

ROAD SCHOLAR[®]

Oaxaca & Puebla:
A Modern Look Into an Ancient Land
Final Information Packet



Program # 23949
October 10 - 17, 2022

ROAD SCHOLAR

Elderhostel, Inc.

11 Avenue de Lafayette
Boston, MA 02111-1746
(617) 426-7788 tel
www.road scholar.org

Dear Road Scholar Participant,

The time is drawing near for your Road Scholar educational program to begin! We want to make sure you have all the information you need to get the most out of your experience, so please be sure to carefully read all the materials we have sent you.

In this final information packet packet you will find:

- Arrival and Departure Instructions
- Emergency Contacts and Procedures
- Staff Biographies
- Accommodation Schedule (with site telephone numbers)
- Travel Advice
- Final Day-by-Day Itinerary

We make every effort to ensure that all program details are up-to-date. In the event of any major changes, we'll do our best to alert you. For less significant changes, we'll update you at orientation.

Please refer to your first information packet for a suggested packing list and details on practical matters, such as local currency, time and weather.

If any of your travel arrangements have been booked through Road Scholar Travel Services, we will send you your final confirmation approximately three weeks prior to departure. Until then, if you have questions about your travel arrangements you may contact Road Scholar Travel Services toll free at 800-241-1404. For any questions regarding the educational program, registration, insurance or payments, please contact Road Scholar Participant Services toll free at 877-426-8056.

We look forward to seeing you soon.

Sincerely,

Your Friends at Road Scholar

PRE-DEPARTURE INFORMATION

If you have not completed the required your "Personal Information" and "Your Preferences" forms online, you must do so now. Please visit "My Account" at www.roadscholar.org to get started. Once completed, you only have to review and update your information for future Road Scholar programs.

As you prepare for your program we highly recommend you review the sections in the first Information Packet concerning travel health and safety and risks. We recommend that all participants consult with their physician and the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO) and the U.S. Department of State regarding their health condition and recommendations specific to the countries they will visit before departure. While Road Scholar cannot guarantee your health, safety or welfare at any time, you can minimize your risk by making sure you are in good health and capable of participating fully in the program, maintaining necessary vaccinations, including seasonal influenza vaccination, and by taking simple precautions prior to departure and once on the program. Your well-being is our top priority. Please visit www.roadscholar.org/wellbeing for our most up-to-date policies and protocols designed to keep you as safe as possible on your Road Scholar adventure.

If you have not yet told us about any special needs you may have, or if there have been any recent medical or physical developments that may affect your program experience, please give us a call.

REQUIRED DOCUMENTS

In order to enter Mexico as a U.S. citizen, you need to have one tourist migratory form (FM-T) per person. (The cost of the FM-T is included in airfare.) These forms are obtained at the first port of entry, at the borders, or at Mexican consulates and embassies. Keep the FM-T in your possession at all times and return to authorities before leaving Mexico.

Procedures for obtaining the FM-T vary with the nationality of each visitor. Request the requirements for your nationality in any of the Mexican Consulates or Embassies in your respective countries.

All US Citizens require a passport that is valid a minimum of 6 months after their return date to the US. If you must apply for a new passport, plan to allow 6 to 8 weeks for this process. Please bring along a photocopy of the first page of your passport (the page that has your photograph and information); in the event that your passport is lost or stolen, a copy of it will be of great assistance.

All U.S. citizens require a passport that is valid a minimum of 6 months after their return date to the U.S.. If you must apply for a new passport, plan to allow 6 to 8 weeks for this process. We recommend that you bring along a photocopy of the first page of your passport (the page that has your photograph and information); in the event that your passport is lost or stolen, a copy of it will be of great assistance.

Travel Visa

A travel visa for U.S. citizens is not required for this program.

Non-U.S. citizens should check entry and visa requirements.

ARRIVAL AND DEPARTURE INSTRUCTIONS

This information replaces all other communications you have received from Geronimo Educational Travel Studies LLC.

START OF PROGRAM

Monday, October 10, 2022: 2:00 p.m. hotel check-in; 7:00 p.m. Welcome dinner

Airport Transfers

Airport transfers - from the arrival airport to the first site on the group arrival date, and from the last site to the departure airport on the group departure date - are included in your cost if you have booked your airfare through Road Scholar.

