



NPH USA

Raising Children. Supporting Families.
Transforming Lives.



VISITOR'S GUIDE: NPH MEXICO

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Country Overview

Guide Sources: *The CIA World Factbook, Lonely Planet.com, UNICEF*

Mexico is a traveler's paradise with a rich heritage in art, architecture and culture.

Area: 761,602 square miles – almost three times the size of Texas

Population: 129,875,529 (2023 estimate)

Languages: Spanish, various indigenous languages

43.5 % of the population are children under the age of 18.

Climate/Environment

- Mix of high, rugged mountains, low coastal plains, tropical areas, high plateaus and deserts
- Hurricanes and tsunamis are common along the coasts, and volcanoes and earthquakes are possible inland
- Environmental issues include scarcity of fresh water, deforestation, erosion, desertification and serious air and water pollution

A Brief History

The first great civilization in central Mexico arose in a valley about 30 miles northeast of the middle of modern Mexico City. The grid plan of the magnificent city of Teotihuacán was laid out in the 1st century CE. At its peak, the city had a population of about 125,000, and it was the center of probably the largest pre-Hispanic Mexican empire. Like all other ancient Mexican civilizations and empires, Teotihuacán's time in the sun had to end. Probably already weakened by the rise of rival powers in central Mexico, Teotihuacán was burned, plundered and abandoned in the 8th century.

Mexico's "mother culture" was the mysterious Olmec civilization, which appeared near the Gulf coast in the humid lowlands of southern Veracruz and neighboring Tabasco. In the end, the locations where the Olmec resided were destroyed violently, but Olmec art, religion and society had a profound influence on later Mexican civilizations.

The Classic Maya, in many experts' view, was the most brilliant civilization of pre-Hispanic America, and, in addition to residing in parts of Honduras, Guatemala and Belize, many Maya lived in Mexico's low-lying Yucatan Peninsula. They were truly remarkable in attaining heights of artistic and architectural expression, and of learning in fields such as astronomy, mathematics and

astrology, which were not to be surpassed by any other pre-Hispanic civilization.

Another group called the Aztecs were, by the 15th century, the most powerful group in the Valle de México, with their capital at Tenochtitlán (on the site of present-day downtown Mexico City). Tenochtitlán and the adjoining Aztec city of Tlatelolco grew to house more than 200,000 inhabitants. The Valle de México as a whole had more than a million people.

On the eve of the Spanish conquest, most Mexican civilizations shared deep similarities. Each was politically centralized and divided into classes, with many people occupied in specialist tasks, including professional priests. Agriculture was productive, despite the lack of draft animals, metal tools and the wheel.

Ancient Mexican civilization, nearly 3,000 years old, was shattered in two short years by a tiny group of invaders, led by conquistador Hernan Cortés, who destroyed the empire, brought in a new religion and reduced the native people to second-class citizens and slaves. Rarely in world history has a thriving society undergone such a total transformation so fast. The populations of the conquered peoples of Nueva España (New Spain), as the Spanish named their Mexican colony, declined



Pyramid of The Sun and Avenue of The Dead, Teotihuacán
SElefant/WikiCommons



Palace of Hernan Cortés, Cuernavaca
Adrián Flores Ocampo/WikiCommons

A Brief History *(continued)*

disastrously, mainly from epidemics of new diseases introduced by the invaders.

As the decades passed, many Spaniards put down roots in Mexico, and those born and bred in the colony began to develop their own identity and a growing alienation from the mother country. When Mexico came to its next big turning point – the throwing off of the colonial yoke – it was these *criollos*, people born of Spanish parents in Nueva España, who engineered the separation. The rebellion was finally launched in 1810 by Padre Miguel Hidalgo on September 16 – a date that is still celebrated as a Mexican national holiday. The path to independence was a hard one, involving almost 11 years of fighting between rebels and loyalist forces. Eventually in 1821, the terms for Mexico's independence were agreed upon.

The country's first nine decades as a free nation started with a period of chronic political instability and wound up with a period of stability so repressive that it triggered a social revolution. Between 1821 and the mid-1860s, the young Mexican nation was invaded by three different countries, lost large chunks of its territory to the U.S. and underwent nearly 50 changes of head of state. No one did much to stir the economy, and corruption became entrenched.

