

A New Path

A Guide to the Challenges and Opportunities After Deportation



2021-2022 Edition



A PUBLICATION OF THE
EDUCATION JUSTICE PROJECT
UNIVERSITY OF ILLINOIS



A New Path: A Guide to the Challenges and Opportunities After Deportation, 2021-2022 Edition.

Please help us to distribute A New Path to every person who requests a copy. Most people facing release and deportation have very limited funds. If you are in a position to make a donation, please send a check to the Education Justice Project, 1001 S. Wright Street, Champaign, IL 61820, or donate securely online at www.educationjustice.net.

Your support will help us to provide the book to others for free.
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Welcome Home

We're glad you've picked up *A New Path: A Guide to the Challenges and Opportunities After Deportation*. For many of you, the country you are returning to really is home. Its customs and people are familiar. Maybe you are even returning to loved ones and a home you remember well. For others, deportation after release means being sent to what feels like a foreign country where customs seem strange and integrating into the society may be challenging. This guide can help you no matter which group you fall into. It can help you transition successfully from prison to life on the outside by providing information about what to expect during the process of deportation, finding a job, and making the most of your skills, as well as about support from government and non-profit organizations.

You are reentering society in a very strange and scary time. The COVID-19 pandemic has changed life as we know it. We imagine that it must feel very overwhelming to be leaving prison at this time. This guide provides information you need to know now to keep yourself and others in your community safe. It also contains information about deportation, employment, housing, education, healthcare, and more. If you are the family member, friend, or service provider for someone who is facing deportation after prison, this book can help you, too. We hope that you will find resources in this book that will assist you.

There are six main sections in *A New Path*:

1. Release during COVID-19 provides a brief overview of what you need to know about reentry and deportation during COVID-19
2. Before You Leave features information and advice that will help you prepare for release and deportation.
3. After Your Return provides information about how to set up your life in your country of origin.
4. Healing and Moving Forward is about adjusting to life after prison and deportation.
5. Our Reentry Directory contains contact information for useful resources.
6. Our Forms section includes helpful forms, many of which you can tear out and use.

Let's be honest: adjusting successfully to life on the outside isn't easy, especially if you have been locked up for a long time. This is made even more difficult by deportation. You may be returned to your home country against your will, which can lead to feelings of anger. Some recently deported people are so concerned with returning to the US at any cost that they fail to focus their efforts on achieving success in their new country of residence. And of course, the adjustment to life after incarceration adds another level of difficulty.

It may seem like the odds are insurmountable in a new country where you are living, perhaps not by choice. Be encouraged! You have some very real advantages that you might not be aware of compared to someone returning home in the US. First, depending on where you apply for work, your employer may not know about your record; it is your decision whether to share it. Second, you won't have a parole agent checking up on you. Those returning to life in the US won't have this "freedom." They may face house arrest, parole, and a potentially hostile job market. With this freedom, however, comes a responsibility to be honest about jobs and social environments that may present challenges to you. Do a self-evaluation and make wise decisions that allow you to make the kind of changes in your life you want to make since there will be no government entity checking in on you.

Another very valuable skill you likely possess is your English. Even if you are not an advanced speaker, any knowledge of English will be an asset. Employers in a wide variety of industries are looking for English-speaking employees and may even pay for you to attend additional classes.

A New Path will help you meet the challenges and take advantage of the opportunities available to you. We wouldn't have written it if we didn't believe in YOU—yes, you!—and your ability to make a positive difference in the world. Don't stop believing in yourself.

Throughout this book, you'll find words of encouragement and inspiration from people who traveled the same journey that you're about to begin. Some of them are alumni of the Education Justice Project, a college-in-prison program that has operated at Danville Correctional Center since 2008. We're grateful for their important contributions to the guide and hope you find their words and advice helpful.

Let this guide serve as a reminder that others have successfully navigated reentry and deportation, and you can, too. Take the time to read it, make plans, and seek help from others. And don't give up! Please keep in touch. We'd love to know how you're doing and how we can update this guide. Your feedback will help others following in your footsteps. To share your comments, especially suggestions for improvement, please write to us at reentry@illinois.edu.

We wish you luck on this new journey in your life.

In solidarity,
The Education Justice Project

Please note: This guide was written for people incarcerated in the state of Illinois. If you are being deported from a different state, some details may not apply to you. We update the guide annually and aim to include information that is relevant to people in various situations. Please feel free to share any information that you found helpful on your journey.

About A New Path

A New Path was produced by members of the Education Justice Project (EJP). EJP is a unit of the College of Education at the University of Illinois. Since 2008, EJP has offered academic programs to individuals incarcerated at Danville Correctional Center in Central Illinois.

A New Path is a natural outgrowth of the work we do at the prison, and of our concern for the well-being of our students and others like them who must try to make it on the outside after release and deportation. The guide is produced by EJP's Reentry Guide Initiative, which consists of a group of committed EJP members.

Disclaimer: We have listed a number of different programs, services, and businesses throughout this guide as resources for people returning to their home country after incarceration in the US. We don't endorse any of these organizations or guarantee that these resources will be helpful (although we certainly hope they are). Since the situation is changing all the time, it's impossible to ensure that every piece of information in this guide is current, but we've done our best to include up-to-date, key information from trusted sources.

Request Our Guides

Returning to live in Illinois after release? Please request a copy of Mapping Your Future: A Guide to Successful Reentry, also produced by the Education Justice Project.

Both Mapping Your Future and A New Path are free for those who need them. They are available in English and Spanish and can be ordered the following ways:

1. Request them online through www.educationjustice.net. You can download a pdf of our guides for free.
2. Request one through the reentry resource room at your facility.
3. Request by phone at 217-300-5150, or by email at reentry@illinois.edu
4. Send a request by mail:

EJP
1001 S. Wright St.
Champaign, IL 61820

Donations

Please help us distribute A New Path to every person who requests a copy. Most people leaving prison have very limited funds. If you are in a position to make a donation, please send a check to the address above, or donate online at educationjustice.net/donate/. We receive no funds from the Illinois Department of Corrections or the State of Illinois. Each copy of A New Path costs around \$5 to print and send. Thank you!

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Myths

What sort of information will you find in this guide? For one thing, it challenges some common myths about reentry and deportation and provides you with the information you need to move forward. Here are a few examples:

Myth: You will be able to get a job without a background check in Mexico.

It depends. This varies a great deal by region and company. A Mexican company in the south of the country, for example, will not likely conduct a background check, but a US factory near the border likely will.

For more information about searching for jobs and what to do when you have a criminal record, turn to the Employment section located on page 58. The Directory also has employment resources, with lists of programs that may be able to help. See page 147.

Myth: It's not necessary to wear a mask because they aren't that effective at preventing the spread of COVID-19

False. Masks do help. The Centers for Disease Control and Prevention recommends wearing cloth face coverings in indoor public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). Be sure to wear it correctly (over your mouth and nose), and avoid adjusting it. See page 13 for more information about COVID-19.

Myth: You will have fewer opportunities in Mexico than you did in the US.

False. While it is true that many Mexicans choose to live in the US due to opportunities there are distinct advantages to living in Mexico. Opening a small business is much easier and cheaper, for example, and if you speak English you will have an advantage in the job market.

See Employment on page 58 to find out more.

Myth: There are little to no social services in Mexico.