ARRIVAL:

Arrival Airport: Oaxaca, Mexico (OAX)

For participants NOT taking the group transfer:
Directions from the airport to the Hotel Casa Conzatti
 Independent Airport Taxi Transfer Instructions

In order to maintain the Group Leader updated with your arrival, please inform our Geronimo office of your travel plans by sending an email no later than 30 days before the program begins to reservations@geronimotravel.com

1. Arrival at Xoxocotlan Airport.
2. Process through Immigration, Baggage Claim, and Customs.
3. Proceed to the area outside the arrival gate.
4. Locate a Taxi Booth inside the airport to purchase a ticket that provides you a ride in a government-sealed taxi, the fare to the hotel is approximately \$17.00 US
5. Show flyer with hotel information to Taxi Driver. (Found in the #2 mailed packet)
6. Transfer to the hotel. (30 mins)
7. If the service warrants, you may wish to tip the driver at the end of the ride.
8. Hotel Check-In

Special Transportation Contact and Instructions:

Enlaces Terrestres Mayahuel

Phone: +52 951 126 9825

Email: toursmayahuel@hotmail.com

1. Arrival at Xoxocotlan Airport.
2. Process through Immigration, Baggage Claim, and Customs.
3. Customs procedures take 5 to 15 minutes, depending on the number of people waiting in line. Transportation Representatives are aware of this delay.
4. Identify yourself as a program participant by displaying your Road Scholar / Geronimo Participant Flyer (Found in the #2 mailed packet)
5. Proceed to the area outside the arrival gate and look for a transportation representative displaying a banner with the logo of Road Scholar / Geronimo Educational Travel Studies.
6. Transfer to the hotel. (30 minutes)
7. Make the transfer payment to the representative upon arrival at the hotel (Approximately \$35.00US). If the service warrants, you may wish to tip the driver at the end of the ride.
8. Hotel Check-In

IMPORTANT: We have made every effort to ensure that the details in this section are correct as of the date of printing. However, we encourage you to read and follow airport signs and to inquire at information desks should you have questions.

END OF PROGRAM

Monday, October 17, 2022: 8:00 a.m. after breakfast; 1:00 p.m. hotel check-out.

DEPARTURE:

Participants who have not purchased airfare through Road Scholar are responsible for making their own transfer arrangements to the first site at the beginning of the program, as well as from the last site at the end of the program. The Information Packet Road Scholar sends in advance of the program includes details needed to make your transfer arrangements. If you wish to purchase airfare through Road Scholar, please call (800) 241-1404.

Please note: In the unlikely event Road Scholar must make changes to the program's arrival or departure details, we will notify all participants as soon as possible. Participants who have purchased Road Scholar airfare are protected against airline change fees; however, anyone who has not purchased Road Scholar airfare will be required to make their own adjustments and may incur fees imposed by the airline.

For participants NOT taking the group transfer:

Getting from Hotel Colonial De Puebla to the airport

The Group Leader will coordinate the airport transfers for participants that purchased the airfare through Road Scholar.

Program Only Option Participants that purchased their own airfare can receive help from the program staff in making arrangements knowing that the cost of the transfer is their own responsibility.

PROGRAM STAFF AND INSTRUCTORS

María Peniche

Group Leader

Cell phone # +52 552-148-9463

Maria Teresa Peniche, who prefers to be known simply as “Teri,” is a highly regarded addition to Geronimo’s Road Scholar staff. Teri pursued a career in higher education, preparing school curriculums designed as well as teaching English in secondary education. After retiring, Teri’s vast knowledge of Mexico’s history and culture paved the way towards her becoming a Group Leader. Blessed with a caring disposition and a great desire to share her love of her country, Teri’s capacity for sharing her considerable knowledge is unrivaled.

ACCOMMODATION SCHEDULE

Dates	Location	Accommodation
Days 1 - 4 October 10 - 13, 2022	Oaxaca City, Oaxaca	Hotel Casa Conzatti Gomez Farias 218 Centro Historico Oaxaca, 68000 Mexico +52 951 516 5544 Web: www.casaconzatti.com.mx/
Days 5 - 7 October 14 - 16, 2022	Puebla City, Puebla	Hotel Colonial De Puebla Calle 4 Sur 105 Puebla, 72000 Mexico +52 222 246 4612 Web: www.colonial.com.mx/

TRAVEL ADVICE

Airline Luggage Regulations

Please be aware that many airlines impose strict weight limits on luggage. Please consult Road Scholar Travel Services or your travel agency for luggage regulations and penalties on specific airlines.