Porfirio Díaz ruled as president for 31 of the 35 years between 1876 and 1911, a period known as the Porfiriato. Díaz brought Mexico into the industrial age, stringing telephone, telegraph and railway lines and launching public works projects throughout the country. He kept Mexico free of the civil wars that

had plagued it for more than 60 years – but at a cost. Political opposition, free elections and a free press were banned. Peasants were cheated out of their land by new laws, workers suffered appalling conditions and the country was kept quiet by a ruthless army and the now-feared *rurales*. Land and wealth became concentrated in the hands of a small minority. All this led, in 1910, to the Mexican Revolution. It was a 10-year period of shifting allegiances between forces and leaders of all political stripes that would cost almost 2 million lives and destroyed the economy.

From 1920 to 2000, Mexico was ruled by the reformists who emerged victorious from the Revolution. Starting out with some genuinely radical social policies, these governments became steadily more conservative, more corrupt, more repressive and more self-interested as the 20th century continued.

In late 1994, a devaluation of the peso threw Mexico into economic turmoil. The nation was making an impressive recovery until the global financial crisis hit in late 2008. Ongoing economic and social concerns include low real wages, underemployment for a large segment of the population, inequitable income distribution, and few advancement opportunities for the largely Amerindian population in the impoverished southern states.

Since 2007, Mexico's powerful drug-trafficking organizations have engaged in bloody feuding, resulting in tens of thousands of drug-related homicides.



The NPH Homes



Hacienda San Salvador



Casa Buen Señor



Casa San Luis



Ciudad de los Niños

In 1954, a hungry, homeless boy was arrested for stealing from the poor box of a small church in Cuernavaca, Mexico. The priest, Father William B. Wasson, refused to press charges and instead gave him a safe home and a chance for a brighter future. Soon 32 boys were in his care and Nuestros Pequeños Hermanos (NPH, Spanish for "Our Little Brothers and Sisters") was born.

Miacatlán

Today, *Hacienda San Salvador* serves as the main facility for the large family of over 400 children. Once a sugar plantation, it offers a small town feel with cobblestone streets. Located in the small village of Miacatlán, 27 miles southwest of Cuernavaca and 77 miles south of Mexico City, services and supplies are easily accessible, but at the same time, the home is relatively isolated. This provides safety and security to children who never may have experienced either. The home's facilities are quite extensive and include a chapel, primary and secondary schools, a medical clinic, a greenhouse and farms. Each of the NPH homes strives to be self-sustaining and NPH Mexico produces almost all the grain it needs, including enough corn for 3,000 tortillas each day. In addition, there are hundreds of sheep, pigs and chickens, and around 20,000 fish are served every three weeks.

Cuernavaca

NPH's *Bachillerato Tecnológico* (technical high school) in Cuernavaca has an excellent reputation and many external students pay tuition to attend. The 200 *pequeños* attending school there live at nearby *Casa Buen Señor*, where the NPH Mexico and NPH International offices are also located.

Monterrey & Mexico City*

Currently more than 80 youths from NPH Mexico are attending various universities. Those in Monterrey live at *Casa San Luis*. In Mexico City, students live in group houses. NPH continues to support all of its children throughout their education.

Matamoros*

In 2009, John Shinsky partnered with NPH and NPH USA to open and operate the *Ciudad de los Niños* ("City of the Children") home he founded in Matamoros. Located across the border from Brownsville, Texas, the site is on 17 acres of land that were donated by a Mexican businessman, Mr. Ramiro Gonzalez Garza. The children currently attend local schools. Some of their caretakers are *pequeños* in their year of service.

**Trips organized by NPH USA typically do not include visits to the pequeños in Monterrey, Mexico City or Matamoros.*



Hacienda San Salvador

1. Main entrance
2. Gardens
3. Bus garage
4. Clinic
5. Volunteers' quarters
6. Chapel
7. Dining hall and kitchen
8. Farm: fish ponds
9. Farm: fields
10. Farm: pigs and cows
11. Farm: chickens
12. Boys' home
13. Babies' home (to age 7)
14. Administration office
15. Library
16. Girls' home
17. Basketball court
18. Swimming pool
19. Primary school
20. Workshops
21. Secondary school
22. School court
23. Soccer field



A group of children and an adult are playing in a large, grassy field. One child is jumping over a small pile of hay. The background shows a line of trees and a clear sky.

