

**LTAM 497 (UNDERGRADUATE)
LTAM 551 (GRADUATE)
INTRODUCTION to Mexican
Traditional Medicine
(2 to 3 credits)
Syllabus 2017
June 4 - 13, 2017
Plus 3 travel days**

**This course will be offered during the Summer Session of 2017
(opening November 15, 2016)**

**A Partnership with the University of New Mexico (UNM)
Latin American Studies Program,
Latin American and Iberian Institute (LAI),
Occupational Therapy Graduate Program
and our Mexican partner Tierraventura**



**Instructor: Terry K. Crowe, Ph.D.
Affiliated Faculty, Latin American and Iberian Institute (LAI)
Professor, UNM Occupational Therapy Graduate Program
tcrowe@unm.edu**

**Introduction to Mexican Traditional Medicine (2 credits)
1 additional credit available with Independent Study contract
LTAM 500: Graduate course
OR
LTAM 400: Undergraduate course
June 4 – 13, 2017
Plus 3 travel days**

*“Health is harmony, a coherent state of equilibrium between the
Physical and Spiritual components of the individual”
Wade Davis, Explorations and Discoveries in the Amazon Rain Forest*

Course Overview:

This course offers undergraduate and graduate students a cross-cultural learning opportunity focusing on Mexican traditional medicine. Over 10 days (plus 3 travel days) in the beautiful southern Mexican state of Oaxaca, participants will learn about traditional (or some may call it nontraditional/complimentary/alternative) approaches to health and healing in both rural and urban settings in Oaxaca. Students must have a valid passport and *must be in good physical condition* for challenging travel and adventure. Students must also be willing to share modest accommodations. **This course is open to students from all programs and disciplines as one of the strengths of the course is interacting with a group of interdisciplinary students. We also accept UNM faculty/staff, and professionals who can register for credit as non-degree students.**

The purpose of this course is to learn views of health, wellness and illness from a different cultural perspective. It is **not** to actually master traditional healing methods to integrate into your own practice. Learning the special healing methods we will be exposed to takes years of focused study. Curanderismo is practiced on three levels: the material (including herbs, plants, candles, oils, incense, tinctures and amulets); the spiritual (the healer mediating the soul/energy of the person being healed); and the mental (the most difficult level on which the curandero(a) operates in which they channel mental energy to the person being healed). You will experience all three of these levels in Oaxaca.

The course will provide the opportunity for dialogue with traditional healthcare providers/healers (curanderos/as). Students can participate in a traditional Limpia (ritualistic cleansing ceremony). *This is optional if a student only wants to observe.* Curanderos(as) use copal (an aromatic tree resin that has been used for ceremonies since the pre-Columbian Mesoamerican times) during ceremonies. If you are sensitive to this incense, you can observe the ceremonies from a distance. The course will

involve many different types of learning experiences. Formal presentations with demonstrations by traditional healers will be blended with discussion and hands-on experiences.

Several excursions including trips to the mountains and jungle are part of the course. The first 5 days will be spent in the beautiful colonial capital city of Oaxaca. Participants will experience the warm hospitality of a Mexican home. We will be traveling to the mountains the 5th day where we will be staying in the mountains for 4 nights and at a family run coffee plantation in the jungle for 2 nights. As stated, accommodations are modest and shared, yet clean and comfortable. You **must** stay at the provided accommodations all nights. You **must** take the provided transportation which is safe and reliable (always wear your seatbelt). Rented vehicles are not allowed for any part of the course.

The class hours are sensitive to the Mexican time schedule. It is traditional to eat your main meal (comida) in the early/midafternoon. In the city there are many wonderful Oaxacan restaurants for you to sample the fine Oaxacan cuisine. You need to be flexible for the ending times each day as there are many logistics to coordinate. *If you have special food/health issues that require you to eat at certain times, it is strongly recommended that you buy additional food and eat it during class sessions.* During the last 6 days, we will be providing the majority of the food. We can provide for vegetarian diets and we will survey this at the beginning of the course. However, if you require highly specialized food you may need to provide your own food.