Airport Check-In

- Arrive at the airport a minimum of 2 hours before scheduled flight departure for domestic flights (3 hours for international flights).
- Under FAA rules, all airline passengers are limited to what items they can carry on board. Please check with your airline to avoid unpleasant surprises.
- Make sure that you have your passport, visas and other required travel documents (tickets, e-ticket, itinerary, ticket confirmation number) with you.
- Individuals without a ticket or boarding pass will not be allowed beyond the security checkpoint.

What should I take in my carry-on baggage?

When packing your carry-on baggage, keep in mind that this will be all you have for a day or two if your luggage is lost. Therefore, you should take essential and valuable items. We recommend packing the following items in your carry-on luggage:

- Your tickets, any visas you may need, and any other tickets or vouchers you will need for further travel after your program is over
- Your passport and a photocopy for added security. (Carry your photocopies separately from the originals.)
- Your personal health insurance information
- Your prescription medicine(s) with copies of prescription(s)
- Reusable water bottle to refill during travel and throughout the program
- A change of clothing
- Your camera
- Something to snack on, if it helps you during travel
- Road Scholar emergency contact information, accommodation details including name and address, as well as arrival and transfer information.

All rules and practices regarding security, carry-ons, and other airline/airport practices are subject to change without notice. It is best to call Road Scholar Travel Services, your airline, or check with the airport just before departure for the latest updates.

Travel Advisories

For the most current aviation update and travel advisory information, you can visit the Federal Aviation Administration at www.faa.gov, the U.S. Department of Transportation at www.dot.gov, the Transportation Security Administration at www.tsa.gov, or check with the individual airlines for their current policies.

Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. Enrollment is voluntary and costs nothing, but it should be a part of your travel planning and security. To enroll visit <https://step.state.gov/step/>

Some Advice About Shopping

No matter where you are in the world, shopping is an optional free-time activity and not part of the Road Scholar program. For participants who wish to buy souvenirs, handicrafts, or expensive items such as cameras, jewelry, paintings, perfume, rugs, etc., we offer the following advice for your benefit and greater enjoyment of the program.

- Neither the Group Leader nor other Road Scholar program staff is permitted to lead shopping expeditions. If you have a particular request, a member of the staff may be able to suggest known shops or vendors, but this should never be taken as encouragement to make purchases or endorsement of the value, quality, or authenticity of particular items.
- Neither Road Scholar nor the Program Provider organization has partnerships or other relationships with vendors of any kind. We do not request, receive or accept commissions from vendors, nor do we act as guarantors, agents, or expeditors for merchandise to be shipped later. Please do not ask the Group Leader or other staff to assist you in this regard.
- When and if you visit local factories, galleries, handicraft shops, or other establishments as part of the program it is for the educational value involved. You are always free to make - or not make - purchases as you like.
- Road Scholar groups should never be subjected to a high-pressure “sales pitch.” If you encounter such a situation, please notify Road Scholar.
- If you do choose to purchase souvenirs or crafts, please remember to shop local! Purchasing from local stores and artisans will contribute to the community you are visiting. Your Group Leader can help provide suggestions.

Most of all, if you choose to purchase art, handicrafts, or other items, we hope it will be as a wonderful reminder of your program experience.

Preventive Measures to Avoid Illness

Here is guidance from the Centers for Disease Control on how to avoid contracting and spreading an illness.

Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

For those looking for additional resources on this topic, we recommend trusted sources, such as the Centers for Disease Control and Prevention and the World Health Organization.

Other Health Requirements

Road Scholar monitors all requirements for entering foreign countries and returning to the U.S., including any necessary COVID-19 testing. Your Group Leader will be aware of and will assist you with complying with any requirements that may be in effect at the time of your program and will facilitate any necessary testing if required during the program as well as required to return to the U.S. Testing will be at your own expense and the cost varies by destination.

Changes to Your Program

While we make every effort to ensure the accuracy of our published materials, programs are typically advertised more than a year prior to their start date. As a result, some program activities, schedules, accommodations, personnel, and other logistics occasionally change due to local conditions or circumstances. Should a major change occur, we will make every effort to alert you. For less significant changes, we will update you during orientation. Thank you for your understanding.

