

SFU Student Undergraduate  
Arts + Social Sciences › International Studies  
Study Abroad › Exchange

Initiative: Humans of Study Abroad  
Program: Study Abroad › Exchange  
University: Universidad de las Américas Puebla  
Location: Puebla, Mexico  
Experience Faculty: Arts + Social Sciences › International Studies

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Experience Details  
Semester: Fall  
Year: 2022

#### Introduction + Preparation

Firstly, I am very blessed to have made it to Puebla, Mexico for my exchange semester given the capricious situation due to covid i

## Location Research

My targeted destination was going to be somewhere in Latin America as I have never explored this region of the world before, and learning Spanish was one of my main objectives. In addition, the Latin American region would not be as expensive in terms of cost of living compared to





## Reflection & Tips

### Reflection

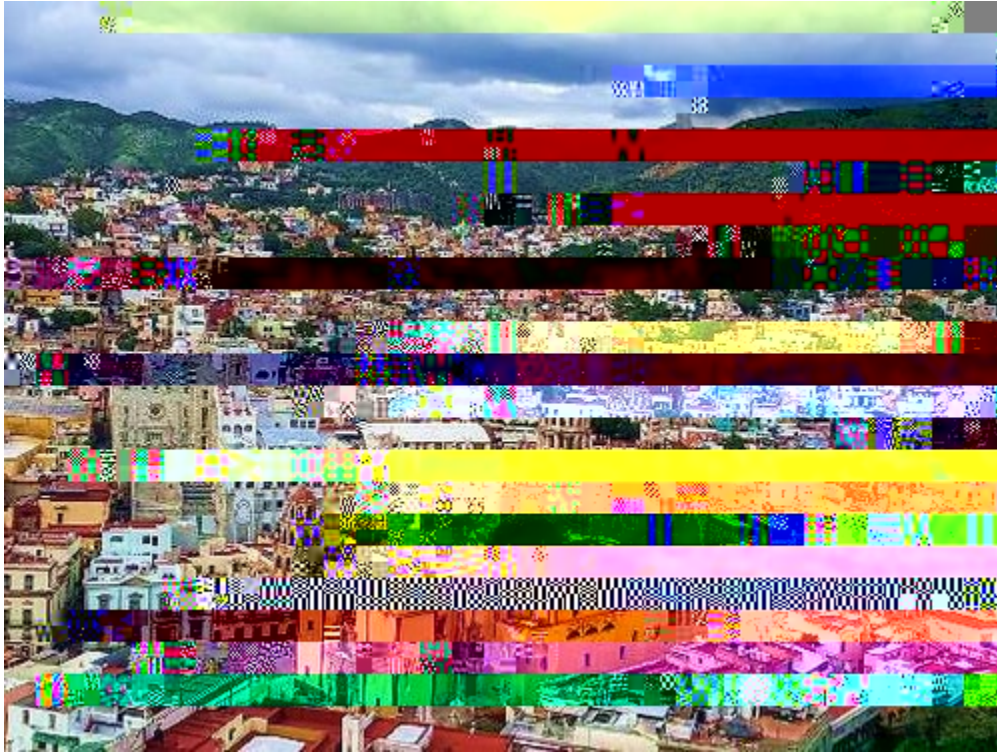
Overall, I had an unforgettable and amazing time during my exchange semester, and I was fortunate enough to complete it without any unexpected complications. I learned a lot more about myself – new interests, being more adaptable, future ambitions, etc. It was one of the most unique and remarkable experiences in my lifetime, and I would highly recommend anyone else interested in this region to embark on the same journey for their studies.

### Most Valuable Aspects of This Experience

I just felt like my world expanded after this experience. The exposure to so many new cultural elements, especially learning Spanish has made my life a bit more interesting and rich. Since I've been back, I genuinely enjoy listening to Spanish music more than anything else, not because I'm nostalgic of my time there, but because I really enjoy it. I'm much more knowledgeable about the food and geography of certain places, and it's quite fun to converse with other Mexicans in Spanish that I meet elsewhere. In the future, I'm very certain I would be much more comfortable and excited as well to travel to other parts of Latin America after this experience. The friends I met there were also invaluable. We shared so many special memories together, and I'm certain I will be meeting some of them down the road as well as life goes on.

