

Freedom Folk and Soul & Gaia Sisterhood present:
**A Dream Weaver's
Journey to Oaxaca, Mexico!**

March 19th-25th 2023

With Stephanie Urbina Jones of FFAS and Jennifer Harvard of Gaia Sisterhood

Oaxaca Info Sheet

We will provide you with the **itinerary** for the trip, as necessary. It is helpful to remember life is in constant motion, so things change, miracles appear and plans do shift.

Mandatory Items:

- You must have a valid Passport (with 6-month validity still left on it) You will receive a tourist visa upon entry into Mexico at Immigration in the airport – it is a small piece of paper which you can stick in your passport – please don't lose it, as loss of the visa will mean both fines and delays on your outbound trip.
- Travel with copies of both your passport as well as your trip insurance and flight itinerary. Please send us copies of all of these, as well.
- Money for personal expenses, i.e., souvenir shopping. (Breakfast, lunch, and water are provided.)
- Water bottle (i.e., Kleen Kanteen) suitable for carrying during the day – you can refill with purified water as much as you like. Bottled water will be provided. We recommend brushing your teeth with purified water
- Sturdy walking shoes (preferably already broken in) suitable for walking cobblestone streets and daily treks.
- Clothing - Weather will likely be warm during the day and cold at night/early morning. It is recommended that you dress in layers during the day so you can peel layers off under the sun if we're out in it and bring warm clothes for evening = sweater, coat, scarf, warm pajamas for night. Windbreaker and/or **raincoat** in case of rain showers. It is raining season and we will still go on excursion in rain.
- Any prescription medication.
- 3 personal ceremonial items for a gift-giving ceremony (keeping in mind that the recipients must carry them home in their luggage) also keep in mind that you will be able to purchase things there if you choose.

Strongly Suggested Items:

- Personal items and toiletries
- Rain poncho, Windbreaker/raincoat or umbrella

- Backpack or fanny pack for transporting items/water on the daily outings. The size of this device is dependent on the number of belongings you prefer to carry with you
- Snacks that are portable – Trail mix, Protein Bars, etc. (Important!)
- Band-aids, travelers remedies
- Sunscreen (the altitude is high, and the sun is strong) – high SPF!!!!
- Hat/Visor for the sun
- Alarm Clock
- Casual, comfortable clothes that you can layer and that are suitable for walking.
- Clothes for yoga and for Breathwork.
- Warmer clothes for cold evenings and early mornings
- Camera
- Any sacred or ceremonial item you like to use and feel called to place on our altar

Casa de Las Bugambilias B&B Info

Food - The food is good, flavorful, and varied and can accommodate some special dietary needs, including gluten-free, dairy-free, vegetarian, and vegan. If you have other specific dietary requirements, it is wise to bring items from home to supplement what is available. We will inform the kitchen of your dietary needs based upon your registration forms, please let us know ASAP, if you have additional requests. Only Breakfast will be provided at the house, and we will go out to eat for dinner. 2 meals a day will be provided by FFAS

Wi-fi is available in the Casa de Las Bugambilias B&B, but the signal is not strong in some rooms.

Accessing Money - There many available ATMs and banks within walking distance of Casa de Las Bugambilias in case anyone finds they need more money than they exchanged at the airport. Make sure to do your initial money exchange at the Airport for a better rate.

Phone Access - The Casa de Las Bugambilias does not have phones in the rooms as most people use cell phones these days. Casa de Las Bugambilias will happily receive calls for guests at 1-866-829-6778 from the U.S. and will locate the guest for the caller. For cell phone service, they recommend that guests check with their cell phone provider for international service prior to their visit so that they are not surprised by roaming charges and set up an appropriate plan with coverage for Mexico. Facilitators Jeremy and Stephanie will both have unlimited international service on their cell phones if anyone needs to call home. You may also give loved ones our phone numbers, if they need to reach you in an emergency situation. Many guests use skype on their cell phones, tablets, laptops to make phone calls home.

Tipping depends on your heart and your experience. We will be tipping drivers, hotel staff, and reception staff at hotel as part of your total trip cost. Please feel free if you choose to give additional tips to anyone that you feel called to give.

Laundry – We will have to look into this once we arrive.

Mexico - General

Voltage - Mexico uses the same voltage/ plug as U.S. so no adapter is necessary if you're coming from the U.S.

Water - It is recommended that you don't drink the tap water anywhere in Mexico.

Currency Exchange - exchange rates fluctuate wildly but hover currently between 18- 20 pesos to the dollar. Usually, you get a better rate exchanging at the airport in Mexico City rather than at home. Sometimes the moneychangers at the airport are willing to give you small bills and sometimes you have to accept what they have available. Some people choose to withdraw from ATMs at the airport - please make sure you advise your bank of your travel plans, though, otherwise they will put a stop on your debit and credit card transactions to protect you from fraud if they're unaware you're traveling in Mexico. ATM daily withdrawal limits are usually around \$300 USD. There are several banks with ATMs within about 6 or 7 blocks.

Booking flights

When booking plane tickets please make sure that you arrive in Oaxaca, Mexico (OAX) no later than **4pm** on the date of arrival. On the final day of our journey please do not book your departure time before **12 pm** leaving Oaxaca. If you choose to arrive early or stay longer, we will provide address of hotel and time to arrive.

Navigating the Airport

Further information will be provided based on everyone's flight information. When you come out of customs into the airport someone will be there with a sign saying Freedom Folk and Soul group or your name.

Customs info

Say you are on **Vacation** (Remember, the less you share the better.)

Place you will be staying

Casa de Las Bugambilias B&B Address

Calle Reforma 402-1, Col. Centro
Oaxaca 68000
Mexico

Transportation from airport

Pickup information will be coordinated by Stephanie Jones and Jennifer Harvard, depending on your airport and arrival time. Please never leave the airport with anybody other than your designated transport company. You will be responsible for transport cost to and from airport.