FINAL DAY-BY-DAY ITINERARY

Please be aware that program activities and scheduled times could change due to local circumstances. In the event of major changes, we will alert you as quickly as possible. Less significant changes will be communicated during orientation. Thank you for your understanding.

Day 1: Arrive to Oaxaca, Check-inn, Welcome Dinner

Monday, October 10

- Depart From: Depart on flights to Oaxaca, México. Refer to your personal air itinerary for specific flight information.
- Arrive To: Aeropuerto Internacional Xoxocotlán — Xoxocotlán International Airport (OAX) in Oaxaca, México. See your program's travel details regarding transfers.
- Afternoon: After arriving at the hotel, checking in and getting your room, take some time to unpack, freshen up, and relax.
- Dinner: At the hotel restaurant, we'll enjoy a plated 3-course meal, plus soft drinks, coffee, tea, water; other beverages available for purchase.
- Dinner will be saved for those arriving late to the hotel
- Evening: At leisure

Note: Hotel Check-in from 2:00 p.m.

Accommodations: Hotel Casa Conzatti

Meals Included: Dinner

Day 2: Orientation, Downtown Oaxaca, Benito Juarez Market

Tuesday, October 11

- Breakfast: At the hotel restaurant, we'll enjoy a buffet breakfast of Mexican and international cuisine featuring a variety of hot dishes, bread, pastries, fruit, and yogurt, plus coffee, tea, water.

Morning: Orientation: The Group Leader will greet everyone and lead introductions. We will review the up-to-date program schedule, discuss roles and responsibilities, logistics, safety guidelines, emergency procedures, and answer questions.

An instructor conduct classroom sessions, a certified expert will lead field trips, and transportation will be via bus unless specified otherwise. We will provide suggestions for restaurants and on-site visits for personal independent exploration and several meals on your own to enjoy the cuisine of your choice. The Group Leader will be happy to offer suggestions.

Periods in the schedule designated as “Free time” and “At leisure” offer opportunities to do what you like and make your experience even more meaningful and memorable according to your personal preferences. The Group Leader will be happy to offer suggestions.

Program activities, schedules, personnel, and indicated distances or times may change due to local circumstances/conditions. In the event of changes, we will alert you as quickly as possible. Thank you for your understanding.

Our first lecture will begin with a presentation at the hotel given by our Study Leader will build on our knowledge of Oaxaca and its history stretching back 3,000 years back.

We will then walk with our local expert to the Historical Center where we will visit some of the most important buildings. Though the current city was founded in 1532, the Zapotec and Mixtec pre-Columbian civilizations had already been settled in the area for thousands of years. The city is known for these archaeological sites and the large number of colonial-era structures. We will learn about the Templo of Santo Domingo. Founded by the Dominican order, the rooms that once constituted the monastery, today house the Cultural Center of Oaxaca. The construction started in 1570 and continue over a period of 200 years, and has since undergone a complete restoration that was finished in 1999.

Lunch: At a local restaurant, enjoy a two-course lunch with coffee, tea, water; other beverages available for purchase

Afternoon: We will then continue with the walking field trip on the historic district and visit the Metropolitan Cathedral of Oaxaca, visit to the famous Mercado Benito Juárez where we’ll feast our eyes on the rich colors of the fruits and vegetables, the smells of the aromatic herbs and exotic spices, the sounds of the vendors calling out “Tortillas! Tamales! Chocolate! Chapulines!” Right in the middle of it all, we’ll take in the hustle and bustle of the local chefs picking ingredients for their evening masterpieces of culinary delights, browse the high quality leather bags and sacred hearts of hammered tin or beaded jewelry, and watch artisans weave rugs, put finishing touches on pottery, and create amazing paintings

After the these visits, we will return to the hotel for a social hour and a great opportunity to get to know your fellow Road Scholars.

Dinner: At a local restaurant. Enjoy a 3-course dinner with coffee, water, fruit water; other beverages available for purchase.

Evening: At leisure

Note: Walk approx. 3 miles total throughout the day; flat terrain.

*Accommodations: Hotel Casa Conzatti
Meals Included: Breakfast, Lunch, Dinner*

**Day 3: Mitla, Santa Maria del Tule, Teotitlán del Valle,
Wednesday, October 12**

Breakfast: Hotel buffet

Morning: Aboard our bus with a local expert, we will set out for Santa María del Tule. This used to be marshland filled with bulrushes, which the Aztecs called “tulle,” and cypress trees. We’ll stop in the town center where El Árbol del Tule is located, a 2,000 year old Montezuma cypress tree that is the widest tree in the world with a diameter of almost 40 feet.