Daily Life

Highlights

- National Director Rafael Bermudez is an *hermano mayor* ("older brother"), who was raised at NPH Mexico.
- Livestock, fish, fruit and vegetables are raised on the farm, which has "green stations" (small ponds) to improve the irrigation system and preserve the home's natural resources. A second greenhouse was added in 2015, and one for organic tomatoes was opened in 2017.
- The *Estudiantina y Danza Troupe* performs folkloric music and dances locally and in the U.S.

Responsibility

Responsibility is one of the most important values that NPH tries to instill in their children. This is why each child is expected to not only be responsible for him or herself, but to contribute to the family. This includes traditional chores such as washing clothes, cleaning, and serving food.

Each child also has additional responsibilities after school and during the weekends. Some work in the gardens, while others care for the grounds and clean common areas. Everyone knows how much effort goes into caring for their home and all the people who live there.

The NPH Mexico *pequeños* serve two years of service upon graduating high school.

2017 Earthquake

On September 19, 2017, a 7.1-magnitude earthquake caused an estimated \$5 million in damage to the NPH facilities in Miacatlán and Cuernavaca, although thankfully none of our children, volunteers or staff were injured. Post-earthquake community support included:

- 120 high school students volunteered at collection centers to help sort donations
- 55 boys and girls visited two communities and helped demolish walls, build temporary homes, sort trash and more
- NPH became a collection center for supply donations, and NPH staff and youth distributed blankets, clothes and food, including corn harvested at the home, to more than 330 people in four small towns near Miacatlán

Typical Day at Casa San Salvador

5:45 – 6:20 a.m.	Get up and dressed
6:20 – 6:40 a.m.	First breakfast
7:00 – 8:00 a.m.	School begins
10:30-11:00 a.m.	Recess and snack
2:00 p.m.	School ends
	Lunch (main meal)
2:30 – 4:00 p.m.	Chores
4:00 – 5:30 p.m.	Homework
5:30 – 7:00 p.m.	Free time
7:00 p.m.	Dinner
7:30 – 9:00 p.m.	Shower and ready for bed

Godchildren

If you sponsor a child at NPH Mexico, arrangements will be made for him/her to spend time with you during your visit. Please contact your regional office if you are interested in becoming a Godparent.





Travel Tips



Time Zone

Central Standard Time
UTC/GMT -6 hours



When traveling abroad, we recommend enrolling in the U.S. Department of State's Smart Traveler Enrollment Program (STEP). This free service helps the U.S. government know where citizens are, so they can notify and assist them in case of emergency. To enroll, visit <http://step.state.gov/step>



The goal of the trip is to have fun, experience the culture of Mexico and meet the inspiring children of NPH. Each traveler has so much to share with this great family and so much to learn. We hope that each visitor grows from their interactions with the children we support, just as your visit helps them to do the same.

Entry Requirements

All U.S. citizens, including children, are required to present a valid passport or passport card for travel beyond the "border zone" into the interior of Mexico. The "border zone" is generally defined as an area within 12 to 18 miles of the border with the U.S., depending on the location. Regardless of the destination in Mexico, however, all U.S. citizens age 16 or older must present a valid U.S. passport or passport card to re-enter the U.S., even by land.

U.S. citizens traveling as tourists beyond the "border zone," or entering Mexico by air, must pay a fee to obtain a tourist card, also known as an FMM, official border crossings, international airports and ports, and often from airlines, travel agencies and Mexican consulates. If you arrive by air, the fee for is included in your airfare. U.S. citizens fill out the FMM form; Mexican immigration retains the large portion and the traveler is given the small right-hand portion. It is extremely important to keep this form in a safe location because you need to hand it in when you leave the country.

Vaccinations

Before traveling to Mexico, please consult your physician and visit www.cdc.gov/travel. Most vaccines do not produce immunity until at least two weeks after they are given, so visit your physician four to eight weeks before departure.



Please read NPH International's Visitor Policy and Guidelines, sign the form and return it to your trip coordinator.

Transportation

- For group trips organized by NPH USA, transportation will be provided by NPH.
- Do NOT hitchhike under any circumstances.

