

# SOL AZTECA

PROJECTS ABROAD MEXICO NEWSLETTER



VOLUNTEER UPDATE

***Salsa Lessons!***

DESTINATION

***Mexico City***

**NEW ANIMAL CARE PLACEMENT**

## ***Editor's Notes:***

**Hello Everyone,**

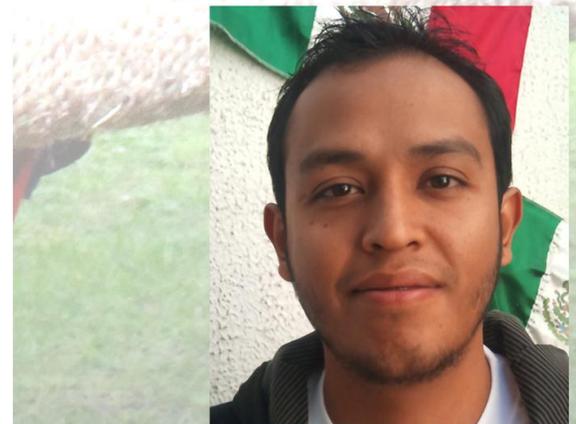
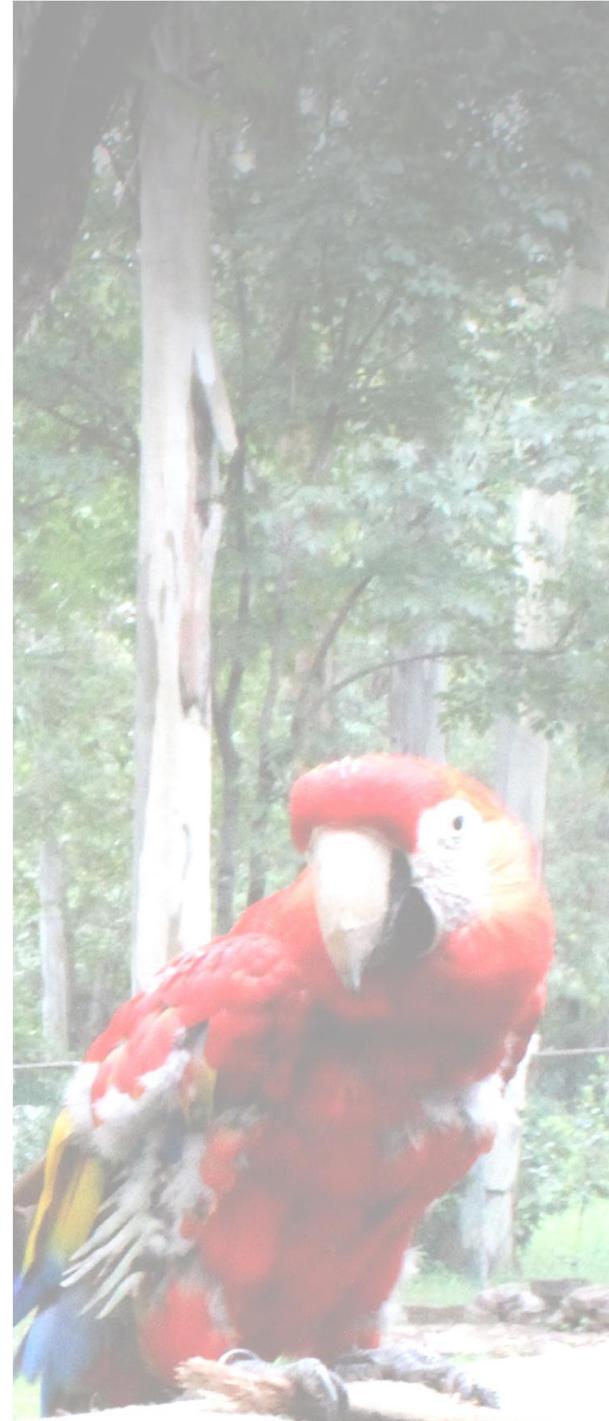
**The second half of the year has begun and with it the busiest month here in Mexico. Especially at the camp, where our first group of 2 Week Special volunteers arrived to help with the conservation of the turtles.**

**There is also activity here at the city and also in Ciudad Guzman, from people working in hospitals, orphanages and the animal centre to the guys working with street children taking part at the summer course.**

**I would like to thank Jonatan Arriaga for his article and the amazing pictures from the salsa lessons.**

**And as always, thanks to everyone who do their best everyday at the projects!**

**Hope you enjoy it. Cheers!!**



**Jorge Aguayo**  
Social Manager  
Projects Abroad Mexico

# Volunteer Activities

## Salsa Lessons!!

By Jonatan Arriaga

It is true that rainy season is striking Mexico at the moment but that did not stop us from moving to the rhythms of Latin beats.

The teacher arrived to the office, turned on his music device and we were ready to dance to his instructions. It was so much fun learning the basic moves.



The first basic moves then tuned into more complicated ones each time. Moves like Cross Over made the class more challenging every passing second.

The class also contained the basic steps of a great rhythm called 'Bachata.' No doubt teacher Bruce made us move the hips and shoulders a lot.



Thank you so much to everyone who joined us in Salsa Class of July!

# Placement Update

## New Animal Care Project in Mexico – Parque Agua Azul!

We are happy to announce that we have a new addition to our placement list in Projects Abroad Mexico. We are working alongside 'Parque Agua Azul' doing an interesting couple of animal care projects.

