

UDEM

**STUDENT
HANDBOOK**

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ABOUT MEXICO

MEXICO



Mexico is a country with a beauty and richness that amazes its visitors. Its cultural heritage, beautiful sceneries, and the warmth of its inhabitants make Mexico the perfect place to visit; and this is why it is among the ten most visited countries in the world.

The diversity of the country can also be discovered through its gastronomy, traditions, folklore, and industry. From Baja California to Quintana Roo, Mexico offers a wide array of tourist destinations where visitors will be able not only to immerse themselves in different cultures and different moments of history, but also to practice all kinds of activities, from waterskiing to mountain climbing.





ABOUT MONTERREY

MONTERREY

Your first few weeks in Monterrey are going to be busy ones, so use this handbook well to ensure a smoother transition into UDEM and Monterrey. An up and coming, young and vibrant city, Monterrey is the second largest metropolitan area after Mexico City, and the third most populous after Mexico City and Guadalajara with close to **five million inhabitants**. It is the first industrialized city in Latin America and boasts more than 40,000 small, medium, and large industries and companies today.

During your visit you will observe the Sierra Madre Oriental to the south of the city, to the southwest La Huasteca, to the west the Cerro de Las Mitras, to the northwest the Cerro del Topo Chico, and to the southeast, the famous **Cerro de la Silla** ("Saddle Mountain"). It gets its name from the fact that it resembles the shape of a horse's saddle. This mountain has been declared a national natural monument.



- # CLIMATE AND WEATHER

Monterrey has a **semi-arid climate**. Its weather is temperate in the spring and autumn, and is extremely hot in the summer, when temperatures fluctuate between 24°C and 35°C but can rise as high as 40°C.



During winter, from November to January, temperatures fluctuate between 5°C and 15°C and may even hit freezing temperatures.

- # MONEY MATTERS

As for travelers' checks, practically the only ones that are accepted are from American Express. If you are considering others, please speak with someone from the International Office first to see if they are accepted in Mexico.

If you plan on opening an account with a local bank so that your family may send you money, it is important for you to obtain the necessary information from your bank in order to ensure successful delivery of funds: name of the bank where the account is located, location, branch, SWIFT code.



Additionally, you need to provide the sender with your complete account number, full name, and name of the corresponding bank.

It should be noted that a transfer to your account is paid out in Mexican pesos at the current exchange rate on the day the transfer is received, and a fee is charged for the transaction.

It will take approximately one to two days for a money transfer from the US, Canada, or Europe to be processed. It will take at least 3 days for transfers coming from South America, Asia or Africa.

If you want to bring cash with you at your arrival, we strongly suggest to bring **USD dollars or euros**. Any other currency will be impossible to change.



- # COMMUNICATION

The best way to communicate with people in Monterrey is buying a **Mexican mobile**. You can get one starting at 500 MXP (about 40 USD) .

To communicate with your family and friends **back home**, the easiest and cheapest option is Skype. You can also buy long distance prepaid cards at supermarkets, convenience stores, and even at the UDEM bookstore.



The most frequently used prepaid service is "Amigo", from Telcel, since the credit can be recharged starting from 20 MXP, at any supermarket, convenience store, or ATM.

Consider that mobile services in Mexico are usually more expensive than in the U.S. and Europe.

You can also buy a SIM card for your mobile, but you will have to check if it is compatible. rates at 1.20 MXP per minute to some numbers and unlimited calls and SMS to others, regular calls cost about 4.16 MXP per minute.

• SHOPPING

- In Monterrey, most stores are open Monday to Sunday, generally from 10:00am to 8:00pm. Large grocery stores are usually open until 11:00 p.m. Offices are generally open Monday through Friday, 9:00 a.m. to 6:00 p.m.
- It is cheaper to buy groceries at large supermarkets such as HEB, Soriana and Wal-Mart than at convenience stores like 7-Eleven. It is also generally cheaper to buy food items in bulk (larger quantities). Some bulk stores include Costco and Sam's Club (membership required).



Near campus:

Major grocery stores like HEB and Soriana and other businesses are located on Calzada Del Valle and Avenida Humberto Lobo. You can get there easily by taxi.

Some of the popular shopping malls that carry quality local and imported name brands include Palacio de Hierro on José Vasconcelos and Valle Oriente on Lázaro Cárdenas.

• HOW TO GET AROUND?

BY TAXI

All students are encouraged to ask for a **Safe Taxi** every time they need the service. Safe Taxis are the ones who have a regular base where they operate from. Even when taxis circulating on the street might be safe to hail, a safe taxi is always the best option. Taxis circulate everywhere at any time; their meter should start at about \$13.90 pesos and increase by \$7.00 pesos per Km.

