <ul style="list-style-type: none"> -Wrap up project. -Present learning experience, information gathered and/or preliminary results to relevant members of the community. |
| 10 | <ul style="list-style-type: none"> -Email final project write up to PROTROPICO and CAN Santa Cruz. - Present and share your findings with the participating community members. -Fill out and email evaluation to CAN coordinator in Santa Cruz. (see contact info below) |

XVII. Application Logistics

Upon acceptance you will receive a letter explaining the next steps and CAN's field internship curriculum.

Full payment and proof of your travel medical insurance is due at least 3 weeks before your arrival date in Mérida.

The intern coordinators in Santa Cruz and Mérida will be available to answer any questions you have throughout the program.

XVIII. Code of Ethics

Academics form the Academic Body of Management and Conservation of Natural Tropical resources that participate in the Internship Program with the Community Agroecology Network, and the student who travel to work on an internship of learning and collaboration with the communities of Yucatan agree to govern their individual and collective behavior according to the following code of ethics:

Honesty

Transparently manage the resources and information of the institution they represent, complying with the resources offered without accepting any gift.

Responsibility

Comply with institutional and CAN guidelines, assuming responsibility for our actions.

Reliability

Inspire security and consistency between what we offer and what we do.

Respect

Adopt an attitude of understanding and tolerance of others without violating their individual rights.

Loyalty

Conduct our activities with adherence to institutional principles and rules.

Equity

Equal conditions and development opportunities for all.

Justice

Act with relevance to the situation considering institutional standards, policies and values.

Communication

Effective dialogue with those who participate in the CAN Program, including the communities where the Internship projects take place.

Leadership

Promote, and support commitments and be capable of making decisions with certainty and opportunity.

Improvement

Promote human and professional individual and/or collective changes, to reach goals and living conditions.

Solidarity

Work cooperatively to reach the goals and mission of the CAN Program.

Interculturality

Contribute to the construction of an interactive and respectful society with each other and the environment. Teach and share common themes that are manifested in different ways among different cultures, to create a universal understanding of things while respecting the values, beliefs, customs and traditions of those who interact. Requires respect and tolerance towards diversity of thoughts and actions, even when it diverges from our own. Implies a change of thoughts, internal developments, and a new way of perceiving life.

Cordiality

Be understanding of the work process while assessing personal and general performance.

Integrity

Stay true to an institutional code of values without violating our cultural principles.

Efficiency

Obtain the highest and best results with minimal monetary resources, using the natural resources of the region without damaging their existence.

Accountability

Having as a fundamental principle the account of activities (of students and academics), and transparency in the use of the donations of students.

Intercultural Education

Innovative way of building knowledge through the synergy achieved from the interaction of other cultures with the local culture and language, in a climate of respect and equity.

I, as member of the CAN community, agree to comply with this code of ethics.

XIX. Contact Information

For more information please contact:

Amanda Kushner (**CAN Santa Cruz internship coordinator**):
coordinator@canunite.org

Patricia Montañez Escalante (**On-site internship coordinator**)
Office: 52 (999) 9 42 32 12
Email: montanez@uady.mx

Or

Juan Jiménez Osornio (**Miembro del cuerpo académico**)
Email: josornio@uady.mx