False. While it's true that there are considerably fewer government and non-profit resources available to those in need in Mexico than in the US, there are still resources. One huge benefit that Mexicans enjoy that is not available to those living in the US is universal health care. In addition, residents of Mexico City can qualify for six months of unemployment insurance. Churches throughout the country provide clothing and food assistance as well.

For more information see Resources to Meet Basic Needs on page 49.

Myth: Mexico is a dangerous country and my life will be at risk living there.

False. While it's true that some parts of Mexico have very high crime rates, other cities are relatively safer. Keep in mind that cities like Chicago have problems with violent crime as well, but residents learn how to conduct themselves to maximize their safety. The US State Department issues travel warnings to Americans traveling to Mexico. This resource may be worth consulting so as to be more informed. Many Mexican states have a Level 2 travel warning meaning "Exercise Increased Caution" (The same as France!) such as: Mexico City, Aguascalientes, Baja California Sur, Chiapas, Hidalgo, Oaxaca, San Luis Potosi, Puebla, Querétaro, Tabasco, Tlaxcala, Veracruz, and Nuevo León. Other Mexican states are labeled either as "Exercise Normal Precaution", "Reconsider Travel" (Level 3) or "Do Not Travel" (Level 4). Remember that the goal of this warning system is to keep US travelers safe. The US government does not want to encourage them to take risks. A warning does not necessarily mean that a particular place will be dangerous for you since there are so many complex factors at play.

Myth: If I haven't lived in Mexico since I was a child, I won't fit in and will have a very difficult time.

False. While it is true that it may be easy to tell that you've lived in the US, making an effort to learn the culture and customs of your community will help you integrate.

For more information about Cultural Encounters see on page 111.

Myth: You will be responsible for purchasing all medication you take upon release.

False. While it is true that you will be responsible for your medication, prisons offer a limited supply of medication upon release, ranging from 30-90 days. You can prepare for your release by getting medications ready and requesting physical, dental, or eye exams.

What You Need to Know About COVID-19

We imagine that it must feel very overwhelming to be leaving prison and then being deported during a pandemic! In this section, we cover some basics about the virus, how to keep yourself and others safe as you are released, and what to do if you get sick. We also offer information about COVID-19 vaccines that are now available and address concerns you may have about getting a vaccine. Finally, we talk about the many ways life has changed because of the pandemic, and offer suggestions for getting through these difficult times.

In late 2019, a novel Coronavirus, called Sars-CoV-2, began causing an outbreak of illness in Wuhan, China. The disease caused by the virus is called COVID-19. Since then, it has rapidly spread throughout the world becoming a global pandemic. At the time of publication, Mexico had over 3 million cases, with nearly 265,000 deaths. Due to underreporting the true total may be much higher.

The majority of people who get the virus do not have life-threatening symptoms and will recover without medical care. However, people who are older are at greater risk for life-threatening symptoms, as are people who have conditions like heart disease, diabetes, and people who are obese. There is no cure for the infection, but healthcare workers now have better treatments to relieve the symptoms.

Alarmingly, COVID-19 related death rates are 64.8% higher for indigenous people than for non-indigenous people in Mexico. It is important to acknowledge some of the reasons for this difference. First, indigenous people tend to live in communities with high rates of poverty. The types of jobs they hold often can't be done from home so they risk their lives as essential and domestic workers. Institutional barriers prevent many of them from securing higher-pay jobs where they can work from home during a pandemic. Indigenous people are also at greater risk because of underlying health issues that are caused by food insecurity. Indigenous people are more prone to diabetes, hypertension, and other illnesses. Therefore, racism, a system designed to ensure that indigenous people remain disadvantaged, has greatly contributed to these tragic deaths.

You may have heard that there are now new variants of the virus that spread more easily and quickly, which may lead to even more cases of COVID-19. Viruses constantly change over time through mutation. For example, flu viruses change often, which is why doctors encourage you to get a new flu vaccine every year. It is more important than ever to do what you can to stay safe from and these new variants.

The virus is very contagious and you can spread it even if you don't know you have it.

COVID-19 spreads primarily through the air through respiratory droplets from coughing, sneezing, or talking, through close personal contact (including touching and shaking hands) or through transmitting the virus directly to your nose, mouth or eyes (for example, if you touch your face with contaminated hands). Most people who catch the virus don't start showing symptoms for five days, and some people take as long as 14 days to start showing symptoms. About half the people who have the virus do not have any symptoms at all. *People who have the virus are still contagious even if they don't have symptoms!*

Fortunately, there are multiple vaccines that have been approved for emergency use in Mexico. It appears that these vaccines are effective against the new variants, although more research needs to be done. It will take time before the vaccine can be distributed to everyone. The goal is for enough people to receive the vaccine so that we can achieve herd immunity. Herd immunity occurs when enough people have become immune to the virus to make its spread unlikely, allowing the entire community to be protected.

Getting a Vaccine

The US government has authorized the use of three vaccines, and the Mexican government has authorized the use of eight vaccines to protect against COVID-19. *Though it is not mandatory to get a vaccine, we recommend that you get it when it is available to you.* It will help keep you and others safe from this dangerous virus.

You may be fearful or reluctant to get the vaccine. This fear and mistrust is understandable.

Perhaps you have had negative experiences with vaccines in the past. Perhaps you have had traumatic experiences with medical professionals, or have experienced discrimination when you have sought treatment.

We hope the information provided below will reduce your fears and help you make an informed decision about getting a vaccine.

How do the vaccines work?

Vaccines work by helping your body develop immunity to a virus. This means that your body will have the ability to resist infection. A vaccine introduces a less harmful part of that virus (or something that behaves or looks like it) into the person's body. The body's immune system then develops antibodies to fight that virus and keep

In the US, three vaccines are available:

- Pfizer/BioNTech
- Moderna
- Johnson & Johnson

In Mexico, the vaccines currently available include:

- Pfizer/BioNTech
- Johnson & Johnson
- Sputnik
- Cansino
- Oxford/Astra Zeneca
- Covaxin
- Sinovac/Coronavac
- Moderna

the person from getting sick from it. Then, in the future, if the person encounters that virus again, their immune system recognizes it and remembers how to fight it. The Pfizer vaccine, for example, is a mRNA vaccine that introduces a molecule that codes for a protein that your body then develops antibodies against. The Astra-Zeneca vaccine, as an example, uses double stranded DNA.

For more information on each, including the number of countries that have approved its use as well as the number of trials performed on each see <https://covid19.trackvaccines.org/country/mexico/>

Important things to know about the vaccines

- The vaccines DO NOT use the live virus that causes COVID-19.
- The vaccines CANNOT give you COVID-19.
- The vaccines WILL NOT change or alter your DNA (genetic material).

Are the vaccines safe and effective?

The vaccines have been tested on thousands of people by many scientists and in many different countries. They have been shown to be safe and effective at preventing symptomatic COVID-19 infection.

You may have heard that some vaccines are more effective than others. While this is true, all vaccines can help our communities get COVID-19 under control. Experts recommend that you get the first vaccine that you have access to. If you have access to multiple vaccines, we recommend that you do a little research to decide which one is most effective.

What side effects should I expect?

Although many people experience side effects after getting the vaccine, they are relatively mild and include pain and swelling in the arm, fever, chills, tiredness, and headache. These symptoms typically last only a day or two. If you have these side effects, this is a sign that the vaccine is doing what it's supposed to do to boost your immune system; your body is responding normally.

It is **very rare** to have a serious allergic reaction to these vaccines, but is more likely if you have had severe allergic reactions to vaccines or injectable medications in the past. If you have had severe allergic reactions in the past, **talk to a health care provider** before getting the vaccine.