Make sure that your taxi has a meter and that they are using it appropriately; if they don't, make the taxi stop and get another. Some taxi services have fixed rates for certain runs (e.g. from hotels, airports, and the bus station).

BY BUS

Buses and 'peseras' (smaller buses) have routes that cover most of the metropolitan area and cost about \$10.00 pesos, while panoramic buses are more expensive. The most used routes are 202, 203, 204, 130. Metrorrey is another bus route that stops at different Metro stations; they are a bit more expensive (like the Metro).

The Metro has 2 lines, the north-south (long line) and east-west (shorter line); unfortunately, no metro line passes by San Pedro, so you may probably need to use the buses or taxis.

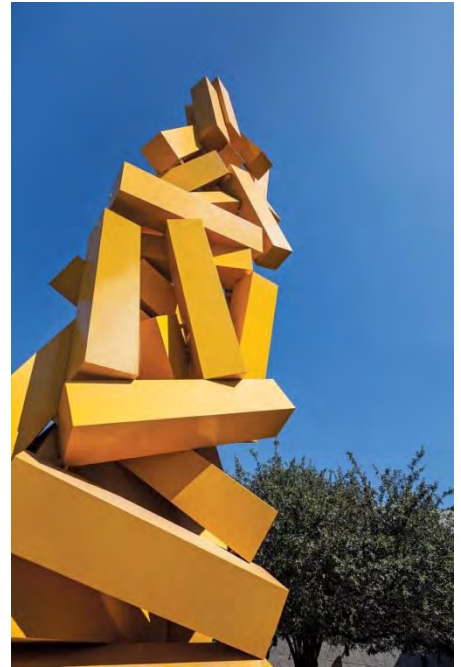




ABOUT UDEM

- # ACADEMIC LIFE

The semester at UDEM consists of various major exams, one each month and a final exam that is averaged with the monthly exams to obtain the final grade. Graded on a scale of 0 to 100, 0 is the minimum and 100 the highest grade. The minimum passing grade is 70. Please be aware that a failing grade here automatically transfers as a failing grade back home.



The UDEM student ID is the university's official identification card. It identifies registered students and gives them access to library loans and services, and to UDEM campus grounds. New students may obtain their student IDs at no costs at the Rectoria (Central Administrative Building). The International Programs Office (DIPI) will let you know by Email, when to go there to get your student ID. In the meantime, please make sure to carry any other ID in order to enter the campus.

• UDEM CALENDAR

The academic year begins with the fall semester. The fall semester begins in the first week of August and ends in mid-December. The spring semester begins in the second week of January and ends in the last week of May. You find the dates below. They may change, so please, expect an email from the International Office with the accurate dates per semester.

SPRING SEMESTER:

Orientation Session
(mandatory for international students):
Wednesday to Friday prior to the first day of classes.

Beginning of term:
Monday of the second week of January

End of classes:
First week of May

Final exams:
Last two weeks of May

SUMMER SESSIONS:

The International Office offers a variety of summer programs for international students, like Spanish and Mexican Culture, Tourism, Business, Arts, and Humanities.

FALL SEMESTER:

Orientation Session
(mandatory for international students):
Wednesday to Friday previous to the first day of classes

Beginning of term:
Monday of the second week of August

End of classes: last week of November

Final exams: first two weeks of December

- # REGISTRATION

Fall semester: Course registration starts in late May.

Spring semester: Course registration starts in late November.

It is important for International students to send their class request prior to the registration date in order to guarantee a space in their required classes. Failing to send your course list on time will affect signing you up in the groups you request since available spaces will diminish.



Changes to your class schedule can **ONLY** be made the first week of classes. After the first week, you will only be able to withdraw from a class, but not add or switch any. On the first day of classes, check that your professors have your name on their roster. If they do not, ask them to please write your name in and alert a DIPI staff member immediately. Professors **CANNOT** register you in courses so all course changes must be done through DIPI.

COURSE LOAD

Exchange students can participate in curricular and co-curricular courses. Curricular courses are regular classes related to the academic programs, like marketing, economics, business, design, etc. Co -curricular classes are optional, the areas offered are the following:

- Physical education (sports)
- Cultural affairs (dancing, singing, arts)
- Student leadership
- University ministry
- Community service

COURSE SELECTION

- The maximum of courses you are able to register per semester is 6 curricular courses plus 1 co- curricular course.
- The course catalogue is updated two or three months prior to the registration of courses. International advisors will send the updated course catalogue directly to students for class selection.
- If you enroll in a Spanish as Foreign Language course, the International Student Advisors will gladly help you. This Spanish course is part of the six courses allowed to register, and you will be placed in the appropriate level according to the Spanish Proficiency test you will be required to take, along with the rest of the international students, during orientation sessions.