### Advice for Future Students

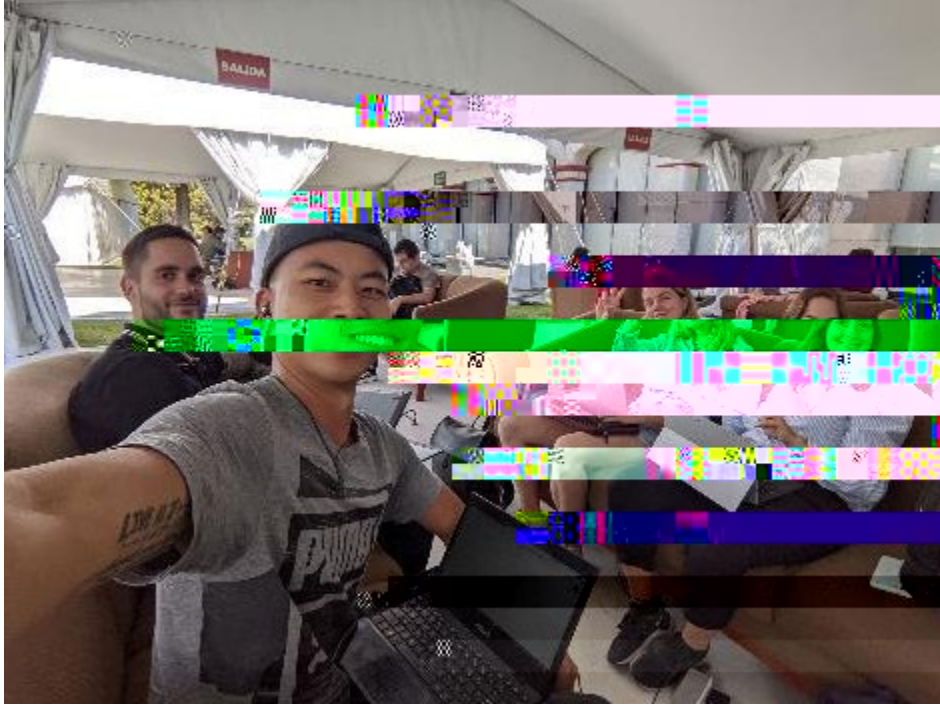
Mexico may not be a popular destination for exchange semesters, perhaps by reason of its reputation (safety, crime, etc.) and foreignness (language barrier, cultural differences, etc.), but I highly recommend anyone interested to not overthink these factors and just apply. Exercise caution as you would in any country, try to learn the language and talk to local people, and keep your mind open to new experiences.



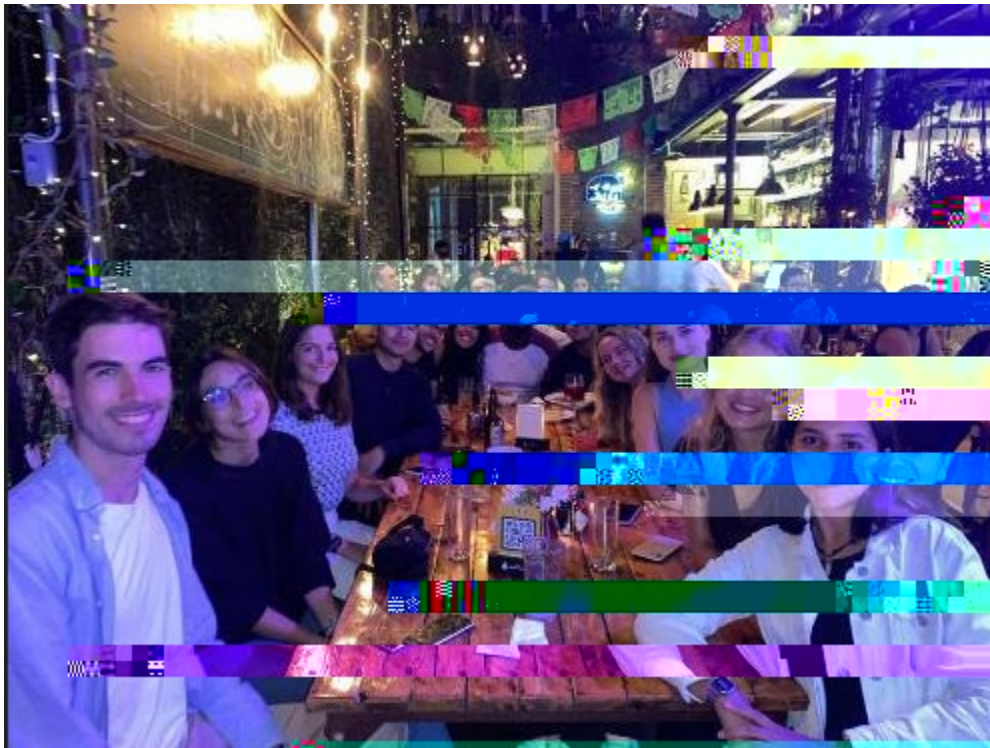
Guanajuato City in Central Mexico.



