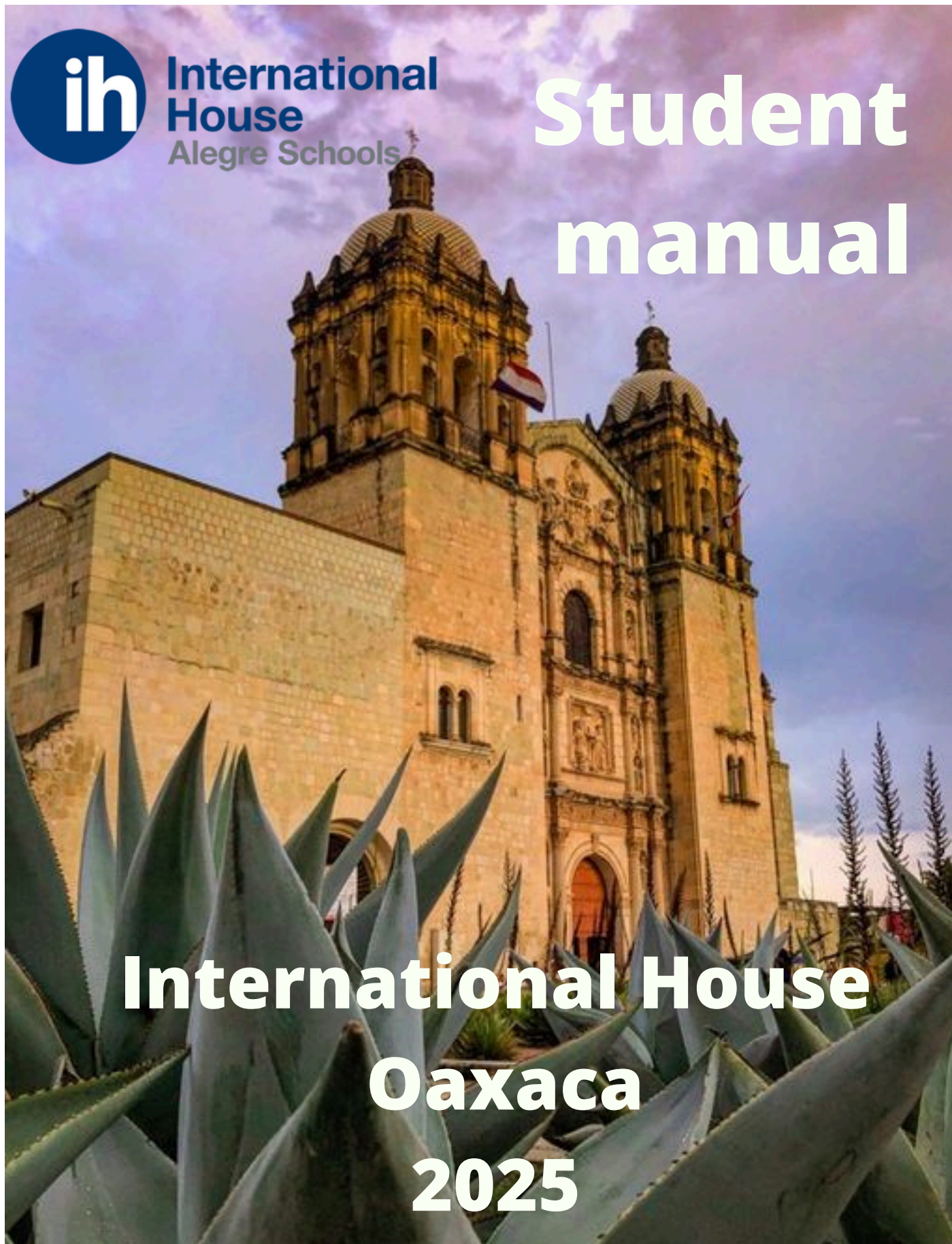





**International
House**
Alegre Schools


Student manual





International House Oaxaca 2025





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Before you go

We understand that at times you may feel nervous when preparing for your stay in Oaxaca. There are some important things you need to know before you leave that will make your life easier when you arrive. Use your checklist on the next page to ensure that you do not forget anything and you are well prepared for the exciting times ahead of you

Poket money

We recommend that you budget \$1,000 - \$1,500 pesos for everyweek of your course. This should be enough for your personal expenses, laundry, local travel and activities. You will need additional money if you plan to rent a car, take weekend trips, shopping or travel. Bring \$1,000 pesos with you in cash and the rest in debit / credit card. These should be in small denominations. As a general precaution, you should not carry around large amounts of cash.