- # INFORMATION TECHNOLOGY

- Wireless Internet Access:

If you have a laptop computer, Smartphone or an electronic device with wireless capabilities, you can sign on to UDEM's free wireless network using your UDEM username and password.

- Portal UDEM:

Portal UDEM is a one-stop shop for students, faculty and staff to access personalized resources online. The website provides links to your UDEM email account, course material and grades, campus information, news and events



- Computer Facilities:

On campus, students can access computers equipped with the Microsoft Office suite at the UDEM library and in the residence hall.

• INTERNSHIPS

For some years, UDEM has implemented guided internships for all its academic programs as a requirement to graduate. As in all UDEM programs, guided internships consider the current conditions of the job market in the country and around the world.

The internships take into account the needs and wishes of the students and the companies, while giving all students the opportunity to develop and grow as professionals, faithful to the goals and objectives of the University.

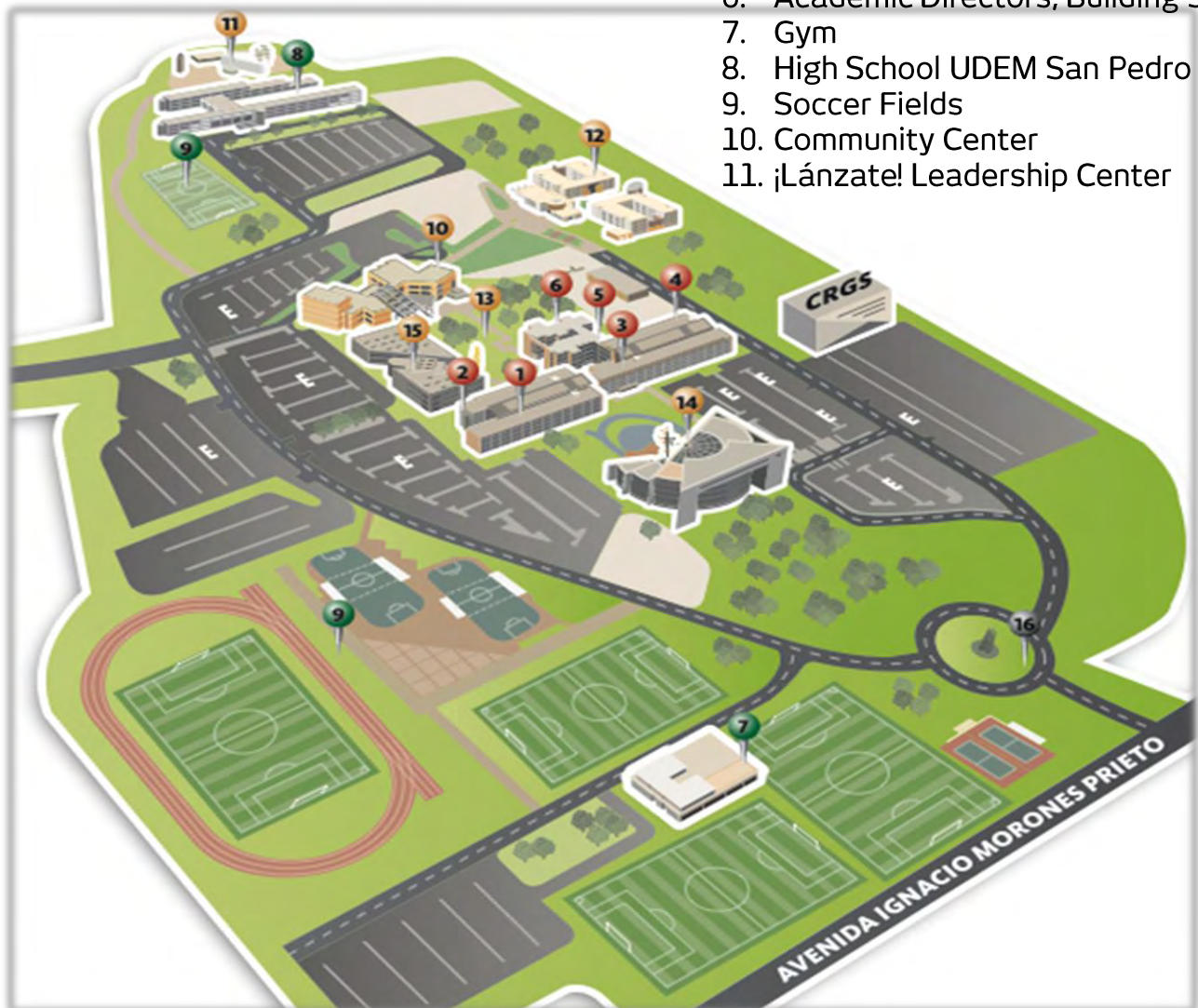


There are a diverse number of academic programs at UDEM. Whether a student of engineering, medical sciences, art, social studies or humanities, it is possible to quickly find a place in a company, association, government or NGO, a museum, hospital, school, or law firm. You only need to maintain a positive attitude, and UDEM will provide support, so that your experience will be as beneficial as possible.