Respecting the coordinators, instructors, interpreters and healers and being attentive in class is required. We ask that all students be especially courteous and patient with respect to lectures and demonstrations due to the fact that often the information needs to be translated to be understood by all members of the class. In addition, the healers do not speak English so translation is required from English to Spanish. Translation is difficult work and this particular subject matter makes for particularly focused translation. Making side conversations impedes the process since this distracts everyone. If you are fluent in Spanish, you may wish to help us with translation occasionally.

The instructors reserve the right to alter the course syllabus. For example in 2012, we had to rearrange 3 days of content since we were unable to go to the coast due to a hurricane. Safety is our first priority. **Qualified students with disabilities or special healthcare needs are required to inform the instructor of any special needs PRIOR to departure.** You are encouraged to discuss your needs with Dr. Crowe before registering. The course instructor will review the day-by-day physical requirements to participate in the course.

Course Objectives:

Students will:

- Examine traditional health care approaches in both urban and rural parts of Oaxaca, Mexico
- Understand the history of traditional medicine
- Learn about the healing properties of medicinal plants in multiple environments
- Observe/Participate in traditional healing practices
- Learn about social and economic determinants of health among the various cultures in Oaxaca
- Increase competency in cross-cultural communication and understanding by living with Mexican families both in urban and rural settings

Course Highlights:

- Pre-departure session in May (for participants living in Albuquerque). If you cannot attend this session you will be required to meet with the instructor the first day of the course.
- Exploration of Oaxaca City (the capital of Oaxaca), 3 mountain areas and the jungle near the Oaxacan Pacific coast
- Focused discussion with several traditional Mexican healers, several in their homes
- Hands-on experience in the preparation of traditional medicines made from local medicinal plants
- Observation/participation in a traditional healing session (Limpia)
- Live with a Mexican family in Oaxaca City for 5 nights
- 3 nights staying in beautiful mountain cabins (Lachatao, San Jose de Pacifico)
- 2 nights staying at a unique family owned Mexican coffee plantation in the jungle
- Exploration of medicinal plants growing in the valley, mountains and the jungle
- Readings and discussions with instructors and peers



Course Schedule

Predeparture Orientation – to be arranged

Predeparture session for students living in Albuquerque. Students living out of state will be sent written information on preparation for course and will be required to meet with the instructor the first day of the course in Oaxaca to review safety information.

- Overview of course
- Discussion of safety and health precautions
- Meet other participants

The schedule is subject to change depending upon arrangements with guest speakers. Flexibility in scheduling is needed as some times sessions go longer than planned. Translation is provided but it is not possible to translate every word. All questions should be asked in English and they will be translated to the speakers in Spanish. Even if you are fluent in Spanish, you need to ask your questions in English.

Saturday, June 3 (recommend at least 1 day earlier)

- Arrival in Oaxaca (arrange your own transportation)
- Housing with family

It is recommended that you arrive before Saturday so you can do some sightseeing! Plus sometimes flights are delayed or cancelled causing participants to miss the first day of the course. My flight last year was delayed 1 day in Houston due to weather. Oaxaca is full of wonderful places to visit!

Sunday, June 4

- 1 -2: Discussion of safety and health precautions (for those students not attending the pre-trip orientation session)
- 2 - 6: Meeting point at Casa Giron and transfer to healer's house (Enriqueta Contreras – Doña Queta)
- Overview of course and syllabus
- Introductions and sharing of personal course objectives
- Opening ceremony

- Introduction to traditional indigenous medicine (Laurencio Lopez Nuñez)
 - History
 - Philosophy of healing
 - Views of health and illness
 - Types of healers
 - Course of study to become a healer
- Housing with family
- Breakfast provided