Continuing, we’ll go to Mitla, an archaeological site that is an important representation of Zapotec culture as it features unique and intricate geometric and mosaic work. Well-preserved thanks to the dry climate, Mitla was the residence of the high priest, whom the Spanish likened to the Pope, and served as the main religious center for the Zapotec.

Lunch: At a local restaurant, we’ll enjoy a tasty lunch, plus coffee, soft drinks, water; other beverages available for purchase.

Afternoon: Our exploration will continue with a visit to Teotitlán del Valle, a small village known for its handmade textiles from local materials. The village was originally founded by the Zapotec under the name Xaguixe, meaning “at the foot of the mountains,” and still retains much of its original culture. The Spanish then renamed the site Teotitlán del Valle; Teotitlán meaning “land of the gods” in Nahuatl. While here, we will be treated to a unique demonstration given by our local experts, as well as local professional weavers from Teotitlán del Valle. The demo will include the treating of the wool, the organic coloring, and weaving by a team of professionals weavers.

Dinner: On your own. This meal cost has been deducted from the program cost, for you to enjoy what you like the most in Oaxaca.

Evening: At leisure.

Note: Walk approx. 2.5 miles total throughout the day; compact trails. Driving approx. 60 miles total for the day; about 2.5 hours, with stops.

*Accommodations: Hotel Casa Conzatti
Meals Included: Breakfast, Lunch*

**Day 4: Monte Alban Archaeological Site, Museum , Zaachila Site
Thursday, October 13**

Breakfast: Hotel breakfast

- Morning:** Aboard our bus, we will begin our field trip to Monte Albán, one of the most impressive archaeological sites in México with the most spectacular views. One of the greatest Mesoamerican cities, it served as a political and economic center for the Zapotec from roughly 500 BCE to around 500 CE. One of the defining features of the city are the carved monuments, or Danzantes, lining the Main Plaza. After the site visit, we will walk to the Monte Albán Site Museum and observe many of the artifacts excavated from the area, including the impressive collection of Danzantes.
- Lunch:** At a local restaurant, we'll enjoy a 3-course lunch, plus soft drinks, coffee, water; other beverages available for purchase.
- Afternoon:** We will then return to Oaxaca to enjoy some free time. Take this opportunity for personal independent exploration to see and do what interests you most. Please refer to the list of Free Time Opportunities. The Group Leader will be happy to offer suggestions and a local restaurant directory will be provided.
- Dinner:** At a local restaurant, we'll have a 2-course meal with coffee, tea, water; other beverages available for purchase.
- Evening:** After dinner, we will enjoy a performance of la Guelaguetza. At leisure. Be sure to prepare for check-out in the morning

Note: Walk approx. 2.5 miles total throughout the day; flat surfaces; lots of sun; bring hats, sunscreen and plenty of water. Driving approx. 12 miles one way to Monte Albán Archaeological Site & Museum; about 1 hour roundtrip.

*Accommodations: Hotel Casa Conzatti
Meals Included: Breakfast, Lunch, Dinner*

**Day 5: To Puebla, Downtown Puebla
Friday, October 14**

- Breakfast:** Hotel buffet
- Morning:** After checking out of the hotel, we will board the motorcoach and transfer to Puebla, arriving in time to check in and have lunch.
- Lunch:** At the hotel restaurant featuring Mexican cuisine, we'll enjoy a 3-course meal, plus soft drinks, coffee, water; other beverages available for purchase.
- Afternoon:** We'll set out from the hotel with a local expert on a walking field trip into the Historic Center of Puebla, a UNESCO designated World Heritage Site. The area was unsettled during the Aztec empire, having served as the location for "flowery wars" between the Aztec alliance and their rivals. Until the establishment of Puebla in 1531, the area was known as Cuetlaxcoapan, or "where serpents shed their skin." Today the city is known for its diverse architecture and Talavera pottery in addition to being one of the largest cities in México.
- We will make stops at the Templo de Santo Domingo; the Capilla del Rosario, also called the House of Gold, considered one of the modern wonders of the world; Casa de los Muñecos, the Doll House, a baroque house from the 18th century with beautiful talavera tile; and the artisan Market "El Parian."

