Student Handbook

For

ANAR 155s: Ancient Art and Cities of the Maya
A UCSD Summer Session and Department of Anthropology Study Abroad Course

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Welcome to ANAR 155: Ancient Art and Cities of the Maya! This rather ungainly title describes a UCSD Anthropology course offered during Summer Session 2015. The course consists of a two-week long trip to Honduras, Guatemala, and Mexico during which we will visit 27 sites and four museums highlighting the ancient Maya civilization.

The goals of the course are:

To teach students about the history, art, and architecture of ancient Mexico & Central America within their actual context;

To provide an experiential approach to learning that is not possible in the classroom;

To act as a field complement to ANAR 153 (The Mysterious Maya)

To introduce students to indigenous and Latin American cultures by interacting with living people;

To provide a short, highly intensive course within the structure of UCSD Summer School that does not interfere with the Summer employment needs of students; and

To provide an Education Abroad experience that is less expensive and open to students who have program needs that require their presence on campus during the school year.

What you are now reading is a Student Handbook designed to answer some of your questions about the course, what we will be doing, where we will be going, how you should get to Mexico, what you should bring, and what my expectations will be as a professor.

Course Outline

ANAR155s is a Study Abroad course that will be held in Mexico, Guatemala, and Honduras from 16 August to 1 September. During this time, you will learn about the history, art, and architecture of ancient Mexico by visiting cities, pyramids, tombs, and palaces built by the Maya. We also will tour museums that house important collections of art and other artifacts produced by these cultures. If you have already taken ANAR 153: The Mysterious Maya, this travel course will greatly help you in understanding and contextualizing the lectures you have already heard. Ancient Mexico will come alive for you in a way that is impossible within the classroom. If you have not taken ANAR 153: Don’t panic! By the end of this course, you should learn the fundamentals of the history
of Precolumbian Mesoamerica and develop a strong appreciation for the accomplishments of the Maya culture.

A Trip Itinerary has been provided to you in a separate handout and is also available through the Department of Anthropology website. The itinerary mentions the sites and museums that we will visit each day. In this section of the Student Handbook, I discuss such things as our typical daily schedule, the book(s) you should bring and read, and my expectations from you as students.

**Daily Schedule: Room, Board, and Activities**

**Accommodations.** While in Mexico and Central America, we will be sleeping in hotels. These are included in your course fees. The hotels will not be fancy places, but they certainly will not be dirty fleabags. According to the Mexican Board of Tourism, they will be three-star hotels. You can expect private bathrooms with running hot/cold water, fresh sheets, and generally well-kept and clean rooms. Most will have air conditioning and others will have fans. Some hotels will have televisions (remember: t.v. is in Spanish!), and a few may have swimming pools. Special note should be made of the accommodations for one night in Guatemala. This will be spent at an “ecolodge” on Lake Yaxha. The lodge is clean but rustic. Many of you will have to sleep in simple dormitories (with bunk beds) that night. In all places, you will share a room with another student, unless you have already paid extra for a single. You will be given the names and contact telephone numbers of the hotels shortly before the trip begins. You should bring a copy of this list with you (and have it on your person at all times) and should also leave a copy with your parents, in case there is an emergency at home and they need to contact you.

Typically we will wake up rather early. Most days will begin for us at 6 AM, and a few may begin an hour or so earlier. You will get used to me saying “Time to get in the van!” at an hour when many of us would rather be sleeping! An important note: since this is a course rather than a packaged tour offered by a company, you will be responsible for getting your bags to and from the van. Please don’t expect me or our chauffeur to do it for you.

Our day of visiting sites will end when they close, typically at 5 or 6 PM. Some evenings, we may visit museums that are open until 7 or 8 PM. Many days we will leave an archaeological site, drive for an hour or two to a hotel, check in, and then eat dinner. Some days (in Merida, Palenque, and Xpuhil) we will stay in the same hotel for multiple nights. On these occasions, you may leave your “night pack” (clothes, most toiletries, etc.) in the hotel. If you are concerned about safety issues, please talk to me or to the chauffeur.

