

Exchange in Mexico

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I spent a semester in Monterrey, Mexico. I fell in love with the country and its people and want to encourage others to consider an exchange in Mexico as well. In this article, I will introduce some points about travel, culture, and studying there.

Mexico is a big country, offering numerous travel opportunities with its extensive 9,000 kilometers of coastline, renowned beaches worldwide, diverse natural landscapes ranging from green jungles in the south to deserts up north, and unique freshwater swimming caves known as cenotes found primarily in the state of Yucatan. Alongside its rich natural beauty, Mexico boasts vibrant metropolises such as the capital, Mexico City, and charming smaller towns and villages that are well worth exploring. In addition to Monterrey, I visited Cabo, Mexico City, Guadalajara, Guanajuato, Tequila, and a few locations in Riviera Maya in Quintana Roo, which I all enjoyed, and think are worth a visit.



Tacos



Mexico's vibrant culture is well-known around the world and that is for a reason. Mexican culture is deeply rooted in the Maya and Aztec cultures. Those cultures offer so much to learn and explore, including a visit to one of the seven wonders of the World—a Mayan pyramid Chichén Itzá. I fell in love with Mexican food. Mexico's cuisine is very unique and colorful. Even today, Mexicans continue to follow the traditional diet that is based on tortillas, cheese, beans, and chili peppers. Mexicans are kind and hospitable, so the locals will invite you to their houses for dinners or barbecues.

Chichén Itzá, Cabo San Lucas, Guanajuato



Why come to Mexico to study? Tecnológico de Monterrey is one of the most prestigious universities in Mexico and Latin America. It has numerous campuses all over the country. The biggest campus is located in the city of Monterrey in the northern part of the country. Campus Monterrey offers a wide course offering in English over many disciplines. You can manage an exchange in Mexico with only knowing the basics of Spanish. Exchange students are considered well at Tec de Monterrey and every semester approximately 200 exchange students come to study on this modern campus. I completed an international minor and some elective courses during my exchange. I took second-year biotechnology courses, public speaking, and Mexican culture courses.

Monterrey is Mexico's industrial and economic capital, which is seen in the city's architecture and way of life. The area inhabits over 5 million people and the city keeps growing. Modern skyscrapers tower over the San Pedro neighborhood and the whole city is surrounded by mountains. My recommendations for anyone visiting Monterrey are hikes, Barrio Antiguo, and Tacos Orinoco. Monterrey has a lot of different kinds of hiking trails. For example, the hike La Estanzuela will take you to Three different waterfalls in nature, and Cerro de la Cilla has great views over the city. Barrio Antiguo is a really cute older neighborhood, where they have farmer's markets and flea markets on Sundays. Everyone should at least try Tacos Orinoco, they make the best tacos in Monterrey, in my opinion.

In conclusion, Mexico is an excellent exchange destination travel-, culture-, and education-wise. Going so far from home gives you a unique opportunity to escape the familiarity of your culture, traditions, and everyday life offering a learning experience you wouldn't get anywhere else. An exchange broadens your worldview and gives you friends around the world. For me, the highlights of my exchange were experiencing the local culture, exploring new places, getting to know the locals and other exchange students, and delicious food and sunshine.



Teotihuacán



Tequila, Cabo San Lucas, Yucatan