This park is one of the most important ones in Guadalajara and it is running two interesting projects:

- 1- Rehabilitation of Red Macaw Birds. This programme is aimed at the rescue and reproduction of this specie. The main problem facing these birds is the loss of feathers by picking themselves and removing their own feathers due to stress or boredom.

2-



Sadly, this activity is inherited from the parents and the main activity of the park is the rehabilitation of the birds and their reproduction.

2- Butterfly production. This interesting project aims to collect and produce as many butterflies as possible in the lab. After they are born, they are released into the park's butterfly sanctuary.



We have had our very first volunteer collaborating in the park and it was a success. We want to say thank you to James Kitchin for his commitment and also to Ricardo Tovar and the authorities in the park!

The park is waiting for as many volunteer hands as possible, there is a lot to be done for the birds and butterflies and your help will be greatly received!

Parque Agua Azul is waiting for your visit if you are around Guadalajara, it has a lot to offer! Green spaces, butterflies, macaw birds and friendly staff around!



# Where to go ...

## Mexico City

Mexico city is the oldest city in the American Continent, is located in the central region of the country (the altitude is 2,224 metres above sea level) and is protected by two volcanoes Iztaccíhuatl and Popocatepetl. Another particularity of this city is the temperature: 22°C annual average, which is always a great weather no one can complain about!

Formerly know as 'the city of palaces' Mexico City offers lots of options for travellers who want to admire the mix between past and future; the old style of living combined with the new tendencies, colonial and modern architecture, arts and nightlife; everything is here in this magical city.

Some of those interesting places that you cannot miss are:

### 1)The historic centre

The historic centre of Mexico City is also known as the 'Centro' or 'Centro Histórico.' This neighbourhood is focused on the Zócalo or main plaza. The Zocalo is the largest plaza in Latin America and the second largest in the world after Moscow's Red Square. It can hold up to nearly 100,000 people.



Picture by Matthew Rutledge: <https://www.flickr.com/photos/rutlo/>. Creative Commons license.

It is divided into two zones for preservation purposes. Zone A encompasses the pre-Hispanic city and its expansion from the Viceroy period until Independence. Zone B covers the areas of later construction up

to the end of the 19th century that are considered indispensable to the preservation of the area's architectural and cultural heritage.

## 2) Chapultepec Castle

The castle is located on top of Chapultepec Hill. The name Chapultepec stems from the Náhuatl word “chapoltepēc” which means "at the grasshopper's hill." It is located in the middle of Chapultepec Park. The building has served several purposes during its history, including that of Military Academy, Imperial residence, Presidential home, and observatory and currently a museum. It serves today as the Mexican National Museum of History



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## 3) The National Anthropology Museum

The huge complex of this museum was designed to contain the large collection of Indian objects found during three centuries. It has 26 exhibition areas organized to show every local culture through the time.

Here are assembled the major archaeological and ethnographic collections gathered in Mexico since the 18th Century. This museum includes magnificent examples of pottery, textiles, agricultural implements, religious icons, traditional costumes and priceless photographs



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#### 4) Latin American Tower

Considered for many years the tallest building in Mexico and Latin America, the Latin-American Tower is of great pride to the inhabitants of Mexico and has also resisted the strong earthquakes of 1957 and 1985.

Today, in spite of the fact that it's not the tallest building anymore, the Latin-American Tower still has a special place among the inhabitants as it is the classic skyscraper of the city and one of the most important urban landmarks.

This skyscraper has 43 office floors and an antenna from which radio and television signals are transmitted. It also has a belvedere on its last three floors where one can get an excellent view of the city.



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### 5) Diego Rivera and Frida Kahlo House-Studio:

Diego Rivera and Frida Kahlo's House-Studio is one of the most important cultural landmarks in Mexico City, for being the place of residence and work of two of the most important plastic artists in the 20th Century, Diego Rivera and Frida Kahlo, as well as for being the first construction of the modern movement built in the American continent.

This interesting space is composed of two blocks or main houses, a red one that represents Diego Rivera and a blue one that represents Frida Kahlo, both of which are joined by a bridge, a bond of passion between them.

Within them we can see their bedrooms, their workshops and other spaces that these two artists used.



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Since 1986 this House-Studio has been open to the public, showing how these two artists used to live and work. It's a must-see place for art and architecture lovers who are visiting the city.

# Mexican Kitchen

## **Barbacoa.**

One of the most traditional dishes in Mexico, especially from the central area, is Barbacoa. This is nothing to do with the traditional barbecue from the United States.

This dish can be mixed with a lot of things, especially with tortillas or bread.

### INGREDIENTS:

1/3 Cup apple cider vinegar

3 Tbsp lime juice

4 Chipotle peppers – canned in adobo sauce

1/2 a sweet onion

5 cloves garlic

4 Tsp cumin

2 Tsp oregano

1 1/2 Tsp ground black pepper

1 1/2 Tsp salt

1/8 Tsp ground clove

2 Tbsp vegetable oil

4 lb beef roast

1 Cup chicken broth

3 Bay leaves

1 Juniper berry

**INSTRUCTIONS:**

1. Combine the lime juice, vinegar, onions, chipotle peppers, garlic, cumin, oregano, black pepper, salt and clove in a blender and blend until smooth and creamy.
2. Cut the roast into smaller pieces and remove any excess fat.
3. In a large Dutch oven, heat 2 tbsp of oil and cook each side of the meat pieces until lightly browned.
4. Pour the blended sauce over the meat and add in the chicken broth, bay leaves and juniper berry.
5. Cover and simmer for about 6+ hours, turning every hour the meat can easily be pulled apart.



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