**Transportation.** During the day, we will drive from archaeological site to archaeological site in a hired van. Most of your course fees will be applied to renting the private van, paying our chauffeur, and paying insurance. Our driver will be David Salas, who has worked for me in this capacity since 1999 and is a scrupulously honest and dependable person. He also is a licensed guide and a member of the guide union in Mexico, and is licensed and insured to drive a public transportation vehicle. This is important: it would be illegal to run the course in Mexico without a licensed guide, licensed chauffeur, and licensed public conveyance vehicle. David speaks English and is always happy to learn more. He also is a devoted bird watcher; if you have an interest in
ornithology, you should talk to him about it and I am sure he will point out various birds to you. Like most educated Mexicans, he knows an awful lot about the history of his country (much more than a typical American would know about the U.S.A.). He will be able to answer any question you may have about the colonial, independence, revolutionary, and modern periods of Mexican history.

The private van we will be driving will be clean, new, and well kept. It will have an air conditioner and will seat up to 12 students.

Archaeological Sites and Museums. Entrance to all archaeological sites and museums is provided as part of your course fee. Some museums may have additional charges for the use of a camera (although I doubt it), and flash is prohibited in all museums. Tripods are generally forbidden in Mexico, but may be used in Guatemala and Honduras. Recently, Mexican law has been changed to allow the filming of video at archaeological sites, but an additional charge is always required at the gate. This charge is typically about $4 U.S. for each and every site, so it can get expensive. If you wish to shoot video, please keep in mind that you will have to pay this additional fee yourself.

On the way to each site, I will present a general background lecture consisting of information that you should know. Some of the sites are only poorly understood (i.e., archaeological work has been limited to consolidation or reconstruction rather than scientific research, or very little has been published to date), and these formal lectures will be short. My style is very different from that of a “professional” guide. If I do not know something, I will tell you.

We will tour each site as a loose group. Sometimes you may wish to go off with other students. This is alright, but I will ask you to stay within earshot. One reason is that I will talk about various features, buildings, and works of art that we will see; I do not want you to miss anything important. The size of our group is such that we often will be having conversations about what we see, rather than a more formal guided tour. I promise that I will not rush you by something interesting so that we finish quickly!

Perhaps the most important aspect about the course is this informal setting. You are encouraged—even required!—to ask questions and to participate in discussions about what we see. I very much doubt that you will have another chance as an undergraduate student to engage in so much one-to-one interaction with a professor. One of the goals of the course is to give you this sort of attention as a student.

Food and Beverages. Included in your course fees are breakfasts and lunches. Most often we will have sit down meals in restaurants, but from time to time we will have picnics. David is an excellent cook, and on these days he will prepare something while we visit a site.

We will always bring water with us in the van. You should have some sort of container for carrying it with you, like a Nalgene bottle or small canteen. Most sites will sell soda pop and other beverages, as well as purified water. Most sites will also have bathrooms, although their quality will vary dramatically. Be prepared and bring your own paper!

You should bring enough pocket money with you at all times to buy snacks and drinks (other than “van water”) as you wish. You will be asked to purchase your beverages at meal times; some people seem to drink a lot more expensive beverages than others, and it is unfair to split the cost evenly. A word about alcohol—the drinking age is 18 in Mexico, Guatemala, and Honduras. You will be expected to maintain civil
behavior at all times, and drunkenness during the course hours of the day will not be tolerated. Please remember this is a university course and not a party. But I have never had this problem with a class, and I do not expect to this year!