Clothing

Students dress casually for classes. You should bring some nice clothes for going out to restaurants, museums, galleries and nightclubs, etc. You should also bring clothing for sports and outdoor activities. The climate is changeable and may be very different from your own. The typical summer temperature is 34°C and in winter 12°C.

Electric current

Standard voltage in Mexico is 120 volts. To make sure you are able to use all your electrical appliances bring an adaptor with you.





Arriving in Oaxaca

HOW TO GET FROM THE CITY TO THE AIRPORT

You should fly to Oaxaca International Airport which is just 12km of Oaxaca city. You can take a taxi or shuttle bus to the center.

Car transfer:

IH Oaxaca can arrange a private airport meeting and transfer service from the airport to your lodging in Oaxaca. On arrival at the airport students will be greeted by an International House representative who will be holding a sign with your name on it.

Cost: \$US100 for 1 person, or \$US75 per person for 2 or more people.

The prices quoted are for transfers from 08:00 to 18:00 (arrival time at the airport) If the students need a transfer before 08:00 or after 18:00, these prices will be increased by 50%. Please note that we need the arrival information at least 2 working days before arrival.

Collective van:

Catch a shuttle bus to Oaxaca from outside the National Arrivals Terminal. The bus leaves every 30 minutes from 08.00 to 20.30 and costs approximately \$200 pesos.



Taxi:

Alternatively, you can take a taxi from the airport directly to your lodging in Oaxaca. A taxi from the airport will cost around \$500 pesos (if before 08:00 or after 22:00). Note that taxi drivers only accept cash



First steps



WATER:

Drink only bottled water. Never from the faucet.



DONT FORGET



CELL PHONES:

US American cellular phones will usually work fine; European mobile phones will not usually work at all. If you are staying here a while, you might want to invest in a Mexican mobile phone. The major mobile providers in Mexico are Telcel, Movistar and AT&T Unidos. You'll be able to buy a sim card from one of their stores or convenience store.



WHERE TO CHANGE MONEY:

Small money exchange offices ("casa de cambio") are all over the town and usually open until 20:00 or 21:00. Their rates will be about 30 cents lower than the bank rate, and will be mostly the same from office to office, although may be worth looking for a better deal. There's no commission and the service is much quicker than in any bank. Whenever you exchange currencies other than those most recognized internationally, such as US Dollars (\$), Euros (€), or Sterling Pounds (£).



The school



International House Oaxaca is located in C. de Mariano Abasolo 217, RUTA INDEPENDENCIA, Centro, 68000 Oaxaca de Juárez, Oax. The school is in the center around all kinds of monuments, shops, restaurants, cafes, galleries and bars.



At the school you'll find a cafeteria where you can buy hot and cold drinks after class in the beautiful patio. There is Wi-Fi access throughout the school.



If for any reason you are not able to attend the school, you are expected to contact us to notify your absence.



OPENING HOURS:

School

Open Monday to Friday, 8:00 to 18:00

Cafeteria

- Open Monday to Friday 08:30 to 21:00



Map of the central valleys of Oaxaca



Valles Centrales
The Central Valleys
(Tiempos aproximados de la Cd. de Oaxaca al destino especificado)