Accommodations

Lodging varies depending on trip package. See specific trip information or consult the coordinator for details.

Water

Tap water is not safe in Mexico. **DRINK BOTTLED WATER ONLY.** It is also recommended that you use bottled water to brush your teeth. Avoid drinks with crushed ice, or cubes made from tap water. If your hotel's tap water has been purified, there should be a note in your room.

Food

While at NPH facilities, we will eat just like the children and staff at specific mealtimes:

- Breakfast: 6:20 and 10:30 a.m.
- Lunch: 2:00 p.m. (main meal)
- Dinner: 7:00 p.m.

Food at NPH is NEVER wasted. If you are unsure you will like what is being served, ask for only "un poquito" (a little), and if you cannot finish, please offer it to one of the children.

Travel Tips *(continued)*

Please be careful while eating in Mexico. Do not eat fresh fruit or vegetables unless they have been peeled and/or cooked. (Salads can be risky if they have been rinsed in tap water.) Also, always opt for bottled purified water and try to avoid drinking beverages with non-purified ice. (Note: purified ice is circular with a hole in the middle.) Also, stay away from the margaritas if they have crushed ice.

While on day trips, we will eat in restaurants where we are sure that food will be prepared safely. (See pages 9-10 for a Restaurant Guide for Cuernavaca.)

All visitors are welcome to bring additional snacks to share with the group. Be sure to bring things that can withstand heat and humidity and preferably are individually wrapped.

Bathroom Etiquette

It is not possible to flush toilet paper in most Latin American countries due to the poor plumbing systems. Toilet paper and all sanitary products must be thrown in small waste baskets next to the toilet. **DO NOT flush toilet paper or sanitary products while visiting the NPH home.**

Bring travel toilet paper, or a small packet of facial tissues on day trips. Tissue is not always available in public bathrooms.

Electricity

Mexico's electrical system is the same as the U.S.: 120 volt/60 hertz, but you may need a socket adaptor. Most plugs are the same as in the U.S. (two flat prongs), but some have a third, circular prong.

E-mail & Phones

There are nearby cafes with Internet capability and phones, as well as public phones widely available for use with pre-paid cards. The 20-, 30-, 50-, or 100-peso cards can be purchased at newsstands, convenience stores or any establishment displaying a sign that reads "LADATEL de

venta aqui" (LADATEL sold here). Public phones marked "LADA" offer long-distance service, and those operated by Telmex, Mexico's national telephone company, appear to be applying the most competitive rates. You can charge your long-distance calls to your telephone bill back home, a service offered by Telmex, as well as major U.S. telephone companies AT&T, MCI and Sprint. Cellular phones and pagers are available for daily rental.

Clothing

Comfortable, broken-in walking shoes are a must! The days are warm, so light clothing – shorts, slacks, cotton T-shirts, sandals and/or running shoes – is appropriate.

Keep in mind to dress conservatively and in a tidy manner. Please do not wear anything torn, too short or provocative. If you have any piercings other than ears, please take them out during your visit. If you have any tattoos, please keep them covered. These can be associated with gang activity and we do not want the children to have a negative impression of you.

Currency and Credit Cards

Mexico's currency is the peso, usually denoted by the "M\$" sign. Any prices quoted in U.S. dollars will normally be written "US \$5" or "5 USD" to avoid misunderstanding. The peso is divided into 100 centavos. Coins come in denominations of 20 and 50 centavos and one, two, five, 10, 20 and 100 pesos. There are paper notes of 20, 50, 100, 200, 500 and 1000 pesos.

The most convenient form of money in Mexico is a major international credit card or debit card – preferably two if you have them. (It is a good idea to call your credit card company to give a travel alert before departing the U.S.) Visa, MasterCard and American Express cards can be used to obtain cash easily from ATMs in Mexico, and are accepted for payment by most businesses. Occasionally there is a surcharge for paying by card, or a discount for paying cash.

Making a purchase by credit card normally gives you a more favorable exchange rate than exchanging money at a bank, and is not subject to commission, but you will normally have to pay your card issuer a "foreign exchange" transaction



See page 12 for
emergency contact
information.



PLEASE DO NOT
give children your
address, e-mail or
phone number
even if you are
their sponsor.