We will share two dinners—on the first and last nights of the course—that are included as part of your course fees. The first night we will have a Welcome Dinner. The last night we will have Farewell Dinner and also a Final Examine (do not worry, you’ll enjoy it!). During the other nights of the course, you will be free to eat wherever you choose. In part, this is to give each of you a chance to experience Mexico as you wish. It also is a chance to give each of us a little “down time” when we are not forced to be together in a big group. It will also allow some of us to save a little money by eating in inexpensive restaurants. Finally some of us may have dietary needs or requirements that are not easily met during the day. If you have to have your daily Big Mac, pizza, or tofu burger, this is the time to do so! You will need to bring enough money with you, therefore, to pay for 14 dinners. Please see the section on Money for more details.

A final word about food: If you have special dietary needs or requirements, it may be difficult to meet them. In particular, if you keep strictly Kosher or are a Vegan or have certain life-threatening food allergies, you may have to bring your own food. It may be impossible to meet these requirements any other way. Please keep this mind when packing.

**Grades and Expectations**

This is a study abroad course, not a formal lecture-hall course. Moreover, simply by enrolling, each of you has expressed an interest that is far beyond that which is typical for an on-campus course. My expectations of you as a Study Abroad student are therefore quite different from my expectations of classroom students, and the final grades I assign reflect this difference in expectations.

I ask that you participate in discussions, ask questions, and talk. You will be assigned a short and simple textbook (see below), which I will ask you to read. There also will be an oral Final Examine delivered personally to you on the final night of the course. You should not fear this experience, but think about it as a way to recapture the things you have seen and experienced during the course. Your final grade will be based on our conversations, your questions, and on this final exam.

**Textbook and Other Books to Bring**

There is one required textbook for this course. You should order it through whatever vendor you like. I have chosen it because it is easy to read, inexpensive, and extremely compact. Please buy it and read it before we go, and then re-read it during the course. The textbook is:

Coe, Michael D.


Please make sure you have the current eighth edition. Earlier versions are now woefully out of date, incomplete, and inaccurate.

You also may wish to purchase a general guidebook to Mexico and Central America. I like the *Lonely Planet* and *Moon Publications* best, but the *Rough Guide*
also is good. If you do not want to lug around multiple tomes, try getting something devoted to the *Ruta Maya*. Several publishers have guidebooks that crosscut the region we will be visiting. Guidebooks will help you decide where you want to eat and will help keep you oriented in the cities where we spend the night. Some people may want to bring a compact *Spanish Dictionary* or phrase book.

It is really useful and enjoyable to know where you are and where you are going. To this end, you may wish to buy a fold-up map of southern Mexico, Guatemala, Honduras, and Belize. If you do not find one at your local independent bookstore, you might want to wait until we get to Merida. Lots of colorful options are available there. Finally, do not forget to bring a notebook and pen! Please *do not plan on using your phone for notes*! You also may wish to keep a diary, journal, or trip log.

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**Planning for the Trip:**

**Documents, Money, Climate, and What to Bring**

**Passports, Visas, and Tourist Cards**

*All students are required to have passports.* You cannot travel without one. If you are a U.S. citizen and do not have a passport, go to a major U.S. Post Office, bring your birth certificate (the original, not a photocopy), and fill out and mail the required forms. Be prepared to enclose payment, and make sure that you apply far enough ahead of time to get the passport back from the U.S. Passport Office. You should start this process now!

U.S. citizens do not require special visas to visit Mexico, Guatemala, or Honduras, but citizens of other countries (especially Asia and Africa) might. *If you are not a U.S. citizen, you should check with the Mexican, Honduran, and Guatemalan consulates to find out if you require a visa. Please get your visas before the trip begins!*

If you fly to Guatemala from the U.S.A., you probably will be given a Tourist Card to fill out on the airplane. Otherwise, you will receive one at Guatemalan Immigration. You will get other ones in Honduras and Mexico. Don’t lose these! You will need them to leave each country!

**Money**

The Mexican currency is the Peso. Currently, there are about 12 Pesos to the U.S. dollar. The currency of Guatemala is the Quetzal. There are about 7 Quetzales to the dollar. The currency of Honduras is the Lempira. Last I heard, there were about 14 to the dollar. Except in very touristy zones, you may find it difficult to spend U.S. dollars. You will find it absolutely impossible to spend Central American money in Mexico or vice versa. When you leave each country, you should exchange all your leftover currency; you will not have another chance!