Monday, June 5

- 10 to 4: Meeting point at Casa Giron Trip to a village (Cuajimoloyas) in the Sierra Norte Mountains (**be sure to bring warm clothes, good walking shoes, rain gear/ umbrella**)
 - Bring *Infusion of Healing* book. Take precautions if you get car sick!
 - Four directions blessing ceremony
 - Overview of the healing powers of medicinal plants (Lopez Nuñez and Sonia)
 - Identification of medicinal plants
 - Visit and discussion with a traditional healer (Doña Telesphora) in her home come prepared to ask questions
 - Visit to local woman's coop making natural medicinal productsMeal in a village cafe
- Housing with family
- Breakfast, comida provided

Tuesday, June 6

- 9 – 11:30: Meet at Casa Giron - Tour of Monte Alban with English speaking guide
- Comida on your own
- 3 – 7: Meeting point at Casa Giron and transfer to healer's house (Doña Queta) Discussion with a traditional healer specializing in delivering babies (Doña Catalina), a traditional healer specializing in limpieas (Doña Celia), a healer specializing in herbs and delivering babies (Doña Queta) and young apprentice healers. *Healers may change depending upon their availability.*
- Demonstration of a Limpias (traditional cleansing ceremony)
- Housing with family
- Breakfast, comida provided

Wednesday, June 7

- 10: Meet at gazebo on Zocalo
 - Tour of where to buy traditional herbs, plants, etc. at the Central market in small groups
 - Transfer to healer's house (Doña Queta)
- 11 – 3: Preparation of traditional medicines (Lopez Nuñez)
 - Preparation of syrups, salves and other medicine with medicinal plants – hands-on experience
 - Take products home
- Optional consultations with Doña Celia and Doña Queta at **extra consultation cost**
- Housing with family
- Breakfast, comida provided

Thursday, June 8

- 10: Meeting point at Casa Giron. We drive to Lachatao (driving time about 2- 3 hours depending upon the weather), mountain village in the northern Sierra of Oaxaca. Lachatao is one of the old villages of Pueblos Mancomunados.
- Afternoon free to relax, explore and hike in groups
- Overnight stay in the beautiful community dormitory (shared rooms) at Lachatao. It will be cool in the mountains so you need some warm clothes.
- 7 -9: Evening group discussion facilitated by Dr. Crowe at community restaurant
- Breakfast, comida, cena provided

Friday, June 9

- 10 – 3: After breakfast, we will visit the Lachatao community museum before going up to the old Zapotec ceremonial place – to the Hill of the Jaguar. Oscar Martinez who discovered this very special place will be our guide. We will do different healing exercises on the sacred Hill.
- Experience a “limpia” with Laurencio. A limpia (ritual cleansing) is a spiritual ceremony with special rituals.
- **OPTIONAL: Temazcal(Indian Steam bath, additional cost \$40 per person) This is NOT officially part of the course**
- Stay in community dormitory at Lachatao
- Breakfast, comida and cena provided

Saturday, June 10

- After breakfast we will drive to San Jose de Pacifico (driving time 5-6 hours)
- Comida at a wonderful colorful restaurant on the way (Azucenas Zapoteca)
- Visit wood carving (alebijes) workshop – Jacobo family in San Martin Tilcjete
- Afternoon free to relax, explore and hike in groups
- Stay in mountain cabins (shared rooms) at San Jose del Pacifico – Remember warm clothes! - Refugio Terraza de la Tierra
- Breakfast, comida and cena provided

Sunday, June 11

- 10-3: Workshop with Anisha Aiyappa
- Discussion of readings as a group facilitated by Dr. Crowe after cena
- Stay in mountain cabins (shared rooms) at Refugio Terraza de la Tierra
- Breakfast, comida and cena provided

Monday, June 12

- Travel to Coffee Plantation (Driving time 4-5 hours)
- After comida, exploration of jungle, swim in the river and discussion of use of traditional jungle plants
- Introduction workshop with Doña Elizabeth focusing on massage
- 7 -9: Evening group discussion facilitated by Dr. Crowe
- Stay at Coffee Plantation
- Breakfast, comida and cena provided