Travel Tips *(continued)*

fee of around 2.5%. As a backup to credit or debit cards, it is a good idea to take a little cash and a few traveler's checks. U.S. dollars are easily the most exchangeable foreign currency in Mexico. In tourist areas and many Mexican cities along the U.S. border, you can often make some purchases in U.S. dollars, though the exchange rate used will probably not be in your favor.

ATMs (*caja permanente* or *cajero automático*) are plentiful in Mexico, and are the easiest source of cash. You can use major credit cards and some bank cards, such as those on the Cirrus and Plus systems, to withdraw pesos from ATMs. The exchange rate that banks use for ATM withdrawals is normally better than the "tourist rate" for currency exchange, though that advantage may be negated by extra handling fees, interest charges and other bank charges. Use ATMs only in secure indoor locations, not those in stand-alone booths.

Tipping

As in the U.S., tipping is customary, expected and appreciated.

DO tip for:

- Baggage handling at airport and hotel – \$1 per bag
- Maid service in the rooms – \$1 per day
- Restaurants – 15% (about the same amount as the tax)
- Spa services – 15% (same as U.S.)
- Tour guides - \$1 per day minimum

Please DO NOT tip NPH bus drivers. Taxi drivers expect a tip only when they provide an extra service.

Shopping

There is a large artisan's market located near *Palacio Cortés* (the Palace of Cortez) in downtown Cuernavaca. Vendors speak some English, and bartering is expected.

Mexico's national sales tax rate (*IVA - Impuesto al Valor Agregado* or "Value Added Tax") is 16%. Price tags at retail stores include this sum, so the amount listed is what you pay. This is different from the U.S., where sales tax is added to the total when you pay.

Safety

Outside the gates of NPH, we recommend that you never go alone anywhere. Be vigilant in regards to your surroundings. While at the home, we will be in a very safe and controlled environment. However, it is important to remember to watch your personal property. Our children have all come from very different backgrounds and while NPH tries to help them realize that they are safe now, many of them are still in survival mode. They are not malicious, but for many, taking is the only way they have ever survived.

Terms to Know

Good morning/afternoon/evening! - *¡Buenos días/tardes/noches!*
See you later! - *¡Hasta luego!*
How are you? - *¿Cómo está?*
Fine, thank you. - *Bien, gracias.*
Please - *Por favor*
Excuse me - *Permiso*
Do you speak English? - *¿Habla inglés?*
Yes - *Sí*
No - *No*
Thank you - *Gracias*
You're welcome - *De nada*
How old are you? - *¿Cuántos años tiene?*
How much is this? - *¿Cuánto es?*
More - *más*
A little bit - *un poquito*
House - *casa*
Home - *hogar*
School - *escuela*
Backpack - *mochila*
Office - *oficina*
Kitchen - *cocina*
Water - *agua*
Food - *comida*
Rice - *arroz*
Beans - *frijoles*
Spoon - *cuchara*
Fork - *tenedor*
Cup - *vaso*
Plate - *plato*



NPH-Related

Pequeño/a - literally "little," but it is the term used for all NPH children
Tío/a - literally aunt or uncle, but at NPH it is a caretaker
Fr. Wasson - *Padre Wasson* (Founder of NPH)
Padrino - Godfather (Sponsor)
Madrina - Godmother (Sponsor)
Ahijdo/a - Godchild
Hermano/a Mayor - Older brother/sister - the term for a former *pequeño/a* or graduate of NPH



Cuernavaca Restaurant Guide

Hours are subject to change. Call to confirm.

At the market or in small towns and villages around Cuernavaca, you are more likely to find typical regional fare, including tacos filled with colorín flowers, tamales stuffed with beans, blue tortillas wrapped around *jumiles* (an insect), *cecina* (Mexican-style beef jerky) with cream and fresh cheese, rabbit in *chileajo*, and Tlayacapan-style *mole*.

Bugambilias - Jacarandas Hotel

Cuauhtemoc 133 • Tel. 315-7777

In Colonial Chapultepec. In business for 40 years, this hotel and restaurant is set amid beautiful tropical gardens and features a Mexican and international menu. Open 7 a.m. to 11 p.m.

Carlos 'n Charlie's

Domingo Diez 711 • Tel. 313-0626

Housed in a former mansion-turned-fun house, this is one of the liveliest and most popular places in town. Great food with terrace dining. Don't miss it!