You should bring enough money for dinners, snacks, and souvenirs for your trip. The best way to bring money is to divide it between a relatively small amount of U.S. cash (no more than about $200 U.S.) and a bank ATM card. Please do *not* bring travellers’ checks! They are a total pain to cash.
**ATMs: Your Friend.** Perhaps the greatest change that has made travel easier for tourists is the installation of ATMs (called * Cajeros Automaticos*) throughout Mexico. ATMs are open all night and are as safe as in the U.S.A. If you lose your bankcard, it is no big deal. Your card cannot be used without your PIN, and we can call your family and ask them to cancel the card. The maximum you can withdraw in a day is about $4000 Pesos. There also are ATMs in Honduras, and Guatemala.

**Credit Cards.** Visa and Mastercard are also accepted in most city shops and fancier restaurants. If you plan on using a credit card, you should call your company ahead of time and notify them of your dates of travel. If not, the card may be automatically rejected when you try to use it.

**Travellers’ Checks: Don’t Leave Home with Them!** Travellers’ checks are not recommended, and are largely a vestigial thing of the past like your appendix or tailbone. They can be cashed at *Casas de Cambio* (see below), some hotels, and banks. But you may get a bad rate of exchange and—particularly at a bank—you may have to stand in line for an hour. We will not be able to make special trips to banks in the middle of the day to change checks for you. If you still want to bring travellers’ checks, just realize that you may not be able to cash them. Think of them as emergency backup.

**Casas de Cambio (Wechsel, Foreign Cash Exchange).** Most major Mexican cities have special licensed money exchange booths. Some are open late at night. You can exchange U.S. cash or travellers’ checks at them. They are safe. *Do not* exchange money or travelers’ checks with people in the street. Be aware that this is illegal, and almost always there is some sort of scam going on (e.g., you agree on a rate, sign the travellers’ check, and then the person changes the rate on you).

**The Big Question: How Much Should I Bring?** The amount of money (cash, ATM cards, credit cards) you bring is up to you. One student I had brought only $50 U.S. for two weeks and did not use it up. Another student brought $500 and spent it all on souvenirs and tchatchkies during the first two days! Here are some tips that might help you plan.

**Food.** First, remember that you will be paying for 14 dinners. If you want to “do the trip on the cheap,” I would set aside about $10 for each night or a total of $140. This should be sufficient to buy you a fairly large supper and beverage. If you are a big eater, bring twice as much. Keep in mind that food is cheap but alcohol is not. A full meal might cost the same as two beers or a glass of wine. Also bring a sufficient amount of money for daily snacks and soda pop. I would guess that $3/day is sufficient.

**Border Crossings.** During our trip, we will travel across three international borders (Guatemala to Honduras, Honduras to Guatemala, Guatemala to Mexico). In each case, you will have to pay a small sum of money for leaving or entering the country. Put aside some $40 U.S. for crossing borders. You are responsible for these costs.

**Souvenirs.** Mexico and Guatemala have a full range of touristic goodies from cheap, cheesy knickknacks to solid gold copies of the Aztec Calendar Stone. The important thing to do is to shop wisely. Do not spend your wad on the first ceremonial dagger you see. Do not be afraid to haggle, particularly if you are buying from a street vendor. In that context, haggling is expected. Finally, do not buy so much junk that it fills up the van!

Souvenir buying is really a personal matter. You may be the sort who prefers to take pictures and buy a couple of postcards. As a very general estimate, I would say that
unless you are buying silver or gold jewelry in Mexico, or very fine textiles in Guatemala, or need to buy presents for a large family, $100 should probably be enough.