Dinner: We will walk with the Group Leader to a local restaurant to enjoy a two- course dinner with coffee, tea, water; other beverages available for purchase

Evening: At leisure

Note: Driving approx. 212 miles to Puebla City; about 4.5 hours total, with stops. Walking approx. 2 miles in Puebla; periods of standing.

Accommodations: Hotel Colonial De Puebla

Meals Included: Breakfast, Lunch, Dinner

Day 6: Cacaxtla archaeological Site, Ex-hacienda Chautla

Saturday, October 15

Breakfast: At the hotel

Morning: We'll take a field trip to the archeological site of Cacaxtla. A prosperous city for more than 300 years, Cacaxtla declined around 900 CE before ultimately being abandoned by the year 1000. Cacaxtla was built around the Gran Basamento, a large elevated platform where the most important buildings were located, offering unobstructed views of the surrounding area. It is known for its colorful murals with their unmistakable Maya influence that are in excellent condition having not been excavated until the 1980s.

Lunch: At a local restaurant, we'll have a three-course meal plus coffee, tea, fruit water, water; other beverages available for purchase.

Afternoon: After lunch we will rerun to puebla for some time to relax before dinner

Dinner: On your own, this meal has been deducted form the program cost for you to enjoy what you like in Puebla

Evening: At leisure. Be sure to prepare for for check-out and departures in the morning

Note: Getting on/off of a bus. Walk up to 2 miles throughout the day.

Accommodations: Hotel Colonial De Puebla

Meals Included: Breakfast, Lunch

Day 7: Cholula, Amparo Museum

Sunday, October 16

Breakfast: Hotel buffet

Morning: Aboard our bus, we will then depart Puebla for a field trip to Cholula and the Great Pyramid, one of the largest pyramids in the world. With the widest base of any pyramid in the world at a length of a quarter mile, the pyramid stands 180 feet tall. Built in four stages over a period of 800 years, it was the primary temple to Quetzalcoatl. Following a period of population growth, the pyramid became abandoned until the Toltec-Chichimecas overtook the city and built a new temple atop the pyramid. The temple remained overgrown after the arrival of the Spanish and remained undisturbed until the 19th century, except for the Nuestra Señora de los Remedios church on top. Upon arrival, our local expert will lead us on a walking field trip around the area.

- Lunch:** On site, we'll enjoy boxed lunches prepared by the hotel that feature a sandwich, fruit, and potato chips, plus soft drinks, water.
- Afternoon:** We will then be transferred to Puebla for a visit to the Amparo Museum, one of the most important historical museums in the country. Founded by Mexican businessman Manuel Espinosa Yglesias as the Amparo Foundation, it was created to promote social learning and culture in Mexico. Gathering more than 3,500 pieces of art from Pre-Columbian times to the contemporary, it boasts one of the most significant collections of any Pre-Columbian art of private museum in Mexico. The museum itself is housed in what was originally the San Juan de Letrán hospital, built in 1538 as the city's first health institution.
- Dinner:** At a local restaurant. Tonight we'll have a farewell dinner with a three-course meal with beverage choices of soft drinks, coffee, tea, water; other beverages available for purchase.
- Evening:** At leisure

Note: Getting on/off of a bus; driving approximately 10 miles, 45 minutes. Walking and standing at museums

*Accommodations: Hotel Colonial De Puebla
Meals Included: Breakfast, Lunch, Dinner*

Day 8: Program concludes

Monday, October 17

- Depart From:** Aeropuerto Internacional de la Ciudad de México — México City International Airport (MEX), approximately 82 miles (129 km) from the hotel. Refer to your personal air itinerary for specific flight information
- Breakfast:** At the hotel, the buffet features Mexican and international cuisine including a variety of hot dishes, fruit, and pastries, plus coffee, tea, juice, water. This concludes our program.
- Morning:** Immediately after breakfast we will board our bus that will take us to the Mexico City Airport for the afternoon flight.

If you are returning home, safe travels. If you are staying on independently, have a wonderful time. If you are transferring to another Road Scholar program, detailed instructions are included in your Information Packet for that program. We hope you enjoy Road Scholar learning adventures and look forward to having you on rewarding programs in the future. Don't forget to join our Facebook page and follow us on Instagram. Best wishes for all your journeys!

Note: Hotel check-out by 1:00 p.m. See your program's travel details regarding transfers.

