



NOTES OF GUIDANCE FOR YOUR EXCHANGE DESTINATION

Universidad de las Americas Puebla, Mexico

Fast Facts:

Website:	General university website (English) (Spanish) Exchange student website
Language of instruction:	Spanish (must be able to prove at least level B2 on the European Common Framework), some English courses
Semester dates:	Semester 1 (Sem. 2 in UDLAP): August to December Semester 2 (Sem. 1 in UDLAP): January to May <i>Note: In Latin America, the academic year runs from January to December. In order to allow you to start and finish your studies abroad on time, you will reverse the academic year at your host university (i.e. your semester 1 will be their semester 2 and vice-versa).</i>
Number of students currently enrolled	>9,500
Academic restrictions at a glance <i>Please note: These are guidelines. It is your responsibility to research whether the partner provides appropriate courses for your degree programme.</i>	Almost all courses are available to international students as long as they meet prerequisites and language requirements. There may be limited spaces in some courses.
General Costs	Total estimate for academic year: \$180,000 Mexican Pesos not including flights, insurance and visa
About the University	UDLAP is one of the most prestigious private universities in Mexico with an outstanding international recognition and tradition. As a space in which different cultural contexts merge, UDLAP provides students with a rich framework for freethinking and the best resources available for that students are able to successfully develop their professional aptitudes in their area of interest.

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What to expect

Application process

You apply for study exchanges through SWAY. You can find out more about our [study exchange routes here](#), and more about the [application process here](#).

After applying, if you are allocated an exchange place at Universidad de las Americas Puebla, you will be officially nominated by the International Programmes Team. We will then provide you with your detailed application instructions. **You can ONLY apply to any exchange destination if you have been allocated a place there, and if you are officially nominated by us.**

Academics

For support with the academic side of your exchange, your best point of contact is your Exchange Coordinator, [found here](#). The Exchange Coordinator is a member of academic staff who will be a key contact throughout your exchange.

Course Load and Credit Load	<p>You are normally required to take whatever constitutes a full academic credit or course load at your host university.</p> <p>The page linked below contains a copy of the International Exchange Credit Requirements. This outlines the number of credits you are required to take at your host institution. There are also more answers to frequently asked questions about the academic side of your exchange.</p> <p>Academic matters The University of Edinburgh</p>
Courses	<p>Course descriptions</p> <p>Course catalogue</p> <p>**Please be aware, there may not be an up-to-date course catalogue available at this exchange destination. Please use the information available to get an idea about what you can study while on exchange**</p>
Academic Restrictions	<p>Almost all courses are available to international students as long as they meet prerequisites and language requirements. There may be limited spaces in some courses.</p> <p>Please note: These are guidelines. It is your responsibility to research whether the partner provides appropriate courses for your degree programme. Even if there are not restrictions on your degree subject, it does not mean that there are appropriate courses for you. Please check.</p>

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Orientation	An online orientation programme will be offered to international students prior to their travel to Mexico. There will be a welcome session as well as information about living in Puebla and UDLAP, institutional services, cultural shock, payments, visas, course enrollment and other helpful information.
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Accommodation

Finding accommodation that you are happy with on your year abroad is very important and there are often many aspects to consider when looking for somewhere to live.

Many host institutions do offer university accommodation but please do note, **this is not always guaranteed**. You may also need to pay for things like agent or administrative fees that is not always the case here in Edinburgh. It is a good idea to do your research so you do not have any surprises!

University Accommodation	There are many accommodation options in Cholula, including four on campus residential colleges . UDLAP is a residential college so living on campus is a convenient option.
Private Accommodation	Private accommodation arrangements must be made individually by the student. But keep in mind that UDLAP is a campus university and therefore you would need to travel to campus. If you prefer to live off-campus, finding an apartment or house is your responsibility. The on-campus information centre known as M.A.R.I in the “Centro Social” publishes listings of available apartments, the apartment address, costs and telephone numbers to contact the landlord. You will also find many signs in the streets renting apartments. Signing a lease in Cholula is still not a common practice, thus facilitating the search for apartments. The International Office at UDLAP does not provide information on apartment availability. The best way to find an apartment is to arrive a few days prior to the first day of the Orientation Week program. You will have to make reservations in a hotel until you find roommates and an apartment.