Tuesday, June 13

- Overview of traditional Mexican family life
- Workshop with Doña Elizabeth
- Complete and turn in Reflections and course evaluation
- Discussion with Terry about papers and extra 3rd credit (if applicable) - Complete contracts for graduate papers and extra credit
- Farewell comida
- Course Wrap-up
- Music and sharing by candle light
- Stay at Coffee plantation
- Breakfast, comida and cena provided
- **Official END of course**

Wednesday, June 14

- Good-bye to participants after breakfast
- **Optional** travel back to Oaxaca City by van. This is an 8 hour drive and you will be dropped off at Casa Giron. You will not get back to Oaxaca until about 7pm.
- If you wish, you can stay a few extra days on the beach and fly out of Huatulco. **However, you will need to make your own travel arrangements from the Coffee Plantation to the beach. The vehicles do NOT travel back through Huatulco to Oaxaca.**
- Make own personal arrangements for place to stay in Oaxaca City (it might be possible to stay with the same family if you prearrange with the family *before* we leave for the coast)
- Breakfast provided

Thursday, June 15

- Return home (make your own travel arrangements) today or a few days later!
- NO meals provided

Course Instructors:

Dr. Terry K. Crowe is a tenured Professor in UNM School of Medicine's Occupational Therapy Graduate Program. She has obtained both undergraduate and master's degrees in Occupational Therapy and a Ph.D. in Special Education. She spent a sabbatical semester in Oaxaca and has conducted 13 courses in Oaxaca, one focusing on Maternal and Child Health in Oaxaca in 2001 with a nursing colleague. Dr. Crowe is the logistic manager for the course and responsible for coordination with Tierraventura. She is also responsible for all pre-course arrangements and communication. She also assures that the course is academic by facilitating group discussions, working with students on their outside assignments, grading assignments and recording grades. In Oaxaca she is with the students during the day the first 4 days and available to the students 24 hours a day for the last 6 days. Dr. Crowe is responsible for the health and safety of the students throughout the 10 day course.

Laurencio (Lauro) Lopez Nuñez is a botanist who has studied the medicinal qualities of plants the past 14 years. He is also a healer having learned his craft from the many healers he has worked with over the years. He has written a book on medicinal plants. Lauro will be the master teacher in our course spending the first 6 days with the class. Laurencio also teaches in the University of New Mexico Traditional Healing summer course.

Claudia Schurr and Yves Chavan are the owners of Tierraventura, an ecotourism travel company specializing in helping tourists experience the unique culture and ecology of Oaxaca (www.tierraventura.com, info@tierraventura.com). Tierraventura's top priority is to introduce people to the beauty of the local environment while supporting ecological and community projects in a responsible and sustainable way. Yves and Claudia will be responsible for all of the in-state travel and room and board arrangements. In addition, they coordinate all of the traditional healing instructors throughout the 10 days. They also serve as our drivers and assist with translation. This course would not be possible without the assistance of Yves and Claudia. Terry, Yves and Claudia have been partners since 2002.

Description of Resources:

Home Stay in Oaxaca

To benefit from total immersion in the language and culture students will live with local families for the first 5 days of the course. We are fortunate to place several students (in pairs) in a large home (Casa Giron) where two related families live. This is a beautiful traditional home with a central garden area for meals. In addition several students will be welcomed to a nearby home with a lovely hostess. The families integrate students into their home, while still giving students their privacy. If you arrive by airplane families will pick students up at the airport. You need to arrange transportation to the airport when returning to the US. The houses are chosen to meet expectations of basic

amenities, cleanliness, comfort and safety. You will be having healthy breakfasts with the family. Make sure you get a map to your house and contact information for your family before leaving for class the first day.

Los Pueblos Mancomunados

Cuajimoloyas

We will spend one afternoon in Cuajimoloyas (June 6) in one of the 8 villages that make up Los Pueblos Mancomunados. Located in the Sierra Norte, at an altitude of over 9,000 feet you will find a range of unique and diverse ecosystems with 7 of the 9 types of vegetation existing in Mexico. In addition this area has over 4,300 types of birds and 300 butterfly species. In 1998, the Zapotec people of the Sierra Norte (people of the clouds) developed an ecotourism project to protect and preserve this area in a sustainable way.