Casa Hidalgo (Great at night; overlooks the plaza)

Jardin de los Heroes 6 • Tel. 312-2749

This beautifully renovated colonial-era building on the main square offers international and Mexican specialties in an attractive contemporary setting, and romantic balcony tables. Try the cream of Brie soup and Fileton Hidalgo - breaded fillet of beef stuffed with manchego cheese and prosciutto. Open 1:30 to 11 p.m.; to midnight Saturday; to 10:30 p.m. Sunday.

El Amate - Hacienda San Gabriel de las Palmas Hotel

Cuernavaca-Chilpancingo Hwy., Km. 41.8 •

Tel. 348-0636

In Amacuzac, 20 minutes from Cuernavaca. This lavish hacienda built in 1529 offers gourmet international fare in an elegant indoor or garden setting. Menu highlights include green salad with avocados, pears, strawberries and goat cheese in

a honey-mustard dressing, beef specialties, and Mandarin duck. Open 8:30 a.m. to 10:30 p.m.

El Faisan

Zapata 1233 • Tel. 317-5281

Four blocks south of the Zapata monument. This popular Yucatecan restaurant, founded in Mexico City some 40 years ago, is a real treat for those who love to explore new flavors. Open for breakfast, lunch and dinner.

El Gallinero

Leyva 94, downtown • Tel. 312-7444

International fare in an elegant Bohemian-style restaurant-bar-bookstore-bakery and nightclub. Try the *tacos sudados de cochinita pibil* and *robalo al ajillo*. Open 2 to 10:30 p.m.; to 7 p.m. Sunday. Closed Monday.

El Laurel

Plaza El Pueblito • Tel. 318-9559

Excellent Mexican and international cuisine served in a charming, relaxed, European-style setting. Specialties include chicken breast stuffed with squash blossoms and Norwegian salmon. Open for breakfast, lunch and dinner.

El Madrigal (Beautiful setting; fabulous food)

Sonora 115, Colonia Vista Hermosa • Tel. 316-7878

Ruben Cerda, who managed Las Mañanitas for years, owns this contemporary hacienda hotel offering excellent dining overlooking a lovely garden with waterfall.

El Nido

Galeana 119, downtown • Tel. 314-2993

"The Nest," as it is called, offers fine dining in a chic art-filled setting with a great view of the city, plus live jazz on Friday and Saturday evenings.

Cuernavaca Restaurant Guide *(continued)*

El Patio - Cuernavaca Racquet Club

Francisco Villa 100, in Rancho Cortes • Tel. 311-2400
At midday it is fun to dine on the terrace overlooking the action on the nine hard-surface tennis courts set in a lovely garden. Evenings are for candlelight dinners.

Hacienda de Cortes

Plaza Kennedy 90, Colonia Atlacomulco • Tel. 315-8844

This historic monument, which has served as the setting for several films, was built by Hernan Cortés. Destroyed during Mexico's revolution, it was later restored and converted into a hotel and romantic restaurant with an international menu.

Hosteria Las Quintas

Diaz Ordaz 9 • Tel. 318-3949

Set in beautiful, lush semitropical gardens, the specialty restaurant serves fine international and Mexican cuisine, and a "light" spa menu.

La Calandria - Posada Maria Cristina Hotel

Juarez 300, corner of Abasolo • Tel. 318-2981
Built in the mid-16th century on the site of the orchards and stables of the Cortés palace, this former hacienda features a fine restaurant-bar overlooking a garden with fountain. Open for breakfast, lunch and dinner.

La India Bonita (Very nice setting – excellent food)

Dwight Morrow 15, in Casa Mañana • Tel. 312-5021

A longtime Cuernavaca favorite, offers authentic Mexican fare in a charming colonial-style setting. Try the *India Bonita* soup, made with squash blossoms and corn. Closed Monday.

La Pancha

Rufino Tamayo 26, Colonia Acapantzingo • Tel. 312-8186

Housed in a charming Italian villa-style hotel, this restaurant-bar offers a popular open-air setting for Mexican fare with a Mediterranean touch. Try the fish with fried parsley and the duck tacos.