• STUDENTS SERVICES

UDEM offers a wide range of support services to help you master the challenges of university life. The departments, programs, and facilities highlighted here can help make your UDEM experience a successful and rewarding one. Take full advantage of them!

1. Classrooms, Auditoriums, Building 1
2. Classrooms, Building 2
3. Classrooms, Labs, Building 3
4. Classrooms for Masters, Building 4
5. Labs, Building 4
6. Academic Directors, Building 5
7. Gym
8. High School UDEM San Pedro
9. Soccer Fields
10. Community Center
11. ¡Lánzate! Leadership Center





HOUSING

• ON-CAMPUS HOUSING

Living in the residence hall will put you within walking distance from everything on campus.

Within the residence hall grounds itself the following amenities are available exclusively for residents' use: computer lab, TV lounges, study rooms, print kiosks, gym, wireless zones, laundry room, dry cleaning service, personal mailbox, vending machines, 24 hour medical service, psychiatrist, dietician.

Each room is occupied by two students and comes furnished with a desk , chair, drawers and a bed each. Also included are a microwave, mini-fridge, air conditioning/heat and a telephone.



- Thus, it is advised that students bring the following:

Single bed sheets, bedspread/blanket, pillows and cushions, reading lamp, alarm clock, TV, toiletries.



For more information, please
visit

[www.udem.edu.mx/residencia](http://www.udem.edu.mx/residencias)

[s](http://www.udem.edu.mx/residencias)

or email

[*residencias@udem.edu.mx*](mailto:residencias@udem.edu.mx)

with any inquiries.

DIPI will gladly serve as an
intermediary if needed.



• OFF-CAMPUS HOUSING

- We will post in our Facebook group the information regarding housing off campus. We know you are worried about where you will live next semester but we assure you that everybody will find a place to stay, you just need to be patient.
- It is very important for you to know that **we do not suggest**, recommend, or encourage students to book a place without personally visiting it first. Costs vary depending on location, number of persons sharing, etc. but a shared house or apartment near campus costs **between 3,000 MXP and 5,000 MXP monthly (\$300-\$450 USD)**.
- The International Office is not responsible for housing.



• HOUSING TIPS

We want you to choose the best housing option so you can have an incredible experience. Please find some recommendations below.

- The International Office and Busco Hogar will not forward your information to property-owners. If someone contacts you offering housing, please check with the International Office about this person's identity.
- Once you arrive and start visiting properties we recommend that you go with your I-Buddy or some local person that can help you when negotiating.
- Please read thoroughly all documents before signing them.

Demand a lease contract that includes the following:

- Monthly price, deadline for payment, increase per semester or year, penalty for not paying on time.
- Ask if it is necessary to give a down payment as guarantee (if so, clarify the reason for this payment, ask for a receipt, and make sure its devolution appears on the contract).
- Conditions and functioning of the property (tell the owner about any malfunctioning and include it on the contract so you will not be held responsible for that).

- Responsible person for paying utilities (water, electricity, telephone, gas, etc.) and conditions (we recommend you to get your own phone line to avoid any complications)
- Ask if there is any kind of service included (meals, cleaning, linens, towels, ironing, etc).
- Length of the contract, conditions, and penalties for canceling it.

Ask for any rules of behavior inside the house and get a written copy of them. The document should explain at what time are you allowed to arrive, what kind of visits you are allowed to receive, how to use the common areas, etc.

Clear up any issue not included in these recommendations and ask Busco Hogar in case you have any question.

We recommend that all students living in that property sign a contract with the owner. This will prevent problems if someone decides to move out, doesn't pay, etc. We do not recommend subleasing a property without signing a contract with the other students because, in case they do not comply, you will be held responsible for everything.





PREPARATION

- # HEALTH INSURANCE

It is mandatory for all international students to have health insurance to cover for all medical expenses incurred in case of illness or any accident in Mexico. Please submit a copy of your insurance policy as soon as possible or deliver it upon arrival. We need to know the company name, emergency number, and expiration date.

You can acquire any insurance as long as it covers you during your entire stay in Mexico. However, consider that international insurance companies usually operate by reimbursement, so if you incur in any medical expense you will have to pay for it and they will pay it back later.