**Telephone Calls.** Calling home is easy and cheap. The best way in Mexico is to buy a LadaTel card (for either $20, $50, or $100 Pesos) from a pharmacy and to go to a public phone and follow directions. It costs about $5-$10 Pesos (i.e., 40 to 90 cents U.S.) per minute to call the U.S.A. Please set aside something like $5 to $10 U.S. for calling home.

Yes, your cell phone will work if you have the right plan. But it won’t be cheap. This is up to you!

**Internet Cafes.** These are very common and dirt cheap. Typically they cost about $10 Pesos per hour in Mexico. Some nights these may be convenient and provide a cheap alternative to the telephone.

**WiFi.** It used to be difficult to find wi-fi. Now many of our hotels and even restaurants will have it. Please remember that we are in Mexico and Central America to experience these places. You can’t do that through your phone, iPad, or computer.

**Tip for the Driver.** A final cost that ask you to consider is a tip for the driver. In Mexico, the general rate is about $2 U.S. per person per day, or about $34 U.S. for each of you. This is not mandatory, but I do ask you to consider it and please set it aside.

**Geography and Climate of Southern Mexico and Central America**

Mexico and Central America are countries of great extremes, from mountains with snow to hot tropical rainforests, to deserts. Throughout this trip, however, we will be in the humid tropical and subtropical lowlands.

Around Merida and in the northern Maya lowlands of Yucatan, you can expect very hot and fairly dry days. Temperatures will be in the 90s and it will be sunny most of the time, with occasional afternoon showers. It should be pleasant, subtropical weather! But it is hurricane season, so heavy weather is possible. If there is a hurricane or heavy tropical storm, we may have to change our travel plans somewhat.

Farther south—especially in Guatemala—we will be in the tropics and (what is left of) the tropical rainforest. Moreover, September is the rainiest month. It will be a bit cooler (especially at night), a lot more humid, and we can expect some rain. It may start raining most days around 3:00 or 4:00 PM and rain until about 7:00 PM. It is rare to have rain in the mornings and midday, unless a tropical storm moves through the area. The highlands of Guatemala will surprise you—it will be a little chilly at night. The climate near Guatemala City is a lot like San Diego but the humidity is higher.

**Planning for the Trip, Part I—What to Wear**

Because we will be traveling in a variety of climatological and ecological regions, you should bring a range of clothing. Because we will be outside in rural areas much of the time, your clothes should protect you from the sun, rain, and brambles. We also will be traveling in indigenous regions, where people have some traditional ideas about what constitutes appropriate dress for men and women. If you want to be treated with respect and not be stared at, you should dress respectfully.

The following clothing suggestions are based on what I think will meet your needs:
(1) A large and airy rain jacket or poncho (think about keeping your backpack dry!);
(2) Light weight but durable long pants (two or three pairs; you will be miserable in jeans, leave them at home!);
(3) Light weight short-sleeve shirts (four or five, cotton tee-shirts are much hotter and more constricting than light button downs);
(4) Light weight hiking boots or even rubber Wellies (good in the rain);
(5) Alternate closed-toe footwear for the evenings and days when your boots are wet;
(6) A hat or cap you can wear in sun or rain;
(7) Sun glasses;
(8) Something fairly nice or dressy (skirt and blouse for women, nicer pants and shirt for men) for evenings in the city;
(9) A pair of shorts for informal relaxing and also for use in the northern lowlands;
(10) A bathing suit for hotel pools, our sailing trip, and cenotes!

Some of you may wish to go out in the evenings, and you should be aware that many places have dress codes, particularly for men. Shorts and jeans are never appropriate for “clubbing.”

A Tip on Packing. Please limit your bags to two: a regular sized backpack, duffle bag, or suitcase for access in the evenings/nights/mornings, and a daypack or handbag for the day. Just two bags, please! If you bring more, there will be less room for everyone else! And don’t bring some ridiculously huge bag or suitcase, please.

Laundry. We will find time to do laundry once during the course. It will probably be in Palenque. If you want to be a real pro traveller, bring less clothes and some Woolite. You can wash your ginchers and socks in your hotel room.