Oaxaca Mio Oficial

A/TO: MEXICO PUEBLA VERACRUZ

A/TO: Tehuacan Puebla

A/TO: Tuxtpec Veracruz

A/TO: Ejutla

A/TO: Tehuantepec Soñna Cruz

A/TO: Juquila Puerto Escondido

A/TO: Tehuantepec Soñna Cruz Chiapas Bahías

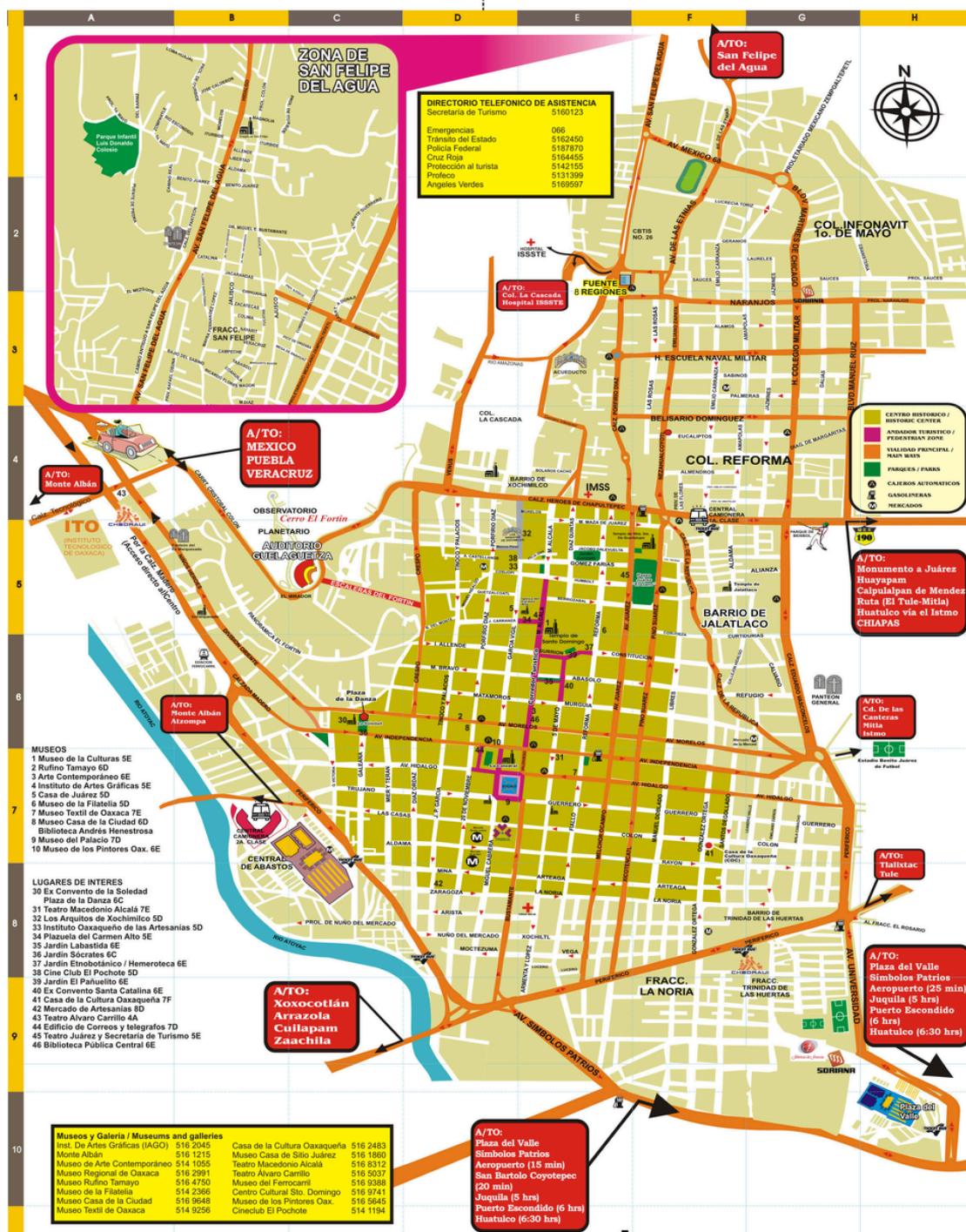
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Map of the downtown



Social and cultural activities



IH Oaxaca organize a regular program of social and cultural activities at the school, here we visit some tourist places such as:

Monte Albán:

In this activity we will take the bus that takes us to Monte Alban and returns, here we will visit the museum and later we will walk through the ruins.



The "Tule tree" :

To visit the tule tree we have two options, in the first we will rent a bicycle to be able to get to the town along the cycle path so you will have to wear comfortable clothes, sunscreen and bring water to hydrate yourself, since there are 20 kilometers in total in one flat surface. The second option is to take the local bus to get to the town.



20 de noviembre market:

In this activity we can visit the city's gastronomic market where we will enjoy roast meats, a traditional dish.