Santa Catarina Lachatao

Is also one of Pueblos Mancomunados. Lachi means heart in the Zapotec language, and this is the best description of the village's location. In the heart of the Sierra Norte. Lachatao is one of the oldest, prehispanic villages of Pueblos Mancomunados. Five years ago they rediscovered a sacred ceremonial place – El Cerro de Jaguar (the hill of the Jaguar). The people of Lachatao started to reintroduce their ancient ceremonies. Visiting this special place is a great honor and a unique opportunity to learn more about the incredible Zapotec history.

San Jose del Pacifico

Half way to the Pacific coast in the clouds of the southern Sierra you find the village of San Jose del Pacifico. Known for his magic mushrooms, this place also has a history of traditional Indigenous healing. We stay 2 nights at Refugio Terraza de la Tierra (<http://terrazadelatierra.com>). An amazing place high in the mountains dedicated to permaculture and sustainable living.

Coffee Plantation

The coffee plantation called “El Mamey” is located between Salina Cruz and the Huatulco Bays, next to a village called Santa Maria Xadani. The founder (a German man) of the coffee plantation arrived in Oaxaca in 1935 from Germany. He bought a piece of land and started to grow coffee in the middle of the jungle. Today the coffee still grows in the shadow of the exuberant vegetation on the slopes of the southern Sierra. The original jungle flora offers nutritive soil and perfect conditions for the coffee plants. From November to March the coffee is harvested. However, due to the low cost of coffee and the high intensity of labor needed, minimal coffee is currently being harvested.

The coffee plantation is managed today by the third generation of the Mattern family. The rustic home in which the grandfather built, has been tastefully renovated with five bedrooms for visitors. You will be sharing rooms with your peers. Near the house there is a river with beautiful waterfalls in which visitors can swim. A large variety of butterflies live by the river. You will be living in the family home where

accommodations are simple, clean and shared. Be prepared for COLD showers! Three simple bathrooms are provided but you must walk outside for entry. The family prepares elaborate and delicious meals for the guests all over wood stoves (make sure you visit the kitchen!). Doña Elizabeth will be our primary teacher during our 2-day stay. El Mamey's isolation, unique flora and fauna and the hospitality of the Mattern family made our 2 days a unique experience.

Course Cost:

This is 2 or 3 credit undergraduate or graduate course. We will start accepting registration on Friday, **Nov. 15, 2016** until the class is full. You will be required to make a deposit when registering for the course. UNM students will be given priority for this class.

The course fee will be \$800 (\$80/day). This low course fee is due to a generous grant awarded by UNM Study Abroad Allocation Committee. The first 14 people who submit their deposit (\$300 nonrefundable) will be included in the course. The second payment of \$500 will be due on **Feb. 1, 2017**. A waiting list will be established in case of cancellations.

Course fees/tuition includes:

- Room and breakfast with a Mexican family for 5 days in Oaxaca City (shared room, private room will be a bit extra paid by the participant).
- All lodging/food for 6 days in the mountains and at the Coffee Plantation
- All travel within Oaxaca – we will have a large, air-conditioned, modern van and we have another smaller vehicle for safety reasons
- Daily workshops
- Honorariums for the traditional healing teachers
- Participation in a limpia done by a master healer
- Oaxacan coordination through Tierraventura – services of 2 or 3 experienced guides/drivers
- Translation of course content
- \$50 UNM GEO fee for registration with UNM

Cost does **not** include:

- Airfare to Oaxaca (\$500 - \$800)
- Some meals (\$100 to \$150)
- Plan to bring extra money if you plan to drink wine/beer/liquor
- Some places you will need to buy water as you cannot drink water from the tap in Mexico (\$25)
- 2 or 3 credits of UNM tuition. Exact amount will be determined by the Board of Regents during Spring semester, 2017. You can independently contract with Dr. Crowe for a 3rd credit which is exploring content related to the course
- Gifts for yourself or others (optional). There are wonderful items to buy in Oaxaca
- Extra insurance required by UNM (approximately \$43)

No refunds can be given after **Feb. 15, 2017** *unless* a replacement for your slot can be found or the course is cancelled. Payment by credit card at the following link: (Right [CLICK HERE](#) and Select “Open Hyperlink” OAXACA 2017). Send your 2017 application immediately to Dr. Terry Crowe (tcrowe@salud.unm.edu) If you have a payment question, contact Dr. Crowe.