Don't hesitate to talk to your doctor or another health care provider if you have concerns about getting the vaccine or if you are worried about side effects you are experiencing.

Refer to <http://vacunacovid.gob.mx/wordpress/> for accurate and essential information about the virus and vaccines including where to sign up to get your shot.

Should I get the vaccine if I've already had COVID-19?

Yes. While getting COVID-19 gives some natural immunity (protection) against the virus, it's not clear how long this protection lasts. Because you could get reinfected, experts strongly recommend that you get a vaccine. If you've had COVID-19, wait until 90 days after your diagnosis to get the vaccine.

How can I get a vaccine?

In the US, anyone over 12 is eligible to get a vaccine. They may be available at your correctional facility, or if you are on the outside, you can get them at a pharmacy like Walgreens or CVS.

In Mexico, people over 18 years old are currently eligible to get vaccinated. Right now, vaccinations in most places in Mexico require pre-registration. Once you are eligible you can pre-register at <http://vacunacovid.gob.mx/wordpress/>. For more information on COVID-19 and the vaccine in Mexico see <https://coronavirus.gob.mx/>. Vaccines are available at no cost in Mexico.

What happens after I get the vaccine?

First of all, ask for clarification if the vaccine you got requires a **second dose**. If it does, ask what the procedure is for making your second appointment. These vaccines are less effective if you only receive one dose. Also, don't mix vaccines. If you got the Astra Zeneca vaccine for your first dose, get the Astra Zeneca vaccine for your second dose, too.

After you receive the vaccine, you should **continue to wear a mask and social distance**. The vaccine does not protect you immediately but takes a few weeks to take effect. Scientists are still studying whether vaccinated people can pass on the virus to those who have not been vaccinated so it's best to exercise caution until we know more.

Staying Safe While in Prison

As you prepare to be released and possibly detained with ICE, it's very important to act in a safe manner that reduces the risk that you may contract or spread COVID-19. There have been severe COVID-19 outbreaks in jails and prisons nationwide. Many IDOC facilities have seen serious outbreaks in the last year. For instance, in Danville Correctional Center, nearly 50% of inmates have tested positive for COVID-19 by January 2021, and 3 have died.

The Centers for Disease Control and Prevention (CDC) recommends the following precautions to avoid getting and spreading the virus:

Wear a mask

If you have been given a mask and are allowed to wear it, wear it properly over your nose and mouth, and avoid adjusting it frequently. When you do adjust it, wash your hands before and after.

Keep your distance from others

Six feet is the recommended distance. We know this may be practically impossible when you are incarcerated. People live in close proximity, sharing showers, toilets, dining spaces, even sleeping spaces. Do the best you can. It is likely that your facility has been in lockdown during some or all of the pandemic. While visits have recently resumed in IDOC facilities, continue to exercise caution and follow the guidelines laid out for safe visitation.

Wash your hands frequently

Use soap and water, and wash for at least 20 seconds. Unfortunately, some prisons in Illinois have been short on soap and cleaning supplies. While organizations are working to make sure that prisons in Illinois have enough cleaning supplies, soap and hand sanitizer, we realize that conditions may be far from ideal.

Clean surfaces

Some facilities are providing cleaning supplies to people so that they can disinfect their cells daily. Do your part to clean other high touch areas as well (such as door handles and tables), if you can.

Avoid touching your face

Anything you touch may have been infected. Wash your hands before touching your face.

Maintain your health

Even if you are leaving soon, don't switch up your routine too much. If you work out regularly and can continue, do it! If you are not in a regular workout routine, consider doing simple stretches and other low-impact exercises. The CDC recommends 75 to 150 minutes per week of aerobic activity to maintain or develop an optimal immune system.

We understand that healthy food is not accessible for many, but we recommend practicing mindfulness and eating a healthy diet as much as possible to keep your immune system strong.

Preparing for Release

Whether you expect to be able to return to your home in Illinois or face the possibility of deportation, it's important to think about how to stay safe after your release from IDOC. If you are able to finalize your housing situation in advance, call the people you will be living with and make a plan.

When you are released, we strongly recommend that you self-quarantine for two weeks to reduce the possibility of passing the virus on to those you will be living with. We recognize how challenging this may be in some housing situations. Do the best you can.

If you are staying with family, let them know that you would like to quarantine. As difficult as it will be to separate yourself from them, it is the best way to protect them. Let your loved ones know that you will not hug or touch them when you are released and will not have physical contact with them until after your quarantine is complete. We realize that this will be difficult. Your loved ones will want to embrace you and spend time in your company after you are released. But it is very important that you and they observe the quarantine period.

Request that they set up a room with clothing, food, and other necessities for you so that you won't have to leave and they won't have to enter. Ask them to purchase disinfecting supplies to clean common areas such as the bathroom, as well as high-touch areas like counters and doorknobs.

Think about what items you can take with you:

- **A mask:** It is important that you wear a mask in public. IDOC may provide a mask to you before you leave. If you are being picked up, you can ask the person who is picking you up to wear a mask and have one for you as well.
- **Soap and an absorbent cloth:** If you can, it's a good idea to take a bar of soap and a clean, absorbent cloth with you so that you can wash and thoroughly dry your hands at every opportunity on your journey home, especially if you will be relying on public transportation. Note: Washing without soap may actually be more

dangerous since you'll have to touch doorknobs and faucets to get to the sink. Soap is what breaks down and removes the virus.

- **Medications:** Prisons offer people a limited medication supply upon release, ranging from a 30- to 90-day supply. Generally, you will pick up your medications the day before you are released as part of your processing out. If you can, request these medications ahead of time, just to be safe.
- **Medical records:** If you are able to do so, collect your medical records before you are released. Ask the healthcare unit at your facility (if possible) what the procedure is for the release of your health records.

On the day of your release, remember: Social distance, social distance, social distance! While the urge to say goodbye to your friends in your facility through hugs or handshakes will be strong, avoid this to ensure everyone's safety. Separate yourself from others with as much distance between you and them as possible.

If you'll be traveling on public transportation, sit as far away from others as possible. When boarding the bus or train, do not crowd together, but maintain as much distance as possible.

If you'll be traveling in a car, sit in the back seat, as far away from the driver as possible. Remind them to use a mask. It may be very difficult, but remember not to hug or shake this person's hand.

When you are released, we strongly recommend that you maintain your distance from loved ones for the first two weeks, or until you can get tested for COVID-19. It is possible that you have the virus without knowing it, and you don't want to risk spreading it to others. COVID-19 testing is available for free at many health centers and clinics. If you are in the US, call 211 and ask for a COVID-19 testing location near you. If you get a negative test result and have been vaccinated, it's safe to visit family and friends, but it's still important to be cautious and wear a mask.

If You Get Sick

Pandemic safety basics. Follow these guidelines to stay safe and protect others whenever you go out:

- Do your best to stay at least six feet away from other people
- Wear a mask
- Wash your hands more often than you typically would, for at least 20 seconds each time.
- Spend time with people outdoors instead of indoors, if possible
- If you experience symptoms, quarantine immediately and seek testing or a medical evaluation by phone

If you or someone you are living with gets sick and you think you might have COVID-19, practice isolation, separating those who are sick from those who are not as much as possible. Most people will recover within 10 days. Others will feel sick or fatigued for a much longer period. You should isolate at least 10 days or as long as you continue to experience symptoms. Isolation means—sleeping in a separate room, disinfecting all surfaces and maintaining distance from others.