Meals Included: Breakfast

THE ROAD SCHOLAR MISSION

Not-for-profit Road Scholar inspires adults to learn, discover, and travel. Our learning adventures engage expert instructors, provide extraordinary access, and stimulate discourse and friendship among people for whom learning is the adventure of a lifetime.

OUR COMMITMENT TO DIVERSITY

Road Scholar values diversity as a dynamic and integral part of a thriving educational community. We strive to develop dynamic program content and offerings that represent the rich diversity of our society and to foster a welcoming, inclusive and equitable work and learning environment for people of all backgrounds and identities.

INDEPENDENT ARRIVALS

**PLEASE SHOW THIS TO THE TAXI STAND
TICKET AGENT AND GIVE THIS TO THE TAXI
DRIVER UPON ARRIVAL.**



FAVOR DE CONDUCIR A ESTAS PERSONAS AL

**Hotel Casa Conzatti
Gómez Farías # 218
Centro Histórico
Oaxaca City, OAX 68000
Tel: (951) 513-8500**



Geronimo's Educational Travel Studies Recommendations for a Safe Program



The following is a list of recommendations to help you stay safe during this program.
Please take a few minutes to read this at the beginning and during the program.
If you have any questions, please ask our staff.

Arrivals

1. Upon arrival at the airport and while waiting for other participants to arrive, make sure you ALWAYS keep your luggage and belongings with you and in sight. Let your group leader know if there is a need to use the facilities and if you need help to take care of your luggage.
2. Wear your name tag prominently to facilitate identification by staff and other participants in your group.
3. When checking in at the hotel, ask if a safe is available in the room. Some hotels will offer this service at the front desk. We recommend keeping your valuables and other documents, such as your passport, in the safe when not using them or when you are going out of the hotel.
4. Please always carry with you the Itinerary sheet, so you always know where you are and where you will be next. Keep in mind that some changes may apply during the program so it is very important to listen to your group leader at all times.
5. Listen carefully to any instruction given from your group leader. If there are any questions regarding issues, concerns or doubts, please let any of our staff members know about it. Taking care of any questions can prevent misunderstandings or confusion from occurring.
6. Don't be left behind! Please try to arrive on time to the lectures, the bus or lobby when a meeting time is set. This can really help to keep the program on schedule and make the best of every fieldtrip, excursion or lecture.
7. While on the program, you must carry your group leader's telephone number at all times.
8. Although you'll hear very little English while traveling in Mexico, most Mexicans understand some English. As guests in their country, more than dollars, they need our goodwill ambassadorship. A smile and a "Muchas Gracias" for the smallest courtesies, goes a very long way.

Altitude

1. The altitude is approximately 7,000 feet, so if you are not accustomed to high elevations, do not exert yourself for the first 48 hours in order to let your body become acclimated.
2. At the beginning of the program it is recommended to stay close to the hotel, refrain from long walks, eat lightly, and avoid alcoholic beverages.
3. If you do not feel well, for altitude or any other reason, notify immediately a member of the staff. If in need, we can arrange medical assistance for you.

Taxis and Public Transportations

1. It is important to hail a taxi only from places where they are designated and registered as a government sealed taxi with an official taxicab operating license plate. Typically, these registered taxis are those who service the hotels when requested by the guests. The hotel will usually keep information such as the taxi's vehicle number and the taxi driver's name. Remember to always check the passenger's seat of the taxi before alighting just in case you leave something behind.
2. Depending on the city you are visiting, there may be limited public transit options. If you have decided to use the public transit, you must know where you are going and know exactly where and when to get off or on the bus. Try writing any directions on a piece of paper other than using gadgets that can draw attention.

Visits

1. You will be visiting many interesting historical sites, galleries and museums and therefore we understand you will desire to stay with memories of these visits. You will be told beforehand if photographing and video recording are allowed. Most sites have signs that state whether photographing and/or video recording are allowed or not. The purpose of this limitation is to protect light-sensitive works or because of copyrights. Please do respect this important matter when a request is made. Sites that allow photographing and video recording may apply a fee.
2. Every participant should have the opportunity to have a view of all attractions. Please be courteous with fellow participants and avoid blocking views.
3. Some buildings you will visit will charge a small fee for their facilities. Try to carry some change with you.
4. Personal bags and drinks must be left at the reception desk of some museums or historical buildings before entering. Entering with food or gum will not be allowed.
5. In some of the site visits you will enjoy to participate independently in extra activities such as in food or drink tasting, holding objects, climbing structures, getting better views, etc. Any of these activities will be considered voluntarily and at your own risk. You must fully assume the dangers and risks, considering factors such as your physical health and agree to use your best judgment while engaging in those activities. Geronimo and Road Scholar will not be held responsible as a result of or in any manner related to your participation in such activities.