Planning for the Trip, Part II—What Else to Bring

You should bring the course textbook, one or two other suggested books (see above) a camera, and all personal items and medications you need. Also, do not forget a notebook and a pen! Here is a list of things that are suggested:

(1) All medications you require on a daily basis;
(2) Personal toiletries and hygienic items;
(3) Camera and film/digital cards, as well as spare batteries;
(4) Notebook and pen;
(5) YOUR PASSPORT, which should be with you at all times!;
(6) Sunscreen (important!);
(7) A water bottle or small canteen;
(8) Textbook and one or two other books (see above);
(9) A map;
(10) Sufficient money for small purchases (see above);
(11) A personal music device for chilling in the van;
(12) A roll of toilet paper to share;
(13) A big bottle of Pepto Bismol or the equivalent and Imodium;
Most of these items should go in your “Day Pack,” which will be available throughout the day. Some of your medications, toiletries, and hygienic items—as well as money or credit cards well stashed—can go in your “Night Bag,” which will be locked up in the back of the van during the day.

**What Not to Bring: Drugs and Alcohol**

Please understand that if the van is searched and someone has illegal substances, we all will go to jail. The van will be confiscated by the government, and expenses will be enormous. You have been asked to sign a liability waiver that includes, in part, a statement that you agree to keep to the standards of a Drug Free Workplace. The only thing worse than a Mexican jail is a Guatemalan or Honduran one. Another bad place is a U.S. Federal Penitentiary, where you could land if caught by U.S. Customs.

Please respect the laws of Mexico, Guatemala, Honduras, and the U.S.A., and understand that by engaging in illegal activities, you will be putting all of us in jeopardy.

**Getting to Guatemala & Flying Home from Mexico**

*Our itinerary and even the precise dates of the trip are still provisional. Don’t buy an airplane ticket until specifically instructed to do so!* The field portion of the course officially begins when you are met at the airport in Guatemala City on 16 August. We will meet you at the airport and take you to the hotel in Antigua, about an hour away. The course officially ends on 1 September with a drop off at the airport in Merida. If you choose to leave Mexico later than 1 September, you will be on your own from when you check out of our hotel. My suggestion is that you purchase:

(1) A one-way ticket to Guatemala City that arrives on 16 August.
(2) A one-way ticket leaving Merida, Mexico, on 1 September. Any time of day is fine, but you will be dropped off at the airport in the morning.
(3) As of 1 December, 2015, the cheapest flight is about $800 total.

*In order to ensure that we meet you at the airport in Guatemala City, please make sure that you both e-mail me and send me a letter by U.S. postage with your entire flight plans (all legs and all flights, not just your arrival times! Please include times, departure and arrival cities, and flight numbers). We need your entire itinerary to track you down in case you are not on your flight. This is critically important!* David Salas and I have never missed a student at the airport. But if, for some reason, you do not find us at the airport in Guatemala City, *please wait for us!* We will not forget you. I will send you contact information for him later. You should call him if we are not at the airport. If you are unable to make a connecting flight and are stuck, you also should call David on his cell phone.
Health

If you are suffering from any chronic health problems or have special needs for accommodation (including dietary requirements or preferences), you should have already made these clear in the application and health form. The University of California will not provide any special accommodation on this trip (again, including dietary needs). The combination of walking, hot sun, climbing pyramids, and a busy schedule will take its toll on you by the end of the course. For this reason, you should be aware of your health situation and take steps to maintain your health during the two weeks of the course.

Do What Your Doctor Says!

I am an archaeologist, not a medical doctor. You should consult your doctor and do whatever s/he says about malaria prophylactics, immunizations, and other preventative measures.

There is malaria where we will be going, but almost all of it can be treated with orally administered quinine. Hepatitis A is always a concern everywhere in the world, and it would not be a bad idea to be inoculated. You should always have a tetanus booster on a regular basis. Beyond these common diseases, there is little else you can prepare for. But do whatever your doctor says.