How will you know if you have the virus?

COVID-19 can look like a lot of different illnesses. The most common symptoms are fever, cough, and shortness of breath, as well as fatigue and muscle aches. Some with the disease start off with nausea, vomiting and diarrhea. Some show no symptoms while others become very sick and require a long time in the hospital on a ventilator.

If you have mild symptoms, you can treat the virus at home, as you would a flu bug: rest, drink plenty of water, take acetaminophen/Tylenol for the fever and drink a warm beverage with honey for a cough. Do not go to the clinic, urgent care or emergency room unless you have emergency warning signs (See next page).

If you think you might have COVID, or if you want to be tested just in case, check with local labs and clinics to see if they offer testing. Fees range from around 300 to 800 pesos. This varies greatly by region and type of clinic. Some states in Mexico also have websites that list where testing is available. In Mexico city kiosks throughout the city offer the test for free and an app you can download to get your results. (<https://test.covid19.cdmx.gob.mx/>)

In some places, COVID-19 tests may be in short supply. If this is the case, talk to a healthcare provider or visit your local public hospital or clinic and follow their recommendations about whether you should get tested and where.

Emergency warning signs:

Emergency warning signs that indicate that you need immediate medical help include trouble breathing, pain or pressure in the chest, confusion, and being too sleepy for someone to wake you. If you are experiencing these symptoms, go to a hospital emergency room right away or call 911. Many people with severe cases have to be hospitalized in the Intensive Care Unit (ICU) and need support from a ventilator.

For more information on the pandemic from the government of Mexico visit:

<https://coronavirus.gob.mx/>

Don't just go on what's on the website. Some places may say that they are open, but they're not. You have to call and schedule an appointment.

-JoeJoe M.

Life During the Pandemic

If you are leaving prison during the pandemic, you may wonder how the pandemic will affect your everyday life.

Restrictions and Challenges

Mexico has a “semaforo” or stop light warning system for each state that lets you know the level of risk based on the current number of cases in your state and other factors. Red is the highest level of risk and if your state is in red it’s important you stay home as much as possible and exercise extreme caution when and if you have to leave. Orange and yellow still present some level of risk and green is the lowest risk indicator but it’s still important to wear a mask in public, wash your hands and practice social distancing even if you live in a green state. You can check your state at <https://coronavirus.gob.mx/semaforo/>

All the restrictions may make things more challenging for a while. While these restrictions may be annoying and difficult, they are meant to keep you safe.

Here are a few of the restrictions you may encounter:

- Bars and restaurants may have limited services, or only allow take out and delivery.
- Some doctor or counseling visits may only be available by phone or online.
- Stores may be closed or may limit how many people they can serve.
- Libraries, recreation, and cultural centers may be closed or have limited services.
- Government offices or other social service agencies may be closed or serve people by appointment only.
- In-person gatherings may be prohibited, or limited to a certain number.

Always call before visiting service providers to find out if their services are available and what guidelines you will need to follow when visiting.

Please also note that many of these services are overwhelmed because of the pandemic. You may have longer than normal wait times to get the help you need.

Other changes you can expect to see include:

- Many in-person events and activities have moved online, from support groups to gatherings of friends, community events and more. If you do not have access to a computer or smartphone or if you do not know how to use them, see our communications chapter on page 81.
- It’s even more challenging to find a job as unemployment has risen and some businesses have closed.
- Transportation services have been reduced in many locations as more people work from home.
- Many schools and childcare facilities are not meeting in person, creating challenges for working parents, students, and teachers.

While these challenges may make it even more difficult for you to meet your basic needs, there are resources to help. Check out our Resources for Meeting your Basic Needs chapter on page 49 for advice on accessing food, housing, cell phones, and more.

Be flexible. Don’t allow yourself to become fixated on plans you made in the past. Embrace the change. Take advantage of the fact that like you, people in society are just learning a new way of life.

-Roberto L.

Section 1: Before You Leave





Prepare Yourself Mentally

It's never too early to prepare for leaving prison and possible deportation. Even if you have a very long sentence, keep your eye on life after release. If your release date is many years away, you can prepare by getting an education (Adult Basic Education, GED, vocational certificates, and college), working in prison so that you build your skills and your resume, taking advantage of programs like anger management and parenting classes, and developing hobbies.

You can occupy your time with different activities such as meditating, playing an instrument, drawing, joining a choir and reading. Consider attending religious services. If you had an addiction problem, think about attending the substance abuse programs that are available. These things present opportunities to meet other people and expand your network of support. They will help you move beyond thinking of yourself as just a prisoner who has nothing to contribute to the world. In fact, we think you have a lot to offer!

Even while in prison, you can still make a difference. Education Justice Project students developed an English as a second language program to teach English to others behind bars. They run anti-violence discussion groups in the prison.

Many incarcerated people donate to local charities like food pantries and Habitat for Humanity. What can you do?

Building a Support Network

Try to put your support system in place before you leave. Contact family members and friends--both in the United States and your home country, if possible. Be honest about what you need from them, whether it's housing, financial support, advice, or emotional support. Find out exactly what they expect from you. Who are the people you're counting on to be there for you?

Information on fighting your removal proceedings is beyond the scope of this book but if you are interested, Illinois Legal Aid Online provides more information on their website at: <https://www.illinoislegalaid.org/legal-information/fighting-deportation-or-removal-case>



Learn About the Culture of Your Home Country

Try to learn as much as you can about the culture of your home country while you are still incarcerated. Talk to other people from your country. Read and watch news about current events happening in your country. Pick up a history book or even a novel from your culture. All of this will help you acclimate better once you get there. Even if you've been in your country relatively recently, you may experience culture shock at how fast things change and how different things are in your country and the United States. Recently deported people have expressed frustration with the enormous amount of bureaucracy that is common in Mexico, for example. See the section on Cultural Encounters on page 111 to get an idea of what to expect.

When I got here I couldn't get a job because I wasn't fluent in Spanish, I wasn't up to date with current events, with the culture. Study up on the history, culture, politics. You need to know all that to move around and not stick out like a sore thumb.

–Israel G.

Be Patient With Yourself

If your time is short, you can take additional steps to prepare for the outside world. This includes preparing yourself mentally. Reentry and deportation are difficult, so set realistic expectations. Give yourself permission to accept that things may not be ideal or easy.

Advice for socializing outside? Learning coping skills and anger management. Being open-minded and less abrasive.

– Earl W.



We suggest that you promise to forgive yourself if you make mistakes. It is likely that you will have some awkward social encounters, especially if you have been in prison for a long time and the culture of your home country is foreign to you.

Get yourself in the right frame of mind so that you can laugh them off. People in the outside world have awkward social encounters all the time! You may think that it will be obvious to everyone that you've just gotten out of prison, but people on the outside have busy lives. They will not be analyzing you.

PREPARE FOR CHALLENGES

Before leaving prison, work on practicing patience, both with others and with yourself.