On the Streets

1. Our group walks can be one of the most pleasurable activities of the program. We must follow safety procedures given by the group leader at all times. In some situations you will be asked to follow special instructions for your own safety.
2. Your group leader will provide maps that show the streets that you will be walking on. Feel free to ask the hotel's front desk if any maps are available. (Usually maps are left on the counter for the guest's convenience). Always carry this map with you, especially during your free walks.
3. Many of the streets you will be walking are made of cobblestone or uneven stones. Sidewalks can be very narrow or unlevelled. You will also come across small or big steps, especially when you walk through building doorways. We recommend you use comfortable shoes and a cane if needed. Please be careful to watch your steps during our walks.
4. As mentioned before, although sidewalks can be very narrow, you must walk ALWAYS on the sidewalk. When crossing a street we recommend using the end of the sidewalk or corner of the street. Most drivers will allow you to cross, but you must wait until they make a complete stop.
5. We understand how many wonderful sights or locations can capture your attention and easily distract you from the group, but it is very important to always stay in sight and close to the group. Our group walk will usually have an instructor guiding you through different street sights or buildings at a paced walk and in constant motion. Shopping and personal interest stops should prudently be planned for your own free time. If there is a need for you to stop, let any of the staff know so you won't get behind or lost.
6. All information given by our instructors during our walks is most interesting and will bring you knowledge of the sites visited. For this reason, we provide you with listening devices that allow you to get the most out of the lecture. The Group Leader will let you know when to take them with you. During the entire program you will be held responsible for your listening device and the device will be collected when the program concludes. If for some reason the quality in hearing is not good, first check your volume or your battery life. Please try to be aware ahead of time on the battery life so your group leader can provide you with new ones before any lecture. Another reason you might lose signal is that you are too far away from the group or group instructor. We again suggest you stay close to the group.
7. In Mexico you will find friendly and warm hospitality from the people but always use common sense with street acquaintances regarding strangers. Use your own judgment when meeting new people and avoid giving information of the places you will be staying or places you will be visiting. Keep your money and other valuables in a safe place and out of sight while walking or in public. Stay on well-lit streets and avoid walking through lonely streets or alleys.
8. If you confront stray animals, please try to stay away from them and avoid petting them since you don't know of their reaction or of any diseases they may carry.
9. A demonstration or street protest is intended to be peaceful but can turn confrontational and escalate into violence. Travelers are urged to avoid areas of demonstrations and to exercise caution if in the vicinity of any protests in order to enhance your personal security. Travelers should avoid political demonstrations and other activities that might be deemed political by the Mexican authorities. Political activities by foreigners are prohibited.

The Meals

1. Do not drink the water from any tap. Use bottled water only. Water served during meals is purified. When in doubt, ask the staff.
2. Your group leader will have the information you have provided in regards to the type of food you must avoid or that causes allergies. If you have any doubt or if there are changes in this information, please let your group leader know as soon as possible. This way your meal can be prepared in accordance with your diet.
3. In some of Mexico's dishes you may find ingredients that are not familiar. Most of these ingredients include spices or chilies that may be too strong for you. Let your group leader know if this causes any problems during your meal. We do suggest to be open to trying these different and succulent Mexican flavors.
4. Many of the traditional foods of the cities you visit in Mexico will be found at the stands of street vendors. We recommend to avoid eating from them if you are not used to eating from street vendors back at home.
5. When making the decision of eating at a street food stand, consider picking one that looks crowded, glance around and see if the stand looks clean, make sure whoever handles the money isn't also preparing the food, and choose a stand where the food is freshly prepared.

Departures

1. Plan ahead of time with your flight departure times. Check before the departure date if any changes in your flight have been made. If your flight has been modified, please make your group leader aware of these changes so accommodations in transportation to the airport can also be adjusted.
2. Always double check your hotel room for anything that might be left behind and remember to take any valuables from the safe in your room or at the front desk.
3. Once again, at the airport make sure you ALWAYS keep your luggage and belongings with you and in sight while waiting for your departure flight.

Always think safety and avoid any dangerous situations that can be prevented!



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