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Costs

It is important to budget for different expenses while on exchange. Your exchange destination may be more expensive than Edinburgh, and different expenses may be required. For example, rent may be higher; you might need to take public transport more; essentials may be more expensive or different, like sun cream in warmer climates or woolly socks in colder climates! These costs will add up so it is good to have an estimate of how much money you might need.

Tuition Fees	<p>While on exchange, you will continue to pay fees to the University of Edinburgh, as appropriate, and your fee status will determine how much you pay.</p> <p>Consult our webpage here and follow the link to consult the university's information on tuition fees for students studying abroad.</p>
Estimated Cost of Living	<p>All costs are in Mexican Pesos</p> <p>On campus housing: \$26,000 to \$40,000 per semester. To qualify for housing students must be over 18 but under 24 years old.</p> <p>Off campus housing: Similar cost as on campus</p> <p>Meals: \$6,000 to \$8,000 per month</p> <p>Academic expenses: \$2,000 to \$3,000 per semester</p> <p>Transportation: Bus travel costs \$8-\$10</p> <p>Personal expenses: A movie theatre ticket may cost \$100, a night out at a night club could cost up to \$350</p> <p>Insurance: Students are required to take out their own medical insurance</p> <p>Total estimate for academic year: \$180,000 Mexican Pesos not including flights, insurance and visa</p> <p>Flight</p> <p>Bank: It is not possible to open a bank account in Mexico when on exchange. Students are advised to bring an international credit/debit card</p> <p>Cell phone: International students are required to get a Mexican phone number for the duration of their stay. SIM cards can easily be purchased as many shops and convenience stores.</p> <p>You may also be required to pay for administrative fees at your host institution. This can include paying for your transcript to be sent to us at the end of your exchange.</p>
Insurance	<p>All International Students at UDLAP, without exception, are required to have international health and medical insurance</p>

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	<p>coverage for the entire period of stay in Mexico, and that must include:</p> <ul style="list-style-type: none"> • International emergency and sanitary evacuation. • Repatriation of remains in case of death. <p>Once purchased the student's own international health insurance in his/her home country, he/she will have to provide us with:</p> <ul style="list-style-type: none"> • A copy of the policy, including name, date of birth, policy number, emergency phone number of the insurance company, coverage dates and at least 4 hospital's at Puebla where the insurance is accepted, prior to the arrival at UDLAP. <p>IMPORTANT: The student will not be able to sign up for courses officially if he/she has not yet provided proof of medical insurance to the International Affairs Office.</p>
<p>Student Loans and Grants</p>	<p>Consult our funding webpages for more information about the Funding available to you through SWAY while on your year abroad.</p> <p>If you receive a student loan or grant, you may still be eligible to receive them during your exchange. Contact your funding providers for more information on the availability and eligibility of funding during your exchange, as well as any additional support they may offer. For example: some loan providers offer travel grants to students.</p>

Other

<p>Passports</p>	<p>Make sure that your passport will be in date for the entirety of your stay, and for any additional required time after the end of your exchange for entry requirements and visa purposes.</p> <p>If you need to apply for a new passport during the application process to your host institution, this may delay the application and visa processes.</p>
<p>Visas</p>	<p>The visa process will vary from country to country, and your own citizenship will influence the visa process you need to undertake. You must make sure to enter your host country on the appropriate visa.</p>

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	<p>Students staying for 180 days or longer will need a Student Temporary Resident Visa. More information can be found on UDLAP's exchange student website</p> <p>Here in SWAY we cannot give specific visa advice. Please research using the relevant embassy and government websites for more information. There is more information on our webpage about things to consider regarding visas here.</p> <p>Once you have received an offer from a host institution, you will be given more advice from them about the visa processes.</p>
<p>Disability Statement and Accessibility</p>	<p>Some destinations may be more accessible than others for disabled students. If you require any adjustments due to disability or specific learning difficulties or disabilities and you wish to study abroad please contact The International Programmes Team via email: international.outgoing@ed.ac.uk.</p> <p>We will work together with you to explore the help available at your host institution. It may also be helpful if you discuss this with your Personal Tutor and the Disability and Learning Support Service as well.</p>