1. What skills do you use to manage stress?

2. When things go wrong or when you're disappointed, what can you do to keep yourself on track and focused?

KNOW YOUR STRENGTHS

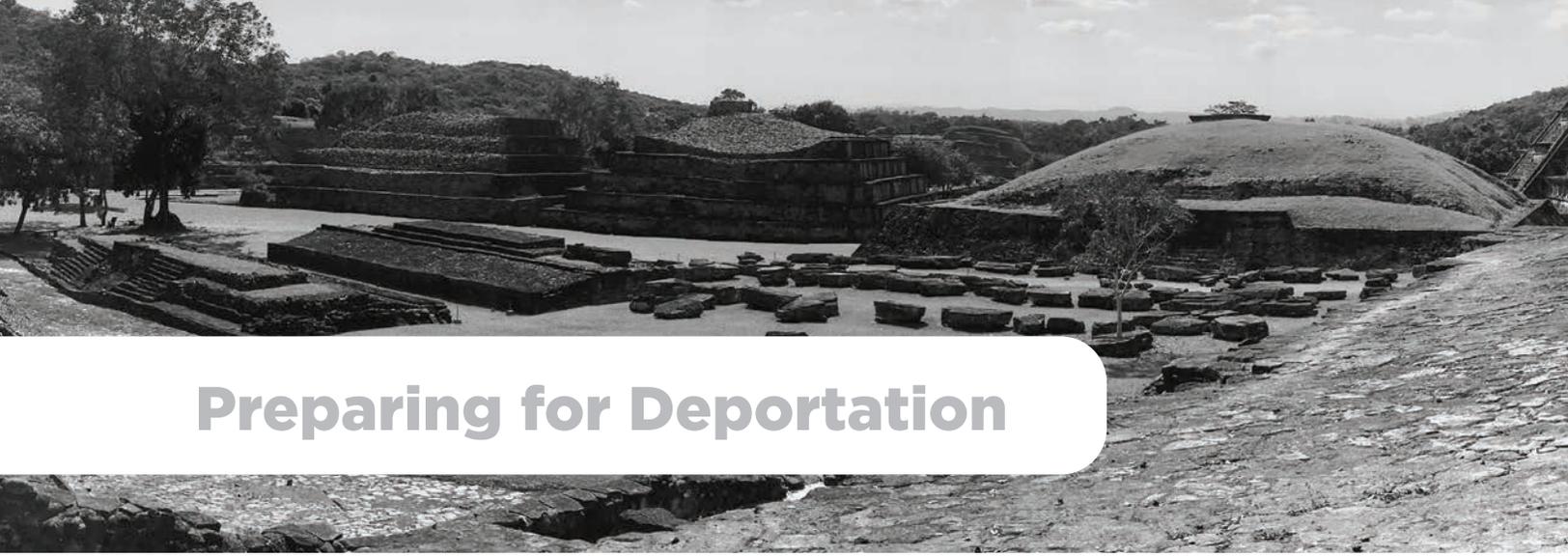
1. What have you done in the past to successfully adjust to major life changes?

2. What skills, habits, or traits helped you stay motivated, build positive relationships, and maintain self-respect?

GETTING READY FOR RELEASE CHECKLIST

Use the checklist to figure out which areas may be a problem for you. Then plan to address them.

Issues to face upon release	Got this covered	Need to address	Needing help
Substance Abuse			
Lack of Money			
Transportation			
Day Care			
Family Problems			
Housing			
Clothing			
Medical			
Telephone			



Preparing for Deportation

As you think about your upcoming potential deportation, you may experience feelings of dread, nervousness, or anxiety. It may be bittersweet since you look forward to your out date, but it's tainted with the thought that you will be removed from the country you call home and from family and friends.

Part of that anxiety may come from not knowing what to expect from the deportation process. Although everyone's experience is different, we will do our best to give you an idea of what to expect upon release, during your time in ICE custody, at the border, and immediately after deportation. Keep in mind that this information is based on the experience of those who have traveled this road before you as well as information gathered from ICE websites and from talking to immigration attorneys and the Mexican Consulate. As such, it's impossible to say exactly what you personally can expect, but we've done our best to provide relevant information.

Before Deportation

Recently the Illinois Department of Corrections has stopped cooperating with ICE to transfer individuals from state custody directly to ICE detention. It used to be the case that on your day of release you would be transferred directly to ICE to be deported. This has changed. Now, just like anyone being released from prison in Illinois, you will be released into the community and responsible for complying with parole requirements. This does not mean that you won't be deported. Many people we know have been released from prison on their out-date only to be picked up by ICE blocks from the prison. Others have made it to their communities and been detained by ICE at home or in their workplaces. We recognize that this information is troubling. It's hard to know what to expect. We suggest you prepare yourself for either situation. We are continuing to gather information about the experiences of people released from IDOC and will continue to update this guide annually to provide more details.

The Education Justice Project also publishes a guide called *Mapping Your Future: A Guide to Successful Reentry* for people leaving prison and returning home in Illinois. It includes information on parole, housing, employment, education and more. Look for it in your facility's resources room or library or request it from a counselor or directly from EJP by writing to us at Education Justice Project, 1001 S. Wright St, Champaign, IL, 61820. Specify the guide by name and if you prefer it in English or Spanish. (Spanish version available fall 2021).

There are a few things you can do to prepare logistically for the possibility of deportation. First, locate your Alien Registration Number or "A-Number." It is an eight- or nine-digit number that your family and friends can use to locate you during the deportation process. They can do so by using the Online Detainee Locator System at <https://locator.ice.gov/odls> or by calling the ICE Detention Reporting and Information line at 1-888-351-4024.

We suggest that you contact the Mexican Consulate as soon as you can, as early as the beginning of your sentence. They can offer you consular assistance and help to protect your interests.

The number of the Mexican Consulate in Chicago is:
(312) 738-2383.

If they are unable to access this system, they can contact the ICE Office of Enforcement and Removal Operations (ERO) in Chicago, located at 101 West Congress Parkway, 4th Floor, Chicago, IL, 60605, Phone: (312) 347-2400.

Assess Your Finances

If you have income from a job while incarcerated, try to save as much as you can. Alternatively, identify family or friends who can send you money either while still incarcerated or while awaiting deportation.

ICE Custody

If you are picked up by ICE following your release, you may be taken to any number of facilities. ICE maintains multiple facilities in the state of Illinois and in neighboring states, and you may be transferred to any of them over the course of two weeks, approximately, until your actual deportation. Here, you can expect much less movement than you may be used to. You will be incarcerated with people from all over the world, not only those returning to Mexico. Many have been picked up directly off the streets. After being transferred among various ICE facilities for approximately two weeks, you will likely be processed at the one of two locations: the Jerome Combs Detention Center in Kankakee, Illinois or at the Broadview Detention Center near Chicago (As of the publication of this guide in September, 2021, Broadview was the final point of departure).

The Mexican government runs a program called "Héroes Paisanos" that aims to protect the rights of Mexican citizens as they enter, travel through, and leave the country. They publish a guide that's useful for planning your return to Mexico. It can be accessed by scanning the QR code below or through this link. You could even ask your family to print it out and send it to you during your incarceration or detention.

https://www.gob.mx/cms/uploads/attachment/file/649066/GUIA_HEROESPAISANOS_VERANO2021.pdf



Confirm which of the two locations you will depart from.

Jerome Combs Detention Center 3050 South Justice Way
Kankakee, IL 60901
Approximately 90 minutes from Chicago
815-802-7272

Broadview Detention Center
1930 Beach St.
Broadview, IL 60155
Approximately 12 miles from Chicago
708-343-7841

The plane to the border leaves on Friday mornings. When you are in Broadview, a family member or friend can bring you a small bag of clothes (up to 40 pounds), toiletries (but no liquids), and money (dollars or pesos), which will make your deportation much more comfortable. It's a good idea to cash in

your money card when you leave. ATMs at the border will reject it. NOTE: This has been suspended due to the pandemic. Have a family member or friend call to see if they can drop off a bag to you or not.