You should have a way to access extra funds in case you experience extra costs. There are ATMs available and you can access money through your credit cards at a bank. You will need to exchange your money which is easy in Oaxaca.

There may be an opportunity to have an individual consultation with one of the healers if you wish. This is optional and not guaranteed since this is dependent upon time and availability of the healers. **There will be an additional cost for this special service. Costs can be from \$50 to \$100 dependent upon the service provided. There is also an additional cost for the Temazcal (not part of the course) if you wish to participate.**

If you are a graduate *student in the School of Medicine* you can apply for some possible funding. Contact Norman Taslitz (ntaslitz@unm.edu) for information about the SOM International Student Travel Support. You should do this as soon as you are accepted in the course as funding is limited (usually \$250). Also graduate students might be able to obtain funding through the Office of Graduate Studies.

If you are an undergraduate student or graduate student at UNM you can apply for a UNM Regent/Student Fee Review Board International Study Grant. Historically, students that applied for this scholarship received about \$500. Deadline is **March 15, 2017**. Application information can be found under Scholarships on the GEO Website.

Credit and Course Requirements:

This course is open to students from all areas of study. Students can take this course for undergraduate or graduate credit (2 or 3 credits) under the Latin American Studies Program Independent Study courses LTAM 497 (undergraduate) or LTAM 551 (graduate). You can sign up for graded credit or Credit/No credit. You can also audit the course (make sure you indicate this at the time of credit registration). If you audit the course you will need to do Daily Reflections and Course Evaluation. All participants need to register for at least 2 credits.

*Personal daily reflections and evaluations are required of **all students** (even those who audit the course) which will provide a vehicle for reflection and professional development.*

	Undergraduate Credit	Graduate Credit
2 credits	Reflections/Course Evaluation	Reflections/Course Evaluation
	3 page paper on a special topic	6 page paper on a special topic

3 credits Above *and*
Additional credit of contracted work Additional credit of contracted
equal to 25 hours work equal to 35 hours

During the 2 –credit course, you will be responsible for the following assignments:

Assignment	Due date	Percentage
1. Daily Reflections	June 14	50%
2. Paper	July 25	30%
3. General Participation		20%

(Including participation in all sessions, active participation in session discussions, evidence that student has completed readings *before* scheduled reading discussion, professional behavior).

If you are taking the course for 3 credits, the weighting is:

Assignment	Due date	Percentage
1. Daily Reflections	June 14	30%
2. 2-credit Paper	July 25	20%
3. 3-credit Paper	July 25	30%
4. General Participation		20%

If you cannot complete your assignments by the due dates, you can talk to Dr. Crowe about receiving an extension (Incomplete). Students are expected to actively participate in all learning activities. All students are expected to read assigned readings and participate in group discussions. All participants will identify personal and professional /academic objectives and share them with course faculty and peers at the beginning and end of the course.

After each day's session, you are expected to write a journal entry exploring your thoughts and reactions to your learning experiences. You can explore observations about the specific sessions, general thoughts about the course topic, reflections of cultural significance, relationship to readings and any questions that come to you. It is appropriate for your reflections to build in depth over the 10 day course. **You need to document at least 15 medicinal plants, their uses and appropriate preparation over the course.** Each daily entry should be a minimum of 1 page. I will not be making any judgments about the specific content your entries. Rather, I am looking to see how you reflect and interpret the ideas presented in the course and how you will integrate them into your future or current professional roles. You will be graded on depth of reflections and self-discovery (35%), application to current area of study and/or future career (10%), addressed all reflection questions (15%), understanding of medicinal plants (20%) and completeness and clarity of writing (20%). Please make sure your writing is easy to read. You can write these with a computer and then email your completed reflections to Dr. Crowe. A detailed grading matrix will be provide.

