

THE OFFICIAL NEWSLETTER

For Projects Abroad Mexico 



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EDITORIAL

What is a *Catrina*? How do Mexicans actually celebrate the Day of the Dead? These are two questions that meet their answer in this monthly edition of Projects Abroad Mexico's newsletter.

November is a lovely month for all of those willing to volunteer and experience Mexico with Projects Abroad. The Day of the Dead is of course one major highlight of this season, but there are many other cultural events happening all around. If you want to know what I mean I invite you to take a look at our Facebook group, Projects Abroad Mexico-The Official Group, where I regularly post volunteer stories, project updates, cultural events and more.

In this edition we feature a story about a press conference organized between Hospital General de Zapopan and Projects Abroad Mexico about the World Diabetes Day attended by prominent health authorities. We also present the story about our volunteer from France, Tiffany De Almeida, who is working in a day care center in Guadalajara.

We hope you enjoy this newsletter and that, most importantly, you get inspired by it to travel and volunteer.

Juan Miguel Ruiz Flores
Communications Officer
Projects Abroad Mexico



PROJECT UPDATES

World Diabetes Day: Press Conference organized by Hospital General de Zapopan and Projects Abroad Mexico

The 14th of November is World Diabetes Day, which is the most important awareness campaign against diabetes worldwide. The World Health Organization and the International Diabetes Federation initiated this campaign in 1991 as a response to the rising number of cases of diabetes worldwide.

Hospital General de Zapopan and Projects Abroad Mexico organized a press conference, held on the 12th of November, to inform the general public about the actions that health authorities are going to take in the following weeks to raise awareness on this disease and fight the increasing numbers of patients diagnosed with diabetes.

Prominent local figures such as the director of the Ophthalmology Institute of the University of Guadalajara, Dr. Enrique Roig Melo, the chief of the Medical Division at the Hospital Civil de Guadalajara, Dr. Sergio Godínez Gutiérrez, and the director of the Hospital Civil Nuevo, Dr. Francisco Preciado Figueroa, attended the event and delivered speeches in front of the cameras.

You can read the full article on our My Trip blog: <http://www.mytripblog.org/pg/blog/JuanMiguel/read/372849/press-conference-funded-by-projects-abroad-mexico-world-diabetes-day-protecting-our-future>



SOME FACTS ABOUT DIABETES WORLDWIDE

- 80% of people with diabetes live in low- and middle-income countries.
- 20% of global expenditures on diabetes are spent in these countries.
- 10.2% of the Mexican population was diagnosed with diabetes in 2013.
- 10% of the adult population of Jalisco alone was diagnosed with diabetes in the same year.



VOLUNTEER STORIES

Humanitarianism in Mexico: Tiffany De Almeida and her Experience at Divina Providencia

Tiffany De Almeida is a 19 year old student at the IPAG Business School, in Paris, France. As part of her studies, she has come to Mexico through Projects Abroad to volunteer at one of our Care Projects located in Guadalajara. Her experience has not only been exciting but also rewarding in terms of personal and professional development.

“I wanted to come to Mexico to experience the culture and its people. I also wanted to assist in a humanitarian program where I could be of help. This is why I chose to volunteer for four months in the day care center Divina Providencia”, shares Tiffany who is known in her placement for being responsible and committed to her job but also for being easy-going and friendly with everyone.

The day care center Divina Providencia is an institution founded by a group of catholic nuns with the goal of providing poor and single mothers with a safe, clean and loving environment where they can leave their children while they go to work to support their families.

Always in a good mood and ready to help, Tiffany works in the nursery cleaning, playing and feeding babies. She also gives English classes to the older children and assists the teachers with their classes.

Confident and fully adapted to her new environment in Guadalajara, Tiffany has found that life in this city is actually not that difficult: “People here are more relaxed and easy-going. You don’t have the stress that one finds in Paris”. Now, after having lived and worked in Mexico for two months, Tiffany reflects on her experience and shares a few words of advice to those willing to volunteer in Mexico in the future: “A volunteer must be willing to work hard. There is a lot to be done and people here are very open and friendly. It is also a good idea to be able to speak some Spanish”.



Country update

Day of the Dead Celebration: In search of *Catrin*s

Catrina (or *Catrín* for men), is Mexican slang for fancy or elegant. In Mexican culture, and mainly during the Day of the Dead, the word *catrina* is used to refer to all kinds of depictions of skeletons dressed in elegant old-fashioned garments. During this celebration, which takes place on the 2nd of November, young people often dress as *catrinas* and join parades and public spaces to show their costumes.

The pictures shown here are of this year's celebration in the historic center of Guadalajara. You can read the full story on the trip blog: <http://www.mytripblog.org/pg/blog/JuanMiguel/read/372228/day-of-the-dead-in-guadalajara-2014>