Drop-off times for these items are typically Thursday 8am-2pm or Friday 4am-8am the week before you leave. It is always a good idea to double check the times in case of changes.

We recommend asking someone to gather these items for you for several reasons:

1. You will not appear as a deportee at the border since you will have street clothes.
2. You will have sufficient money for transportation, food and other necessities at the border.
3. You may even be able to help others who are being deported alongside you.

Before you are deported you will be offered a "court date" with an immigration agent who will tell you the charges against you and his opinion of it, if you have a chance to beat it or not. I recommend you go through the process but be aware your answers could be used against you. Do the interview but remain quiet.

-Alex A.

Be sure that the person that brings your things isn't undocumented. It's a detention center and it's possible that they may be asked about their migration status.

-Roberto L.

Even though it is a very stressful situation being moved around from town to town at all hours of the night, once you get to your destination at an ICE facility, which usually is a county jail, things will get better. You will still be in custody but you will be with many of your compatriots from all parts of Mexico. You will surely meet people from your own state and will develop a friendship which will allow you to plan and execute your trip from the border to your hometown so you won't travel through Mexico on your own. When you get to ICE you will not have anything, but your countrymen will gladly share what they have until you can get your hands on some things yourself. The mood in the ICE facility for the most part is light and fun as everyone gets to know each other. Once a week, Friday, they ship off groups of guys heading to the border. You will probably wait two weeks till you are deported, but in the meantime you will have a chance to use the phone and go to commissary if you get your family or friends to send you money. Again, the guys have no trouble making calls for you or having their people relay messages for you so don't worry. The staff at these places for the most part was cordial and respectful. They seemed to mostly be county officers and not ICE.

- Erick N.

At the Border

After leaving the detention center, you will be flown to the border. Your plane may or may not make other stops in the country. (Two recently deported men report that their planes made stops in Louisiana and Alabama.) Once the plane lands, you will be put on a bus and taken to the border where officers will open a large gate and direct you to cross the bridge. It is crucial that you put some thought into what you will do after arriving at the border. Will you stay in a shelter in the area? Will you take a bus directly to your destination? Will someone be meeting you? This will likely be difficult to arrange because you will not know your drop-off location until you are essentially there. ICE withholds this information to discourage reentry.

Where will you be deported to?

People from Illinois have been released in Matamoros, Tamaulipas, at the border with Brownsville, TX, as well as the Reynosa/McAllen, TX border crossing. As of this publication (September 2021), the location has been Brownsville. The Mexican Consulate can confirm

At the border stick together, help each other.

– Ramon C.



your point of departure. Some ICE offices participate in the program to deport people directly to Mexico City. Chicago is not one of them but if you are deported from another state this may be an option for you. Check with your local consulate to confirm.

As a result of COVID-19, the Mexican government has hired buses to take you out of the border states, directly to your destination. Follow government officials' instructions at the border to insure your safety.

Be super patient during the deportation process.

There's a lot of waiting, sitting around, and you won't know what's happening next. Prepare yourself mentally for this. There is a lot of uncertainty.

– Ramon C.



Stay hydrated. I remember being really thirsty once we hit the road so manage your water intake and go to the bathroom every chance you get because you don't know when you will get the chance again.

– Ramon C.



Grupos Beta (Beta Program)

On the other side, you will likely find Mexican immigration officials to orient you. The Mexican government offers services to recently expatriated Mexicans called the Beta Program (Grupos Beta). They will offer you water and a small meal as well as a temporary ID, transportation information, and sometimes a ride to a place to change money or to the bus station, with a discounted ticket. They will allow you to make phone calls and use the internet wherever you arrive.

They also offer a grave warning. They often tell newly deported people not to stay in the border area, especially after dark. They will tell you that crime is high there and, for your safety, you should plan on taking the next bus south. Alternatively, they may offer to take you directly to a nearby shelter.



Be patient. Stay positive. Eventually they will take you to a safe place.

– Alex A.



Treat the guys from ICE with respect. When we did that, they gave it back. That was a great experience. We heard a lot of things about ICE but in reality they're not your enemy. They are just doing their jobs.

– Ramon C.



Once at the border, Mexican immigration will give you food and a temporary ID and will urge you to get to the bus terminal as soon as possible. They also give rides to the terminal so just wait until they take you. (With the COVID-19 pandemic they have been chartering busses as well.) Once at the terminal, you will need to buy a ticket. If you live deep in Mexico, like Michoacán as I did, there will NOT be direct buses there. You will have to take a bus to other nearby cities to pick other people up or to get a different bus altogether so calculate enough money to take multiple buses depending on how far south you are going. Bus tickets range from around \$10 USD (225 pesos) to around \$100 USD (2,000 pesos) depending, of course, on where you are going.

– Erick N.



Deportation to Mexico City

Flights into Mexico City used to be fairly common but with the pandemic they were stopped. While ICE temporarily resumed the program, unfortunately the Chicago office has not participated, so if you are being deported from Chicago this won't be an option for you. If you are deported from somewhere else check with your local consulate to see if you qualify to be deported to the capital if that is your preference.

Since flights into Mexico City have been cut back drastically, so have the government programs that used to help people deported to the capital. There are non-governmental organizations that help returning citizens like Otros Dreams en Acción and Deportados Unidos en la Lucha en neighboring Estado de México. See p. 82 and the directory for more information on those organizations.

You've got to have people to help you. Make contact with people in your home country and try to have someone waiting for you when you get there.

– Israel G.

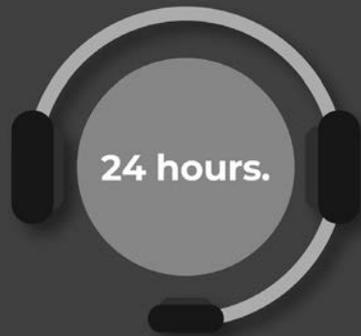


Planning on returning to the US?

Many recently deported people state that they planned to return illegally immediately. They failed to plan for life in Mexico because their intention was to cross back illegally right away. They caution you NOT to do this. Here's why: First, spending time in the border region while planning your reentry is extremely dangerous. There have been reports of people being forcibly recruited by organized crime organizations.

Similarly, the border patrol is another barrier to reentry, not to mention legal consequences. Those who enter illegally who have been removed and do not have any criminal record can be fined and/or imprisoned for up to two years. Individuals caught reentering who have a felony conviction can be imprisoned for up to 20 years in a federal prison (Reentry of removed aliens 8 U.S.C.A. 1326).

Center for Information and Assistance for Mexicans (CIAM)



All the information you need just one call away, 24 hours a day.

When you call CIAM, an operator can provide you information about consular services, U.S. immigration policy up-dates, as well as advice on relevant laws, regulations and your rights.

How to interact with immigration authorities

1. Have an emergency plan.
Protect your family, especially children. If your kids were born in the United States, go to your nearest consulate to register them as Mexicans.

2. Find out which documents should be kept with you at all times.
Keep them in a safe place.

For more information, contact the nearest **Consulate of Mexico** or the **CIAM**.

Does not give ICE the right to enter your home.

3. If you need information about immigration, head to your nearest consulate. They can point you to reliable attorneys

4. Know your rights at home, at work and in public.

If immigration authorities come to your house:

- Do not open the door.
- Stay calm.
- Do not run away.
- Do not provide your immigration status.
- Ask them to show you the warrant through the window. Check if the warrant has your name, address and the Judge's signature.
- If they do not have a warrant, you have the right to refuse to let them in.