La Strada

Salazar 38, next to the Palace of Cortes • Tel. 318-6085 - Reservations suggested
A beautiful spot featuring Italian specialties served in a romantic, candlelit colonial patio. The delicious dishes, ample portions and reasonable prices have made this one of Cuernavaca's favorite spots. Their European-style bar on the second

floor, Caffé Central, offers more than 120 wines from around the world. Open from 1:30 p.m.; from 2 p.m. Sunday. Closed Monday.

Las Mañanitas (Beautiful gardens; great food)

Ricardo Linares 107, downtown • Tel. 314-1466
One of Mexico's most famous restaurants features alfresco dining in a colonial setting overlooking a lush garden, where cranes, peacocks and flamingos wander amid elegant Zuñiga sculptures. Specialties include tortilla soup, *escamoles* (ant eggs), grilled red snapper, and chocolate pie. Las Mañanitas was selected by the Franklin Mint for its "Demitasse Collection" of the 25 most famous restaurants in the world, is a member of the prestigious Relais & Chateaux, and was featured in the book *1000 Places to See Before You Die*.

Los Delfines

Palma Real 1, La Palma • Tel. 320-2118

Popular with locals for fish and seafood specialties. Try the *parrillada de mariscos*, a grilled seafood platter with jumbo shrimp, squid, fish, crayfish and other fruits of the sea. Open 10 a.m. to 9 p.m.

Marco Polo (Good place for lunch)

Hidalgo 30, across from the Cathedral • Tel. 312-3484
A fine Italian-Mediterranean restaurant serving authentic regional specialties prepared with fresh homemade pastas and delicious sauces. Charming Mediterranean setting. Sit upstairs on the balcony.

Maximiliano y Carlota

Galeana 29, Colonia Acapantzingo • Tel. 318-2004
Located in one of Cuernavaca's oldest, quietest and most picturesque neighborhoods, this lovely hotel features a terrace restaurant. Nicely decorated with a relaxed, informal ambiance, it serves excellent Mexican and international cuisine, accompanied by classical music or live piano.

Sumiya

Camino Real Sumiya Hotel • Tel. 320-9199

About 15 minutes south of town via the Civac exit on the Acapulco highway. The converted home of late heiress Barbara Hutton is set amid Japanese gardens and contemplation pools whose imported stones were ceremoniously placed by a Japanese priest from Kyoto. Dining is on a terrace overlooking the valley. A variety of fish and seafood specialties include squid sashimi, and shrimp in peanut sauce. Open 1 to 11 p.m., except Monday and Tuesday.



Suggested Packing List

Clothes

- Lightweight travel clothes - there is no laundry facility, but you can hand wash!
- Jeans/shorts/travel pants - your preference
- Comfortable shoes for walking - tennis shoes or something with closed toes
- Poncho/lightweight rain jacket
- "Bug off" clothing - REI or Ex Officio (if sensitive to mosquitoes)
- One "nicer," but still casual outfit

Remember to dress conservatively. No visible undergarments; nothing torn, ripped or too short.

Toiletries

- Hand sanitizer
- Shampoo/Conditioner
- Soap (we recommend a pack of disposable face cloths that have soap in the fibers. They work as soap and a washcloth.)
- Toothbrush/paste
- Deodorant
- Razor
- Earplugs
- Soap for washing clothes (if you want)
- Suntan lotion
- Insect repellent
- Small packet of facial tissues
- Travel toilet paper

Medicines

- Personal prescriptions (can be hard to get or expensive outside the U.S.)
- Pepto Bismol/Immodium
- Advil/Tylenol/Excedrin
- Cipro/antibiotic for travelers' diarrhea
- Benadryl/Hydrocortisone
- Band-aids/Neosporin
- Emergen-C/cough drops

Personal Items

- Pillow
- Umbrella
- Water bottle
- Camera/Charger
- Fly paper
- Sunglasses
- Flashlight (plus extra batteries)
- Travel alarm clock (if desired)



We often leave pillows, towels, sheets and dinnerware for the home to keep after we leave.