Health & Travel Insurance

You must have health insurance to participate on this trip. You must provide evidence of such insurance before participation, so be sure to bring your documentation along. It is important to be able to pay for any medical treatment in advance, because most insurance policies are on a claim-back basis. I recommend that you have a credit card you can use to draw on funds if necessary. You should also find out if your insurance company has a toll-free hotline number in case of severe emergencies, and keep this with your insurance documents.

I will see to it that you have UCSD travel insurance. This is rather minimal, but does do the trick. You also may purchase Emergency Evacuation and Repatriation Insurance. This will cost about $30-$50 U.S. and may already be included in your health plan. Contact your provider to find out.

What is Evacuation/Repatriation Insurance? If you have a severe injury or accident, you may wish to return to the U.S. for treatment. Evacuation insurance will pay for you to return on a special chartered medical jet. If you do not have this kind of insurance, it could cost up to $50,000 to bring you back for treatment. Repatriation Insurance pays to have your mortal remains brought back in case of death. It will not help you, but could save your family many thousands of dollars. Please understand that UCSD will not pay for you to get back to the U.S. if you are involved in an accident. You will need to pay for that yourself.
Common Health Problems to Watch out for

**Dehydration.** You will be traveling in a very safe and controlled environment. Your greatest health worry should be hydration. It is important to drink above normal quantities of fluids. I recommend that each student drink at least 1-2 liters of water per day beyond normal beverages at meals. Again, we will always have potable water in the van. Dehydration can be caused by a number of factors: too much sun, too much exercise, too much alcohol, and—especially—a stomach bug. It is virtually guaranteed that some of us will suffer from a minor stomach ailment while in Mexico or Central America. On most of my Study Abroad trips, one student has brought the bug with them from the U.S. and passed it along to the rest of us. The point is, no matter how you get the stomach bug, your danger is dehydration. If you do not hydrate yourself, your condition may get much worse quickly.

If you are suffering from dehydration, David and I will monitor your intake of fluids. We probably will give you rehydration fluids (such as Pediolyte) to drink. You may not want to do so, but it is important to drink enough water. Nothing will spoil your trip faster than dehydration. If you require further medication, such as antibiotics for a bad stomach, we will see that you get it.

It is especially important to drink a lot of extra water if you have been indulging in alcohol, because nothing dehydrates you more quickly than a few beers in the hot sun of the tropics.

Please note that it is important that you do not resist our suggestions for rehydrating or getting quick medical treatment. Because of the pace of the course, we cannot wait a few days in a hotel for you to get better on your own schedule. If your condition deteriorates to point where you are no longer able to participate, you will be asked to return home alone.

**How to Avoid Turista (Travellers' Stomach Bug).** Travellers anywhere in the world often get stomach bugs. When I have been in Mexico for a long time, I frequently get sick when I return to the U.S.! Often, it is simply a matter of your system getting accustomed to the local micro-flora and -fauna.

Once upon a time, Mexico and Central America were famous for “Montezuma’s Revenge,” which is locally called *turista*. Nowadays, this reputation is—for the most part—unjustified. But there are a few “Does and Don’ts” that apply for both visiting tourists and local residents.

First, do not drink water from the tap. Use “Van Water,” water from coolers, bottled water, and water provided by hotels in pitchers. This is purified and probably safer than the water you drink out of the tap at home.

Second, think before ingesting ice. If you are in a sit-down restaurant (except in Guatemala or Honduras), the ice is almost certainly made from purified water. If you are on the street buying from a street vendor, who knows?

Third, avoid “street meat,” unless you are willing to take the risks. Food sold by street vendors can be delicious, but hygiene is generally poor. The food may have been outside without refrigeration for many hours. Moreover, the vendors may not be clean and harbor germs on their hands. Finally, some beverages (such as *pozole* or *atole*) are served in vessels that may only get a cursory rinse between customers. If you must eat street food, try breads, nuts and the like, but avoid meats, anything with mayonnaise, raw
seafood, ices (or nieves/nevadas/raspadas) and those really wonderful looking sliced fruits and vegetables. You don’t know where they were washed.

