FRIDA KAHLO'S MEXICO

Textiles, Arts & Crafts

Destination Guide and FAQs



This tour explores Frida Kahlo's art and her profound love for her country. Together with other members of their circle, Frida and Diego embraced Mexican culture, which had long been undervalued by Europeans.

Thank you for considering this unique tour, on which we will retrace the physical and metaphysical journey of Frida Kahlo through the ceramics, toys and other expressions of popular culture that defined her, or conversely, she claimed as her own.

During this unforgettable journey with Frida, we will meet popular artists and share intimate ceremonies for the Day of the Dead.

First off, is Mexico safe for travellers?

Your perception of safety is important, and we urge you to visit your country's travel advisory consular site. These days, only a few countries do not carry an advisory.

For the most part, Mexico is considered safe for travellers. Travel in Mexico is particularly safe for group travellers where group leaders ensure necessary common-sense precautions such as not venturing out alone in the dark, not flaunting valuables, and being mindful of surroundings while in crowds. While some areas experience moderate crime rates, the destinations on this tour are generally safe, particularly when sticking to well-known areas and avoiding isolated locations.

A bonus of group travel is you can always be with a travel companion. Our local office in Canada is on hand to address any concerns.

Do I need a Visa for Mexico?

Visitors from the U.S., Canada, and the U.K. do NOT need a visa to Mexico. Check this guide for more info. In order to gain entry, you will need a passport valid for 6 months.

If you do need a visa, bear in mind that processing can take 4 to 5 weeks. Please understand that it is your sole responsibility to possess a valid passport and visa prior to embarking on this tour.

What is the time zone in Mexico?

Mexico City is on Central Standard time, same as in the U.S. (GMT -6, Eastern -1).

When is the best time of year to visit this region?

The best time to visit is from late Oct to April. In late October, temperatures are comfortable and cool. Mexico City and surroundings will be at an average high of 26C and low 13C.

How strenuous is this tour?

A good level of fitness is essential. Unless you enjoy unimpaired mobility, can cope with everyday walking and stair-climbing without difficulty, and are reliably sure-footed, this tour is not for you.

You must be able to walk comfortably and without assistance at a moderate pace for one hour stretches. A moderate pace of walking is defined as 100 steps per minute. Visits to historical monuments and even some modern ones include stairs, as do some hotels. The ground may be uneven in older cities. There are some steep walks. Unruly traffic and the busy streets of larger cities require some vigilance. This tour involves private bus transfers on crowded urban roads. The longest transfer on this tour is 4.5hrs with two breaks.

Most sites have some shade, but the sun can be strong. Please take adequate precautions.

Importantly, our tours are group events. The presence of even one person who is not fit enough to cope can spoil the experience for everyone else, in addition to placing stress on group leaders and guides.

Please assess your fitness level as objectively as possible. Should you decide to join the tour and later develop immobility, please let us know immediately.

Upon registration, you will be asked to confirm your level of fitness as detailed above.



I hear only 5* hotels are good enough for travel in Mexico. Correct?

Incorrect. One of the best ways to experience these regions of Mexico is to stay in atmospheric small hotels for architecture, cultural relevance, and personal service. In all cases, we select the best in terms of location, safety, and comfort. All hotels are clean, comfortable, and have private bathrooms and western-style toilets.

Please be aware that accommodations may be different to what you are used to in your country of residence.



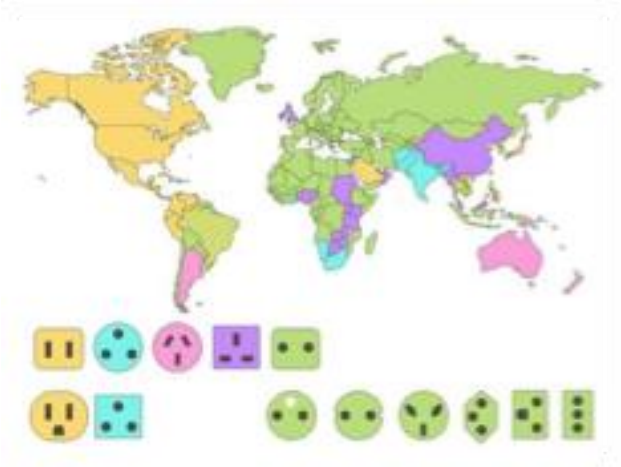
What to pack?

A comprehensive packing list will be supplied. Consider layering clothes. Pack a light windbreaker, fleece hoodie or light shawl for air-conditioned restaurants and buses. Comfortable closed-toed walking shoes or sneakers are recommended, especially for archeological sites. Mexico is a conservative country, and women travellers might feel more comfortable with dresses below the knees, and trousers, tops/dresses with some sleeve. Steer away from strappy tank tops and low-cut shirts. Wear a longer shirt if wearing pants.

It's best to leave expensive jewellery and valuables at home.

What is the voltage in Mexico?

The voltage in Mexico is 110-120 volts and the frequency is 60 Hz with either 2- or 3-pin flat plugs (yellow in the picture below). The primary outlet in Mexico is the 2-flat-pin plug. We recommend packing an international adapter so you can switch back and forth as needed



Where to fly in and out of? What are the best international flight options?

Our tour starts and ends in **Mexico City** (closest airport Benito Juárez MEX)

Do give yourself ample time to settle in after your long flight. For early arrivals and late departures, we offer airport transfers and extra nights for a fee.