It is important to take this into account, since medical services in Mexico are really expensive and you need to clear your bill to be released from the hospital. So it is absolutely necessary to have a credit card with enough credit in case of emergency.

UDEM also offers insurance and you can obtain it upon arrival. It costs around \$3,200 MXP (about \$220 USD) for six months. This insurance covers many hospitals in the city and there is no need to pay for all medical bills, only a deductible.



Health Insurance is MANDATORY for all students
Exchange students may bring an international insurance, but must be aware that most insurances operate by reimbursement and may not cover extreme sports.

• VISA PROCESS

Navigating another country's immigration system can be challenging. This section provides answers to frequently asked immigration questions. It's important to check if your country is restricted and might need a visa to enter the country. If you do it's important to go to the nearest Mexican Embassy or Consulate to start your visa process.

-Countries that don't need a visa:

http://www.inm.gob.mx/index.php/page/Paises_No_Visa

-Countries that need a visa:

http://www.inm.gob.mx/index.php/page/Paises_Visa

On your flight to Mexico you will receive a Multiple Migration Form (FMM Forma Migratoria Múltiple), which you must complete and present to the immigration officer in the airport. You must keep this form, it is very important that both your FMM and your passport are stamped by the immigration officer.

- STUDENTS COMING FOR ONE SEMESTER:

If your stay as an exchange student at UDEM will be for one semester, you don't need to start a process back home, unless your country is restricted it's important to start a process to enter México.

- STUDENTS COMING FOR A YEAR:

If your stay at UDEM is for a year (two semesters) it's extremely important that you request and notify the embassy or consulate that your visa must be granted for 365 days. The acceptance letter from UDEM will confirm this information. If you do not explicitly request this, your visa will be granted for 180 days.

In Monterrey you can't start a process to get a student visa so it's very IMPORTANT to do the process back home.

Your advisor will send you additional information regarding your student visa.





STUDENT LIFE

- I-LINK

Have a question or need some help?

I-Link connects new international students with continuing UDEM students through a buddy system and regular group activities.

This student association will help you settle smoothly into Monterrey, and will show you the beauty of the country. I-Link members are UDEM student leaders who voluntarily assist international students with basic needs and organized activities with the purpose of making their transition to UDEM and Monterrey a smooth one. This student-led organization is a great opportunity for you to meet new friends, feel connected to your new community, get academic support from peers, get to know the people and their culture, and build up your conversational Spanish skills.



Some of the activities that I-
Link promotes, along with
the International Office, are:

- Get together
- I-Orientation
- Welcome party
- Amazing taco race
- International Dinner
- Bowling
- Movie nights
- International Fair (I-Fair)
- Altruistic activities
- Thematic parties
- Closure ceremony



Visits in Monterrey to:



Cola de Caballo

Grutas de
García



Downtown

Parque
Chipinque



Obispado

• STUDENT LIFE

There's more to being a successful student than studying! Meeting people, seeing the city, exercising, and participating in the campus community is not only fun, it's also a vital part of achieving a balanced student lifestyle.

Many international students say that making friends helps them succeed at UDEM. Meeting people and making friends can reduce the impact of cultural transition and ease you into academic life.

Most Mexican students welcome the opportunity and are eager to meet new people and learn about other cultures but you should take the initiative to reach out to them as well. Do not forget to try our co-curricular courses. Remember that you may register one in any of the following areas:

- Student Leadership
- University Ministry
- Physical Education
- Cultural Affairs
- Community Service

Co-curricular courses are great for meeting people.



HERE ARE SOME SUGGESTIONS FOR MEETING PEOPLE:

- Attend orientation
- Participate in DIPI sponsored and I-Link events
- Join a student organization
- Seize opportunities to involve yourself in community service learning projects





YOUR FIRST DAYS IN MONTERREY

• ARRIVAL TIPS

1. The first thing that we would like you to do, in order to alleviate the stress, is to investigate a little bit about Mexico and Monterrey. Our suggestion is for you to visit the following webpages:

- <https://www.visitmexico.com/es/nuevo-leon>
- <https://www.zonaturistica.com/atractivos-turisticos-en/368/monterrey-nuevo-leon.html>

2. In the flight to Mexico, you will get a **Multiple Migratory Form (FMM Forma Migratoria Múltiple)** which you must complete and present to the migration officer at Monterrey's airport (Aeropuerto Internacional General Mariano Escobedo, <http://www.oma.aero/en/>).

If you already have a student visa on your passport please show this as well to the migration officer. Make sure the officer stamps your passport and your FMM.