Fourth, make sure you wash your hands and face frequently, particularly before eating. Soap kills an awful lot, even if you are washing with tap water. Most of the germs you ingest come from your hands, not your food.

Fifth, you may consider brushing your teeth with purified water rather than tap water. I do not do this, but my gut is somewhat accustomed to Mexican and Central American bugs.

Seventh, be careful with raw fruits and vegetables. Fresh produce is one of the joys of Latin America, but uncooked items can carry bacteria. Specifically, think about whether or not the item has absorbed a lot of water (like lettuce or strawberries) or is not protected by a thick skin or rind (again, like strawberries). Avocados and other thick-skinned fruit are fine. The best restaurants will have their own sources of clean fruits and vegetables, but cheaper street vendors may not.

How to Get over Turista. The best medicine is prevention. The next best is avoiding alcohol, drinking a lot of clean water, and getting a good night’s rest. Your third defense is good old Pepto Bismol. Liquid works much better than the pills. This is a harmless natural product that is much better for you in the long run than antibiotics. You can drink a whole bottle a day, and you will have no long- or short-term ill effects. People often hate Pepto because of the taste. But it is really good for getting rid of both the symptoms and the cause of turista. And remember—stay hydrated! Everyone should bring a bottle of Pepto and should use it freely.

The next step is Imodium or Lomotil. These will quickly and effectively relieve your symptoms (particularly bad cramps) but do little to kill the bug. Your fifth line of defense is antibiotics. If you have a fever—often a sign of acute food poisoning—David will almost certainly insist that you take antibiotics. He knows what kind of over-the-counter medication to get and will get it for you. Food poisoning is rotten, and generally hits you within four to six hours of the meal in which you ingested the bug. It should pass in 24-48 hours, but will leave you shaky and quite weak, and relapses are possible. Antibiotics will greatly increase the rate of healing. If you need a doctor or medic, we will take you to one.

Sunburn. Perhaps the most common problem will be sunburn. Make sure you have sunscreen and that you use it! Also, you may wish to wear a hat outdoors.

Heat Rash. People with poor circulation may develop heat rash on their legs, particularly just above the ankle. Mild heat rash is expressed by small, itchy blisters. You probably will think you have bug bites. More serious cases will look like bad bruises with very tender red and running sores. Try to keep your feet elevated, and do not scratch!

Other Considerations. Please wear closed-toe shoes at all times because there are lots of rusty metal objects lying around and it is easy to stub your toe at the ruins.

As in any place, women cannot take their safety for granted. It is wise, therefore, to know the rules, and here are a few well-tested guidelines. Women traveling alone may experience problems, and it is wise to travel with a friend and if possible with a male companion. In rural parts of Mexico and Central America, foreign women are treated as “honorary men,” that is, you can get away with lots of things that local women would never try. It is, however, always wise to be conservative and respectful in your behavior.
Idle chat with strange men, particularly drunks, is often taken as a sign of your interest in them (invariably sexual), and should be avoided. If you are harassed (unlikely, but it does happen), it is useful to avoid speaking and simply walk away and ignore the person concerned. In most situations, the presence of other women is the safest retreat. Try not to go into a bar or cantina where the only patrons are men. If you are afraid, start shouting as loudly as you can.

Despite these caveats, you should not let fear ruin your experience of Mexico, Guatemala, and Honduras. Most people in these countries are friendly, and typically are much more welcoming of foreigners than their American counterparts. Many people enjoy being hosts and sharing their country with guests—an attitude that is fairly uncommon in the U.S. When you return to the U.S.A. and pass a Mexican or Central American in the street, you should ask yourself why we do not treat them with the same sense of courtesy and hospitality that you will experience.