For more details, refer to *Getting There and Back* found online on tour page.

How can I stay in touch with home? Can I get a local SIM card?

Most hotels have decent wifi. In addition, you may wish to supplement wifi with an e-SIM such as Airalo or a Mexican SIM card. The main network is the leader, Telcel. You can also get an AT&T Mexico SIM card or use the company Movistar, which is the last preference as calls are frequently dropped. SIM cards can be purchased for around $10-15 in the agencies of the network operators and their sales outlets. Be prepared to show your passport.

My big fear is getting sick in Mexico.

The main reasons why travelers get sick in Mexico is eating unwisely. Safe bottled water is readily available all over Mexico. The food in Mexico is delicious and generally well prepared. **Only eat foods that have been cooked, and are piping hot upon serving, and eat fruit that can be peeled**.

Don't use ice cubes in drinks. Brush teeth with bottled water until your system is well adjusted to local micro-organisms.

Will drinking water be provided while travelling?

We provide bottled drinking water while on the road. In interests of reducing plastic waste, please consider bringing your own refillable water bottle. Hotels will supply bottled water.

What about the currency?

The Mexican Peso (MX$ or MN) is the currency of Mexico.

One hundred *centavos* are one Mexican peso (denoted as MX$ or MN). Notes come in denominations of 20, 50, 100, 200, 500, and 1000 MX$. Coins come in denominations of 5-50 *centavo* pieces, and 1-10MX$, although it's rare to use anything under 50 *centavos.*

USD are accepted in some parts of the country, though it's almost always more advantageous (less expensive) to pay with Mexican Pesos.

Change money at major airports or banks, exchange bureaus, and ATMs in major cities). Travellers' cheques are generally not accepted in Mexico.

ATMS that accept international cards are widely available in cities. It's usually better to withdraw large sums at one go than multiple smaller sums. Many businesses accept debit

and credit cards, for which the foreign exchange charge is usually 4% of the transaction value.

Note: Makers (weavers, carvers etc.) and market vendors almost never have credit card facilities, so purchases need to be paid for in cash.

How much money do I need to carry?

Besides a few meals on your own at around $10-25 without alcohol, all expenses are covered in the cost of the tour. The only other major expense is personal shopping. It's difficult to gauge individual shopping needs. There will a lot of beautiful textiles, arts, and crafts to buy, some inexpensive, other can be major purchases. See below.

What about tipping?

We run a US $150 tipping kitty for porters, hotel staff, drivers, and guides. You may supplement if you wish. Any unused amounts at the end will be democratically disposed of.

And shopping . . .? What about shipping home?

Markets and artisan workshops are the central hubs of most places we will visit. There, you can find clothing, fabrics, jewellery, and pottery. Oaxaca is famous for textiles and pottery. Obtain a receipt for larger purchases, it may be requested on domestic flights or upon international departure. Most well-established artisans will arrange shipping for a fee. If you want to organise your own shipping, there are offices in Mexico City.

Regarding bargaining, we suggest paying makers the price they ask with little or no haggling. In markets, where work is being resold by intermediaries, it is possible to bargain.

Do I need any vaccinations?

There are no vaccinations required for entry to Mexico, but short-term travellers are recommended to receive vaccination cover for **Tetanus**, **Typhoid** (food and water-borne) and **Hepatitis A** (food & water borne)

Follow the recommendations of your travel health clinic. You may want to bring Tylenol, Immodium and/or Pepto Bismol, in addition to prescription medications.



Travel Insurance

Travel protection is recommended and should be obtained at time of booking.

If you choose not to purchase travel insurance, please sign off on registration form that you have been notified of the need for travel insurance.

E.Y.H.O. is not qualified to answer technical questions about the benefits, exclusions, and conditions of travel insurance plans. E.Y.H.O. cannot evaluate the adequacy of the insured's existing insurance coverage. If you have any questions about your travel protection, consult your insurer or insurance agent or broker.

Insurance companies our travellers have used in the past appear below. This does not constitute an endorsement on our part.

World Nomads

Travelex

Allianz

Best value Insure my Trip

Please note: Failing to purchase adequate travel protection plan could result in the loss of your travel cost and/or require more money to correct the situation. You also acknowledge that without adequate coverage, there may be no way to recoup any losses, costs or expenses incurred.

E.Y.H.O. Tours does not assume responsibility for dealing with traveller's insurance company. Provision of letters or attestation may incur an administrative fee.

How do I navigate cultural sensibilities in Mexico?

Most Mexican families are happy to share their traditions with visitors. We will visit artisans' homes and workshops. Photographs should not be taken until permission has been granted.

When entering churches and cathedrals, visitors are expected to show respect. Women should not wear shorts or skimpy tops. It is not necessary to cover the head. Hats should be removed by men and women. Some churches forbid photography.

Health while travelling

If you are concerned about being exposed to contagion, please assess your comfort level to join the tour and/or consider remaining masked where not possible to socially distance or isolate.

Please note that E.Y.H.O. Tours is not responsible for costs of any curtailment to the tour, missed transport arrangements, additional accommodation, expenses for testing and treatment or any other costs incurred by the traveller/s. Travellers MUST ensure that they have travel insurance that covers these costs. E.Y.H.O. will not undertake any administrative responsibility for a traveller's insurance claim.

Please refer to *Getting There and Back* for flights, extra nights, and airport transfers.

Questions? shila@eyhotours.com