ESTADOS UNIDOS MEXICANOS
FORMA MIGRATORIA MÚLTIPLE (FMM)
 ESTA FORMA DEBE SER LLENADA DE MANERA INDIVIDUAL POR TODO EXTRANJERO QUE SE INTERNE A MÉXICO, INCLUIDO EL PERSONAL DIPLOMÁTICO.
 THIS FORM MUST BE COMPLETED INDIVIDUALLY BY ALL FOREIGNERS ENTERING TO MEXICO, INCLUDING DIPLOMATS.

REGISTRO DE SALIDA/DEPARTURE REGISTRATION

Datos como aparecen en el pasaporte/Personal information as it appears on the passport

1. Nombre/First name 2. Apellido (s)/Last name 3. Nacionalidad/Nationality
 4. Fecha de nacimiento/Date of birth 5. Sexo/Sex 6. No. Pasaporte/Passport No.
 7. Vía de internación/Entering By 8. No. de vuelo o matrícula de la aeronave o embarcación/Flight No. or vessel registration
 9. Nombre de la Aeronave o embarcación/Airline or vessel name 10. Tipo de Viaje/Purpose of the Trip

USO OFICIAL

ESTANCIA MÁXIMA HASTA 180 DÍAS
☐ Visitante Actividad NO Remunerada ☐ Visitante Actividad Remunerada ☐ Visitante Razones Humanitarias

ESTANCIA MÁXIMA 30 DÍAS
☐ CANJE ☐ REPOSICIÓN

ÚNICAMENTE PARA EFECTOS ESTADÍSTICOS
☐ Pasaporte No. Ordinario ☐ Tarjeta Residente Temporal o FMM a FMM ☐ Tarjeta de Residente Permanente, FMM o FMM de Inmigrado ☐ Tarjeta de Visitante Razones Humanitarias o Con Fines de Adopción

Temporalidad Ampliación de estancia
 días/days días/days

SE LLAMADO DE ENTRADA

3. After you pass the immigration area, you may go to get your luggage. After picking your luggage you must go through customs and then you move on to the main area of the airport. If you do not have Mexican pesos then it's the moment to **get some cash**. Nearby the exit of the airport and near the area of the international arrival you will see an exchange booth. They usually have good exchange rates. To start with, we recommend you to **get about \$1,000 MXP** (about \$65 USD or \$50 euro).

4. Transportation from the airport by taxi is very safe and not very expensive. Go near the international arrival area and to the taxi booth and buy a ticket, these have already fixed rates depending on the city area you are headed to.

The International Programs Office closes at 6:00 p.m., and transportation from the airport to the university takes around 45-50 minutes depending on traffic.

• PROVISIONAL LODGING

Here you will find some accommodations where you can check-in in your first days in Monterrey:

HOTEL BEST WESTERN VALLE REAL

<http://www.hotelvallereal.com/>

- Reservations: on their website, to:
ventas@hotelvallereal.com or call +(52)(81) 8173-8000

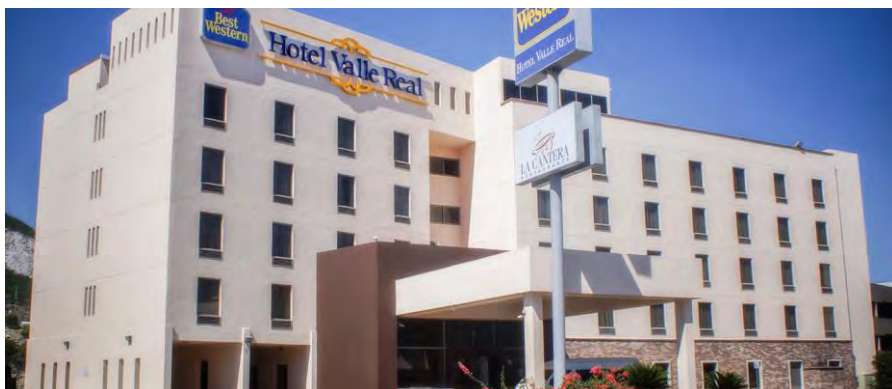
- Location: Blvd. Antonio L. Rodríguez 3062, Col. Santa María, Monterrey, N.L. México C.P. 64650

-

- Transportation to UDEM: the hotel is located about 10 minutes by car from UDEM. The approximate cost of a taxi from the airport to the hotel is \$350 MXP (\$20 USD).

- Free shuttle to UDEM might be available.

- Cost: --



LA CASA DEL BARRIO

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

Reservations: reservaciones@lacasadelbarrio.com.mx

- Location:

Diego de Montemayor 1221
Col. Centro-Barrio Antiguo
CP. 64000
Tel: +5281-8344-1800

- Transport to UDEM:

a taxi to UDEM will be your best option.

