

SOL AZTECA

PROJECTS ABROAD MEXICO NEWSLETTER

VOLUNTEER UPDATE

Last day at Secundaria 50

WHAT TO DO...

Via Recreativa

MEXICAN CUISINE

Calabacitas

Animal Care Project

Editor's Notes:

March is here and the newest edition of the Newsletter as well.

We are so happy because spring is finally here, the winter was great but there is nothing better than sunny days and nice weather.

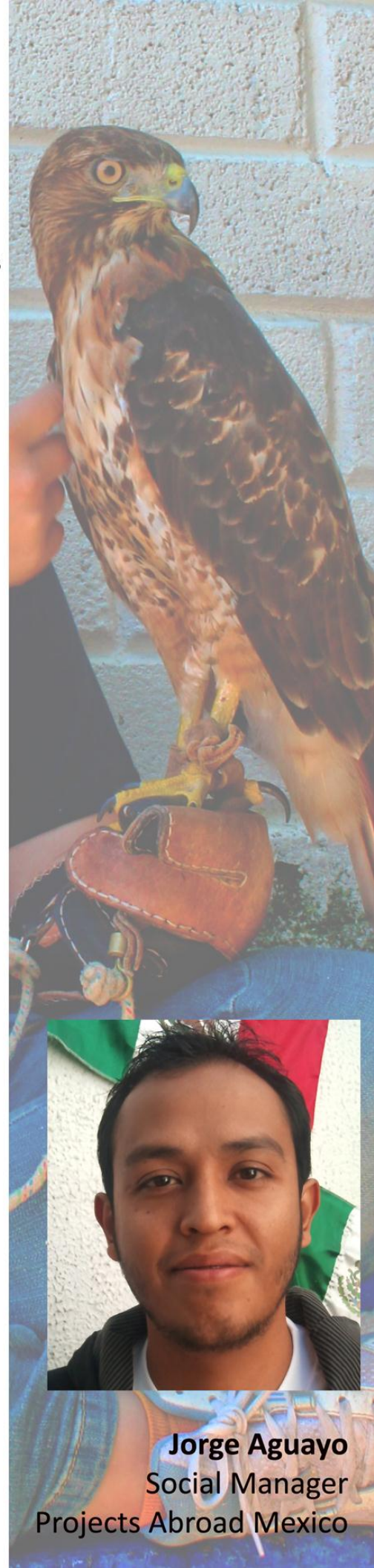
The first two months of the year went so fast and volunteers are coming and going in the different placements and host families.

This next month looks very interesting due to the fact that we are starting new projects and placements, our first volunteers at the sports project just arrived and we will start to collaborate with GDL en Bici.

I would like to thank all the volunteers for their effort and I hope they had or they are having a good time here in Mexico.

I hope you enjoy this issue!!!

Cheers!!



Jorge Aguayo
Social Manager
Projects Abroad Mexico

Volunteers Update

Last day at Secundaria 50

On Tuesday March the 19th was the last day at work of one of our volunteers, Carlein Kuperus and the last week as well of other volunteer Katharine Odlum



During their time there at school (Carlein 2 months and Katharine 1 month) they always showed great enthusiasm and commitment towards their project. Since the beginning, they always participated in the workshops in order to get new ideas to use with the students.

They were so committed to the project, that they made a great effort waking up everyday at 5:00 am!!

Because of their great job, the school organized a small ceremony to say thanks to them and gave them a small present for their help during their stay in Mexico.

Also some of the students gave a small speech in English to say then how good it was to have them and to say thanks.



We would like to wish them the best and say thank you very much for the help at Secundaria 50



What to do...

Vía Recreativa

If you are in Guadalajara and you want to walk the city, do some jogging or ride a bicycle, there is a great option every Sunday. *La vía recreativa*.

Born in 2004, this project has been very successful among the citizens due to the possibility to take the main avenues for a small period of time every week.

Open from 8:00am to 2:00pm every Sunday and also bank holidays.



People take to the streets to walk their dogs, ride their bicycles and skateboards while they cross the city through one of the most important avenues in the city.



Now they can also connect with other municipalities who joined the program a few years ago, which means that you can easily spend 4 hours to do the whole ride.

But the activities are not just in the street, every park that the avenue crosses organizes activities for all ages: Places where you can jump the rope or play giant chess as well medical students talking about nutrition and how to take care of yourself.

And if you don't have a bicycle, the government have spots where you can rent one showing your ID.

With more than 50 kilometres divided in several routes and more than 120,000 visitors every week, the *Vía Recreativa* encourage people to do sports in the same streets where cars rule every other day.



Placement of the Month

Animal Care Centre

The Animal Care Project is run by an organisation called SEMARNAT (*Secretaria del Medio Ambiente y Recursos Naturales*)

It is a fantastic place for people who love animals and want to dedicate their lives to the profession. Work is available with a variety of animals, both wild and domestic.



Animals are often brought to the centre by *Proteccion Civil*, the local emergency service and could include anything from snakes, snapping turtles and falcons to coyotes, spiders and sometimes non common ones like bobcats or monkeys.

Volunteers take care of the animals by feeding them, cleaning them, giving them medication and training them. With luck, volunteers will also have the chance to release some animals back into their natural environment.

The centre also has a great program of falcon rehabilitation; volunteers staying for long periods of time can have the chance to participate alongside the staff for the training and releasing of these falcons.



Mexican Kitchen

Calabacitas con carne de cerdo.

Ingredients:

5 Courgettes
2 Tomatoes
1 Onion
1 Corn
1/4 Kg Milk Cream
1/4 Kg Cheese
Oil
Salt
Pepper
1Kg Pork ribs

Preparation:

- 1) Chop the courgettes, tomatoes and onion.
- 2) Cut the corn grains.
- 3) Put some oil in a pan and once it is hot add the vegetables and add salt and pepper.

- 4) In a separated pot, boil the meat with a bit of salt and a quarter of the onion.
- 5) When the meat is well boiled, use a pan and put 3 tablespoons of oil and fry the meat.
- 6) Serve the vegetables in a plate and put some milk cream and cheese on top and then... Enjoy!



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