View of UDLAP campus from the library.



UDLAP outdoor couch area for studying.



Listening to live jazz on 14th Street in Cholula.



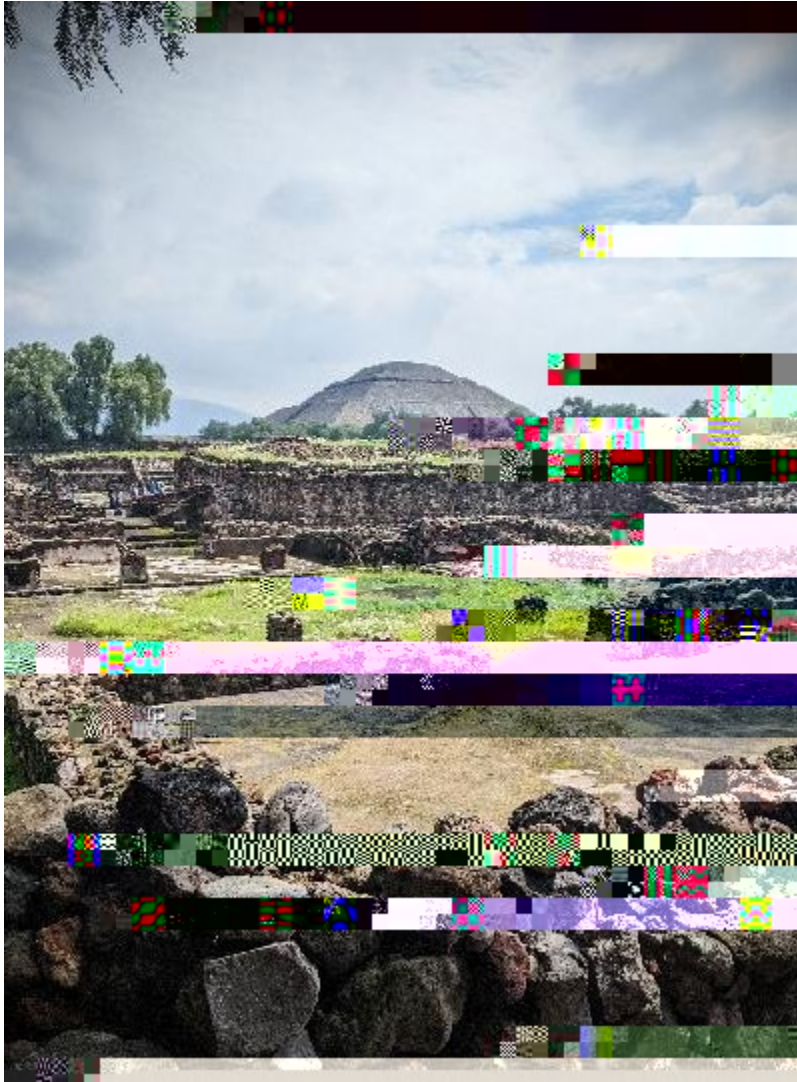
Team Casa Naranja at outdoor BBQ party.





Mexico Independence Day celebration.





Teotihuacan, northeast of Mexico City.