- Cost: --



HOTEL SLEEP INN

<http://www.choicehotelsmexico.com>

-Reservations: En su página web, ventas2@sleepinnmonterrey.com, o + (52)(81) 81 2270-7530

-Location: Blvd. Antonio L. Rodríguez 3074, Santa María, 64650 Monterrey, N.L.

-

-Transportation to UDEM: the hotel is located about 10 minutes by car from UDEM. The approximate cost of a taxi from the airport to the hotel is \$350 MXP (\$20 USD).

-Cost: --

• BASIC SPANISH

Notice that Spanish has **informal and formal ways of speaking**. This is because there is more than one meaning to "you" in Spanish (as well as in many other languages.) The informal you ("tu") is used when talking to close friends, relatives, animals or children. The formal you ("usted") is used when talking to someone you just met, do not know well, or someone for whom you would like to show respect (a professor, for example).

¡Buenos días!
Hello! / Good morning!

Hasta la vista / Hasta luego.
See you / See you later.

¡Buenas tardes!
Good afternoon!

Hasta pronto.
See you soon.

¡Buenas noches!
Good evening! / Good night!

Hasta mañana.
See you tomorrow.

¡Hola!!
Hi!

(Muchas) Gracias.
Thank you (very much).

Adiós.
Good bye

De nada.
You're welcome.

Bienvenidos

Welcome

¿Cómo se llama usted?

What is your name? (formal)

¿Cómo te llamas?

What is your name? (informal)

Me llamo... / Mi nombre es...

My name is...

Mucho gusto. / Encantado.

Nice to meet you



¿Habla usted español?

Do you speak Spanish? (formal)

¿Hablas inglés?

Do you speak English? (informal)

¿Puede ayudarme?

Can you help me? (formal)

¿Cómo se dice ____ en español?

How do you say ____ in Spanish?

¡Que le vaya bien!

Have a nice day!