6. If the authorities arrest you:

- Remain silent.
- Do not reveal your immigration status.
- Request to speak to your consulate.
- Request to speak to your attorney.
- Do not sign anything.
- Find out which agency arrested you (sheriff, local police department, ICE, border patrol, etc).
- Request an interpreter and a bail.
- Do not lie.
- Do not show fake documents.



5. If authorities enter your home without a warrant:

- Ask respectfully for their names and say "I do not consent to the search".



DOWNLOAD THE APP
MICONSULMEX



For more information call
the following number
520 623 7874





Prepare for Your Job Search

If you are getting ready to leave prison and return to your home country, employment is probably very much on your mind. You may have a family member who owns a small business and is willing to offer you a job, or you may be setting out on your own.

Some good news: If you are making your home in the south of the country, you are likely able to get work without your employer running a background check. If you are near the border and applying to US companies, expect background checks.

It's also important to know what is considered fair pay in different parts of the country. At the border in Ciudad Juárez, for example, you can find work in a factory for roughly 213 pesos a day. (At the time of printing, this is equivalent to \$10.70 USD). In other parts of the country and in other industries, you will be paid by the hour. For example, an English teacher in Morelia, Michoacán may make 75-90 pesos (\$3-4 USD) an hour working in a public school. In larger cities, such as Mexico City and Puebla, you can expect to make closer to 100 or 120 pesos an hour, depending on the industry.

No matter where you will land or what industry you want to work in, there is a lot you can do to prepare for your job before your release.

Build Experience

Take advantage of opportunities to earn certificates, gain job experience, and acquire skills while in prison. Work while you are incarcerated. It provides a track record of what you're capable of, boosts your confidence, and can help you identify skills you didn't know you had.

Enroll in education programs such as Adult Basic Education or college programs. This can prepare you for work on the outside and also demonstrate your intelligence and dedication to prospective employers. Take advantage of other types of programs too such as parenting classes or art programs. Engage in volunteer work in prison. This helps to develop your

skills and is something you can add to your resume. Examples of non-paid work that can prepare you for paid employment on the outside include involvement in programs such as band or choir, a community garden and peer counselor programs.

If you are not a native or near-native speaker of English, learn! Enroll in English as a second language class if it is offered. If not, take any classes in English since exposure to the language will help you progress. If self-study is your only option, talk to native speakers and read as much as you can in the language. The same goes for Spanish. If yours is rusty, do all you can to improve it while still incarcerated.

Write Your Resume

Another important thing you can do while you're still in prison is to write your resume. This is a summary of your skills, strengths, and work experience. You will need a resume to search and apply for jobs. Even if you do not have access to a computer or typewriter, write your resume out while you are still incarcerated. You can type it after your release.

RESUME CHECKLIST

Your resume should have several parts:

- Your name, basic data (date of birth), and contact information (phone and email) but typically NOT street address.** Mexican employers also expect that your resume will include a small photo, "infantil," in Spanish. You can have this done in a pharmacy or small photo studio.
- An objective (optional).** This tells potential employers what you are looking for and provides a brief summary of what you have to offer. At this point, your objective might be very broad, like, "energetic and dependable individual seeks opportunity to bring growth to your company," or "hard-working, college-educated individual with excellent writing skills seeks position."
- Education.** Your resume should have a list of schools you've attended. Consider including your educational experiences in prison, especially if you have earned any degrees or certificates (high school level and beyond).
- Work experience.** List your jobs, including volunteer work. Include where, when and for how long you held each position. A short description of your responsibilities in each position is a good idea as well.
- Other professional skills.** This includes certifications, technical skills, and languages you speak other than English.
- Awards and distinctions (optional).** If you've ever received a formal distinction for your work, such as employee of the month, or your education, such as scholarships or other awards, you should list them at the end of your resume.

Please note that the information expected on a resume in Mexico varies slightly from that included in resumes in the US. You may need to make small changes if you've already written one.

Review your resume several times and have another person review it as well. Be sure to check that your details are correct, the document is free of typos and errors, and includes only true information. Check that your formatting is consistent and make sure it's easy to read and attractive to look at.



Collect Important Documents

To prepare for release and possible deportation, it's important to gather documents that will help you get identification, employment, and benefits in your home country. Ask your family to help you gather these documents, if possible, and keep them in a safe place. Important documents to collect include birth certificates (your own or your children's), diplomas, transcripts, or marriage licenses. Having these documents ready will make the process of reintegration much smoother. Other documents that you may want to collect before you leave may include immigration documents, a passport, military discharge and US bank account information. You may also want to locate your CURP code, a unique identity code for citizens and residents of Mexico.

- To request a certified copy of your marriage certificate or divorce decree, write to the County Clerk's office in the county where you were married or divorced. Ask Clinical Services to help you locate the address and form.
- To request a copy of your birth certificate, write to or call the Mexican consulate in Chicago (or another consulate) (see address in the directory). Alternatively, a family member can request it for you online at <https://www.gob.mx/actas>.
- To request a diploma or transcript, write to or call your educational institution.
- Look up your CURP number online at www.consultas.curp.gob.mx

Other documents that you may want to collect before you leave include: marriage or divorce decrees, green card, US passport, military discharge and US bank account information.

Documents that you will gather after deportation include your ID (called INE in Mexico), CURP, RFC, and optionally your passport and driver's license. Information about these processes can be found on pages 42-48.

Apostille Process

Any official document generated in the US, such as your high school or college diplomas, your children's birth certificates, and your marriage or divorce certificate, will need to be notarized and then go through a process of getting what's called an "apostille" before it will be recognized in Mexico and other countries.



Apostille Process Locations

Illinois Secretary of State Index
Department--Chicago
17 N. State St. Suite 1030
Chicago, IL 60602
Phone: (312) 814-2067

Illinois Secretary of State Index
Department--Springfield
111 E. Monroe St.
Springfield, IL 62756
Phone: (217) 782-7017

It's possible to begin the apostille process while incarcerated. Once you have collected your certified or notarized documents, they must be mailed to one of the Secretary of State's offices (see below) to request the apostille. There is a \$2 fee, and the processing time is five to seven days. Requests for apostilles can be done by mail or in person at these offices.

See the Forms Section for a brochure outlining the steps for requesting an apostille as well as the form that should accompany your request. Alternatively, you can have a family member or friend assist you with the process, or hire an attorney to submit the request for you.

More information on the apostille process can be found at [www.apostille.net/state-of-illinoisapostille.html#/. For more information on requesting an apostille for your documents see page 38, for a form, see page 175.](http://www.apostille.net/state-of-illinoisapostille.html#/)

Documents that you will gather after deportation include your ID (called INE in Mexico), CURP, RFC, and optionally your passport and driver's license. Information about these processes can be found on pages 42-48.

If your transcript is sent directly to your employer from your college or university you may not have to go through this process. In general employers and institutions will accept documents that come directly from US institutions.