For undergraduate and graduate students taking the course for 2 credits, your paper will be graded on content (introduction, body, develops topic in logical sequence, develops topic with depth, uses appropriate number of references and number of pages, Uses APA referencing style with all statements referenced, relates topic to course, summary/conclusion) and professional writing style (spelling, punctuation/abbreviation, capitalization, sentence structure/grammar, professional appearance). For each of these areas a 4 point scale will be used (0- points for major concerns, 1 or 2 –needs work, 3 – competent, 4 – exceptional). You are expected to use at least 5 references for your paper. Similar criteria will be used to grade the contracted 3rd credit. A detailed grading matrix will be provide.

Grading Scale

A+	98-100	A	93-97	A-	90-92
B+	87-89	B	83-86	B-	80-82

At the end of the course completion you are required to complete a detailed course evaluation. Course evaluations do NOT include names. We collate the information before the course instructors review feedback. We use the student feedback to make changes in the course and value honest feedback from participants.

Readings:

Required

Please read all materials before the course and be prepared to discuss throughout the course.

Arvigo, R. (1994.). Sastun: My Apprenticeship with a Maya Healer. New York: Harper-Collins,

This book can be ordered from www.Amazon.com in paperback for \$13.09 new, used \$8.95 (plus shipping).

Davidow, Joie (1999). Infusions of Healing: A Treasury of Mexican-American Herbal Remedies

This book can be ordered from www.Amazon.com new \$18.44, used \$14.72 (plus shipping).

Anaya, R. Bless Me, Ultima

This book can be ordered from www.Amazon.com in paperback new \$5.83, used \$2.45 (plus shipping).

Recommended Reading

Arvigo, R. & Epstein, N. (2001). Rainforest Home Remedies: The Maya Way to Heal Your Body and Replenish Your Sole. San Francisco: Harper.

This book can also be ordered from www.Amazon.com in paperback nrefer \$11.58, used for \$6.43 (plus shipping)

Cowen, E. Plant, Spirit, Medicine. (1995). Swan Raven & Company,

This book can also be ordered from www.Amazon.com in paperback new for \$14.36, used for \$8.12 (plus shipping)

- Mychelle Ortiz, G. (2005). History of midwifery In New Mexico: Partnership between curandera-parteras and the New Mexico Department of Health. Journal of Midwifery & Women's Health. 50, 411-417. Download on Pubmed free
- Santana, S. & Santana, F.O. (2001). Mexican culture and disability: Information for U.S. service providers. Center for International Rehabilitation Research Information & Exchange (CIRRIE), <http://cirrie.buffalo.edu> Download on Pubmed free
- Torres, Eliseo, with Tim Sawyer. (2005). Curandero: A Life in Mexican Folk Healing. Albuquerque: UNM Press. New \$17.95 or used \$7.00
This book can also be ordered from www.Amazon.com in paperback new for \$12.60, used \$11.70 (plus shipping)
- Torres, E. & Sawyer, T.L. (2006). Healing with Herbs and Rituals: A Mexican Tradition
This book can also be ordered from www.Amazon.com

Recommended Items to Pack:

- Clothes for warm weather
- A sweater or wrap for the mountains
- Bathing suit
- Jacket
- Flashlight (sometimes the lights go out!) Extra batteries – remember cell phones do not work if you cannot plug them in! Last year the electricity was out for 3 days.
- Insect spray (lots of it!)
- Sunscreen
- Hat
- Camera
- Basic medicines (car sickness, stomach upset, etc.)
- Sunglasses
- Umbrella or rain gear (it can rain a bit every day)
- Hand sanitizer
- Good walking shoes – recommend hiking boots
- Fan
- Notebook
- Toilet paper (you cannot put paper in the toilets in Oaxaca. The plumbing is very delicate and you will plug up the toilet. Always put the paper in the trash can besides the toilet)

It is helpful to have a small suitcase to bring on the 2nd week of the course. You will be responsible for taking your luggage from the van to the facilities. You can leave your large luggage possibly with your Mexican family (you are responsible for arranging).