Snacks/Food

While we encourage everyone to eat the food provided (it is tasty), if you are worried about not liking the food, or getting enough, consider packing some pasta or another substitution for a meal, just in case. In addition, you may also want to bring:

- Granola bars/fruit bars/popcorn/snacks to share
- Gatorade packets (it is easy to get dehydrated)
- Good ground coffee and sugar to share

Other

- Passport
- Two copies of passport and credit card information: leave one copy at home
- Pictures of your family to show kids (great conversation starters!) and/or postcards

Do NOT Bring

- Expensive or irreplaceable jewelry or other valuable items
- Flashy gifts





Gifts

Visitors often ask what items they can bring for the children. Following are some suggestions.

Clothing and Shoes

- Underwear and socks
- Sandals

Education/Arts & Crafts

- Books in Spanish
- Coloring books
- Colored pencils and crayons
- Glue and tape
- Scissors
- Construction paper
- Paint
- Play-Doh
- Yarn and pipe cleaners
- Beads
- Stickers

Toys & Games (for every age group)

- Card games
- Board games
- Jigsaw puzzles (100 pieces max.)
- Marbles

Sports Equipment

The kids spend most of their time outside, so think of items that require little or no maintenance and can be shared by everyone!

- Balls
- Jump ropes
- Air pumps with extra needles

Hygiene

- Feminine products
- Shampoo
- Soap
- Toothpaste
- Toothbrushes (for kids AND adults)

Health Care

- Vitamins
- Bandages
- Neosporin
- Tylenol

These items are always needed in the clinic. Please contact us if you are interested in donating other medical supplies.

Other

- Barrettes and hair accessories
- Inexpensive plastic jewelry
- Batteries of various sizes are always needed and easy to transport

When in doubt . . .

Bring things that NPH needs or wants, and that get depleted. If you are still unsure, ask!



PLEASE DO NOT

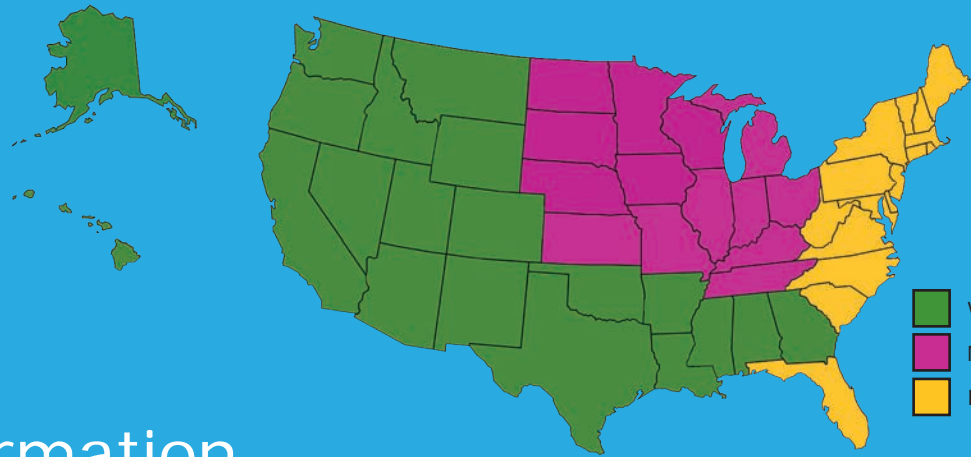
- Bring candy or small items to randomly pass out. This can result in hurt feelings among children who do not receive anything.
- Bring expensive gifts, such as music players, video games or jewelry. This may unintentionally create feelings of jealousy and cause problems for that child.
- Give gifts directly to the children. Give them to the home's Visitor Coordinator or a staff person.
- Give money to anyone at the home. This can cause confusion about how it will be used and will not qualify for a tax deduction under U.S. law. Please make all donations through NPH USA.

REMEMBER, YOUR VISIT IS A GIFT!

Neither NPH nor NPH USA want the children to associate your visit with material items. The best thing that you can bring is you! All your kind words, thoughts and affection are going to be the most lasting gift. Building relationships is the most valuable thing you can offer!



NPH USA
Raising Children. Supporting Families.
Transforming Lives.



West and South
Midwest
East

Contact Information

We suggest you leave this information as well as your flight and hotel details (if applicable) with your emergency contact.

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NPH USA, Federal Tax ID #65-1229309, is a registered 501(c)(3) nonprofit corporation that supports the homes, healthcare and educational programs of Nuestros Pequeños Hermanos.

FUNDRAISING AREAS

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