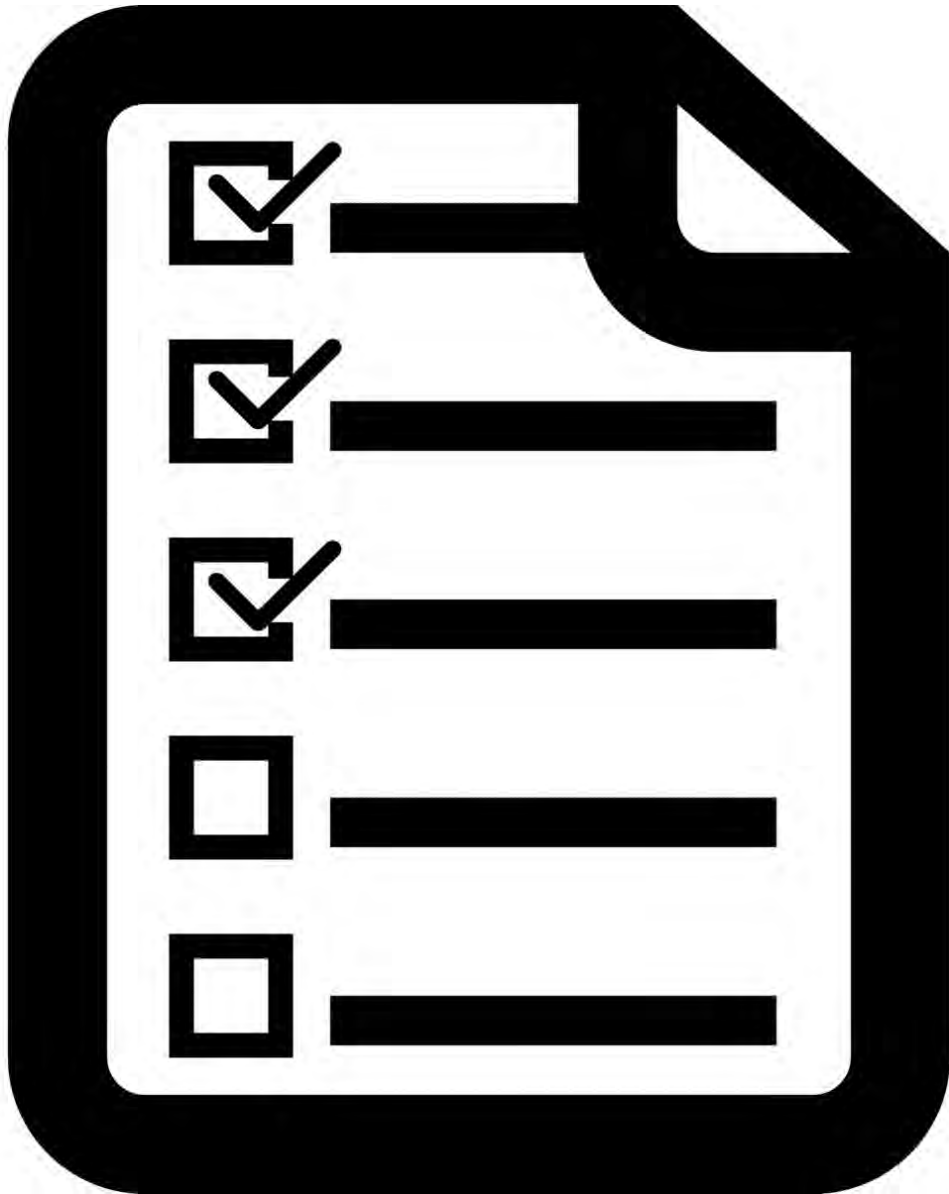
• SAFETY TIPS

- Complete your information on the directory DIPI will send you at the beginning of the semester.
- Take special care of your wallet and official documents.
- Keep your valuable belongings in a safe place at home.
- Be respectful to authorities at all times. If you are arrested, they should not take your original documents.
- Have a Mexican mobile number and always have enough credit to make calls.
- Memorize some friends' numbers in case you lose your mobile or in case of an emergency.
- Acquire a health insurance that covers all medical expenses in Mexico and have the information always at hand.
- Have a credit card that you can use in case of emergency.
- Email yourself a copy of your visa, passport, and important documents.
- If you are traveling, notify DIPI, your roommates, I-Buddy or any friend. Leave a copy of your itinerary.
- It might be possible to be drafted for antidoping while at UDEM.

DONT'S:

- Do not carry around your original visa and passport, a copy is usually enough.
- Do not carry around unnecessary documents in your wallet (stuff you just use in your home country or university)
- Do not carry too much cash, take just what you will need for the moment.
- Leave any valuable belongings (electronic devices, backpacks) inside vehicles, but not in plain sight; they could draw someone's attention.
- Do not leave your keys under the rug, the pot, etc. You never know who is watching.
- Do not consume drugs, they are illegal.
- Do not drink on the streets, it is prohibited and you may get arrested.
- Do not hail taxis from the street, call a Safe Taxi.
- Do not pack valuable belongings or electronic devices in your checked baggage when traveling.





CHECKLIST

- # BEFORE COMING

- Apply for a Mexican student visa at the nearest embassy or consulate if required. You will need UDEM's official acceptance letter.
- Speak to your academic advisor about credit transfer requirements. Get your learning agreement approved by your home university and consider alternate courses in case you need to change them upon arrival.
- Send your class request (courses you would like to register) to your UDEM advisor and make sure you receive your registration confirmation.
- Book your flight and check any particular visa requirement if you are traveling through the U.S. to get to Mexico. Remember orientation sessions are mandatory.

- Acquire a health insurance that covers you during your entire stay in Mexico. Send the information to your UDEM advisor.
-
- Notify your I-Buddy about your arrival information. If you have not been contacted by your I -Buddy, please e-mail your UDEM advisor.
- Make copies of important documents (passport, visa, credit card) send them to your email address and keep a second copy in your carry-on.
- Make sure you have the complete address of where you are arriving in Monterrey (UDEM, hostel, hotel) and your I-Buddy's mobile.
- Bring your airline customer service telephone with you in case of lost luggage and the information of your flight/baggage.

- ## UPON ARRIVAL

- Attend orientation sessions.
- Buy a Mexican mobile number.
- Complete DIPI directory.
- Deliver your health insurance confirmation.
- Check your Spanish placement and go to your advisor in case you want to make changes in your schedule.
- Make sure teachers have your name on their rosters.
- Get your UDEM student ID (you will be notified when to go and get it).

- ## BEFORE LEAVING

- Check your "Portal UDEM" to see if all your classes and marks are uploaded.
- Take care of anything you may have left unpaid at UDEM (library, residences, etc.)

• WHAT TO BRING?

Almost everything you will need during your stay can be acquired upon arrival at supermarkets and shopping malls. However, there are some things you may consider bringing from home:

- Stock up any prescription drugs or antibiotics you must take. In Mexico, these cannot be bought at drugstores without a prescription.
- Contact lenses if needed. Bring a copy of your eye prescription in case you need to get replacements.
- Power adapter or voltage converter. Depending on your host country you may need both a plug adapter as well as a voltage converter. Voltage in Mexico is 110 v.
- Bring clothes according to the weather, be prepared for climate conditions.

You don't need to bring:

- Personal hygiene products unless you need to use any particular brand or item.
- Linens and towels. Some housing options provide these and if they don't you can buy some at the supermarket at very reasonable prices

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CONTACT INFORMATION

UDEM