Benito Juárez market:

In this market we are going to see different stores and enjoy some activities such as tasting fresh natural waters and also typical Oaxacan ice creams.



Ethnobotanical Garden

In this place we will see a collection of plants from the different regions of the state of Oaxaca such as cacti, corn plants, beans, pumpkins, among others.



Bus tour

In this activity we will take the city's "turibus" in Spanish where we will tour the historic center of the city.



Netflix tlayudas "La chinita"

This is a nighttime activity where we will have dinner at one of the Street Food Latin American Netflix locations, some delicious tlayudas, a typical Oaxacan dish.





“Central de abastos” market

We will visit the largest market in the city, here you can learn about the local life of an Oaxacan and you can find everything you can imagine a little cheaper than normal.



Walk through the “Jalatlaco” neighborhood

We will walk around the most famous neighborhood in Oaxaca, where we will find murals full of history and culture where you can take countless photographs.



Textile museum:

This museum is one of the free museums in the city where we can see fabrics from the different regions of Oaxaca.



Museum of the cultures of Oaxaca

In this museum we can see some of the Zapotec treasures found in the ruins of Monte Albán and also objects from the different periods of history of the city and the country.



"The viewpoint of Oaxaca"

In this place we can admire the beautiful city of Oaxaca from a very nice small restaurant where we can have a beer, a fresh water or eat some of the state's typical dishes.



Our activities will be on Tuesdays and Thursdays after school.

All these activities are included in the course fee.

You don't need to pay for the tours, just the tickets or what you consume in the places to visit.





Your first day of classes

You need to be at IH school at 09:00 am, The teachers will give you a welcome talk and information about the activities and classes and do a spanish test.

C. de Mariano Abasolo 217, RUTA INDEPENDENCIA, Centro, 68000 Oaxaca de Juárez, Oax.



Where is the school?

Morning shedule

•Monday to Friday from 09:30 am to 13:30 pm (20 minutes of break.)

Our school is located a few blocks from the most tourist places in the state such as: The Santo Domingo de Guzmán church, the Ethnobotanical Garden, the Xochimilco neighborhood among others, you can also find a variety of cafes, restaurants, museums, parks and galleries of art.

We are in a central point where you can walk and see the beautiful quarry buildings. The school has four classrooms with fans, free Wi-Fi, we also have an area where you can drink coffee and a very pleasant space that we share with a hotel, and of course, we have very friendly teachers who will not hesitate to help you if you need it. They will always welcome you with open arms.



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Your last day of classes

Graduation day!!



On your last day of classes your teachers will organize a surprise for you and give you a certificate where you can see your level of Spanish and the number of hours you took class at school.






IH Client Promise



Realise your aspirations and open new horizons by learning with International House in a positive and enjoyable environment



- We will help you learn and progress by designing well-structured courses and educational support services.
- Before enrolling we will listen to your needs and give you guidance on choosing the right course. This may involve a language level test and an interview.
- You will be given clear and accurate information about all aspects of your course, examination or other service.
- You will be taught by qualified teachers or trainers, who regularly receive up to date professional development. Younger learners will be taught by teachers trained to meet their specific needs.
- Your course will be supervised by skilled educational managers who will make sure the content is up to date, the school has the right resources, and whose goal is to help you have a positive experience.
- Your learning will be regularly assessed during your course to help you progress. You will have opportunities to discuss how to improve.
- You will be encouraged to give us feedback so we can continue to improve while you are still studying with us.
- Diversity is celebrated at International House and we are committed to treating everybody fairly and equally.






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EMERGENCY NUMBERS



Emergencias: 911
Policía Municipal de Oaxaca: 9515 010354
Bomberos: 9515462231
Hospital Civil: 9515151422

If you have any trouble please contact us : +52 9515770857



Holidays for IH Oaxaca

Please note that classes missed on the public holidays listed above cannot be made up at other times. The week starting March 25th includes two public holidays and therefore it will have a special price of \$145 USD

January 1st
New Year's Holiday

February 5th
Constitution Day

March 18th
Anniversary of Benito Juárez's birth

March 28th
Easter holiday

March 29th
Good Friday

May 1st
Labor day

September 16th
Independence Day

November 20th
Revolution Day

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We look forward to seeing you at International House Oaxaca. If you have additional questions please ask our staff on arrival.



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
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