Health Alert:

The southern part of Oaxaca does have Malaria, ZIKA virus and Dengue Fever. In addition, the course pace, different climate or car travel may impact your health. You are strongly encouraged to discuss your travel plans with your physician and take needed precautions. As a UNM student you should consult with the UNM Student Health and Counseling Program (shac.unm.edu/travelserv.html).

As the course instructor it is very important that I am aware of any health conditions that may impact your course participation. This includes health conditions prior to your course enrollment OR during the course. This may include physical, emotional, or psychological conditions, medications, or allergies. We want to support your well-being so you can fully participate in our Oaxacan program.

Emergency Contact during Course:

Claudia Schurr and Yves Chavan
Tierraventura Ecoturismo
Calle Porfirio Diaz 719
Tierraventura@yahoo.com info@tierraventura.com
info@tierraventura.com 951-501 21 96

Dr. Crowe's Oaxaca Contact

Cell (505) 259-2793 or tcrowe@salud.unm.edu I am available on What's App

June 4 - 8

Family home in Oaxaca City – when you arrive make sure you get the contact information

June 9 – 10

Santa Catarina Lachatao
<http://www.lachataoexpediciones.com.mx/>

June 11 -12

Cabanas Puesta del Sol in San Jose del Pacifico
<http://www.sanjosedelpacifico.com/>

June 13 - 14

El Mamey Coffee Plantation
Municipio Santa Maria Zadani <http://www.tierraventura.com/en/tours/fincadecafe.ht>

Travel Arrangements:

You are responsible for making your own travel arrangements to and from Oaxaca. You have three travel options: 1) the easiest and most expensive is to fly directly to/from Oaxaca via United via Houston (about \$850). 2) Fly to Oaxaca with a stop in Mexico City. Last year many of us flew through Salt Lake City and Mexico City to Oaxaca or \$400 to \$600 on Delta. Other airlines may fly direct but you will need to explore possibilities. 3) Fly to Mexico City from the US and then transfer to a domestic airline from Mexico City to Oaxaca (connections may be difficult since Mexicana is no longer

flying). 4) Fly to Mexico City and then take a bus (preferably first class) to Oaxaca (6 hours). I have done all of these transportation methods. Actually in the past, one student took a bus from Albuquerque and another student drove her car to Oaxaca so there are additional options!

Your choice depends upon your time and your budget. You may want to connect with other students in the class to travel together. I will supply you with an email list as soon as the class is formed. Make your travel arrangements as early as possible. You need to arrive by Saturday (**June 3**) so you are ready for the class to start on Sunday. It is suggested that you arrive by Saturday (or before) so you have a day to orient yourself to the city. You may want to even arrive a few days earlier to explore the city and the surroundings. At the earliest you can leave Oaxaca on Thursday, **June 15**.

Passport Requirement:

All visitors to Mexico need a passport. You need a valid passport at least through **January 2017**. Go to www.travel.state.gov and click on Passports. Or you can call the U.S. National Passport Information Center at (877) 487-2778. Application Form DS-11 (DS-82 for renewals) is available from the website or at passport acceptance facilities, most of which are housed in post offices, libraries and municipal offices. Proof of U.S. citizenship such as a certified copy of your birth certificate is required and proof of identity such as your current driver's license. Two passport photos (2 by 2 inches square) are needed. The application fee of \$135 is required. It takes a minimum of 2 months for your passport to be completed. Expedited service is available for an extra fee. Your passport is good for 10 years. If you currently have a passport make sure it does not expire in the next 6 months.

"She (Ultima) taught me the names of plants and flowers, of trees and bushes, of birds and animals; but most important, I learned from her that there was beauty in the time of day and in the time of night, and that there was peace in the river and in the hills. She taught me to listen to the mystery of the groaning earth and to feel complete in the fulfillment of its time."

Antonio from Bless me, Ultima

For more information:

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