- Roberto



Health Records

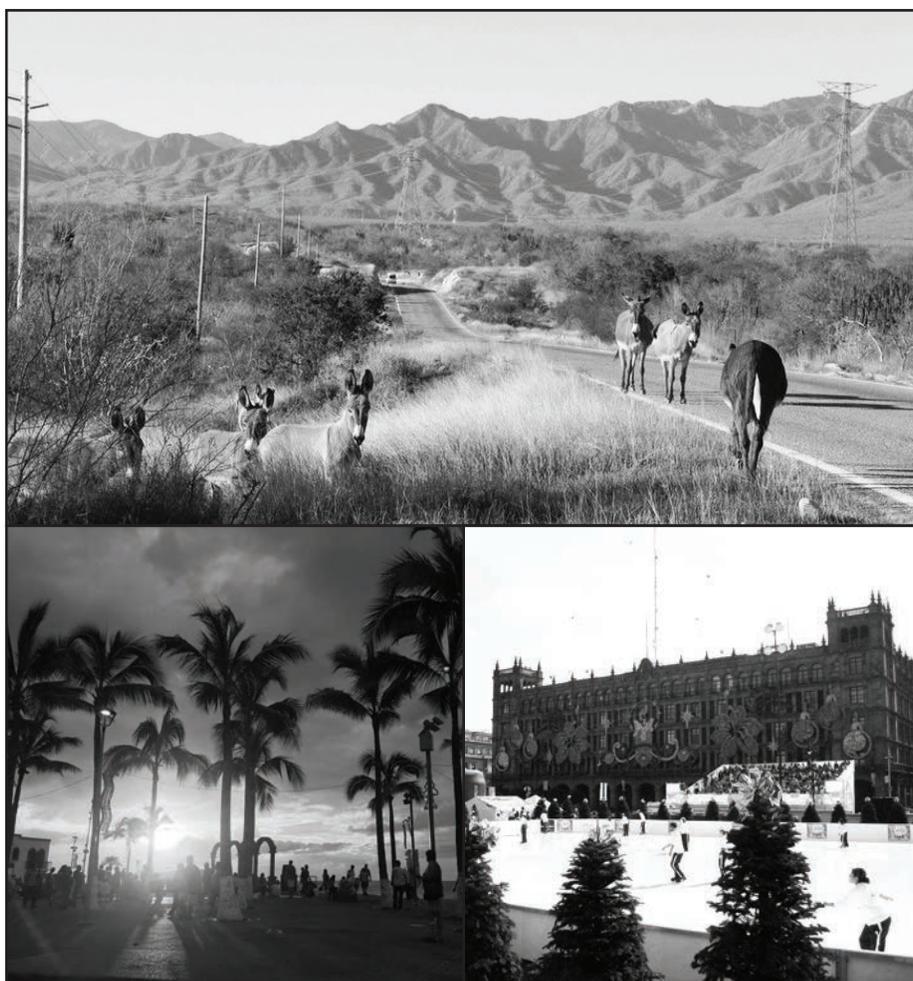
Planning for health care before you leave prison saves money and helps you avoid problems like running out of medication or getting sick and having to go to the emergency room. There are a few steps you should take before you are released.

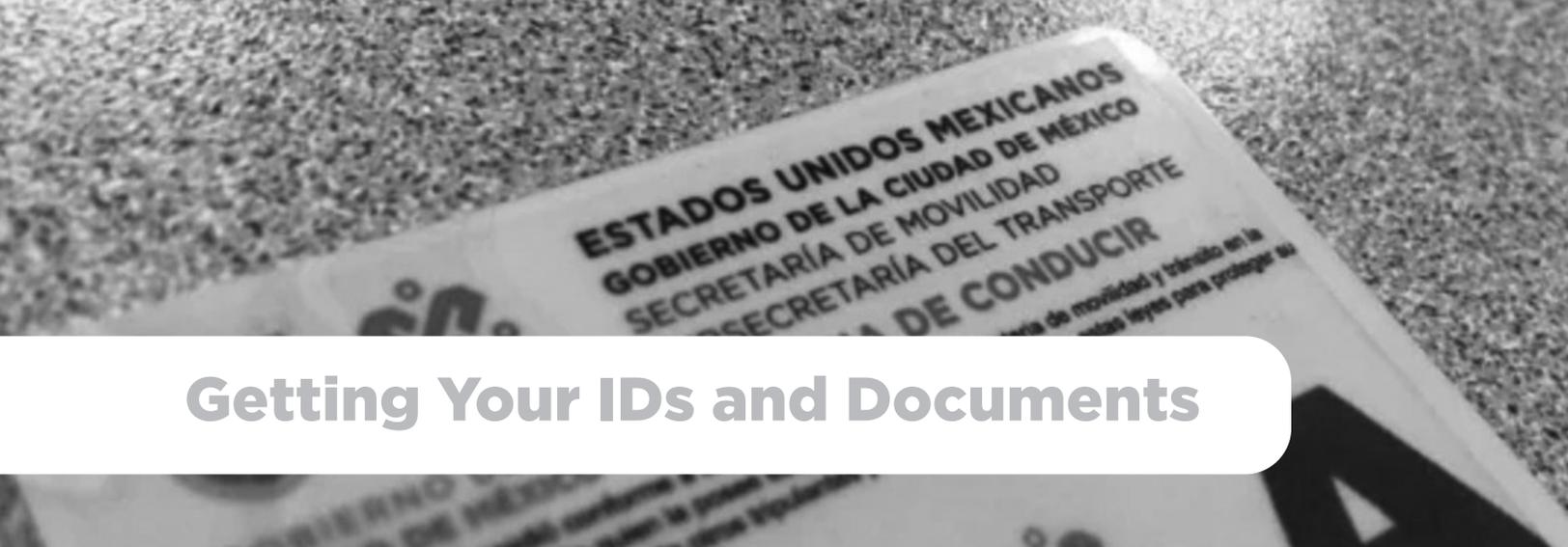
HEALTHCARE CHECKLIST

Start this early (within a year of your release) in case your doctor or dentist finds something you will need to address.

- Ask the healthcare unit at your facility (if possible) what the procedure is for the release of your health records.** Generally, you will be able to complete forms to acquire those records. Request them about 90 days before your release. You will likely have to pay for any copies. There are separate forms for medical records, HIV and mental health records.
- You especially want copies of your prison medical records if you had any particular medical issues.** You can receive the records after your release, but, if you wait more than a few months post-release to request them, you must send the request to the Department of Corrections in Springfield rather than to the facility where you were held. Getting documents to Mexico or your home country can be expensive and time-consuming as well. In anticipation of your deportation it may be a good idea to send copies to a family member or friend in the US. The Mexican postal service can be unreliable when it comes to international shipping, so, if you have to send something important there, choose a private courier service like FedEx, DHL, or UPS. Alternatively, documents can be scanned and stored electronically. Family members can email them to you.
- Request a dental exam, an eye exam, and a physical exam to try to address any health concerns you may have before you leave prison.** Women are encouraged to request a gynecological exam with a PAP test and ask for a mammography if over the age of 40. Start early (within the year of your release) in case your dentist or doctor finds something you will need to address
- Get your medications ready.** Prisons offer people a limited medication supply upon release, ranging from a 30-to 90-day supply. Generally, you will pick up your medications the day before you are released as part of your processing out, but you may want to request these medications ahead of time, just to be safe.
- Plan to apply for government or private health insurance in your home country.** For more information about health care and how to apply, see the health section of the guide on page 87.

Section 2: After Your Return





Getting Your IDs and Documents

Congratulations! You're out and are now facing the challenge of navigating bureaucracy! Upon deportation you were given a temporary identification. This ID is official, and when you show it, the receiver is legally obligated to honor it. But this ID is temporary, so your next step will be to secure your permanent identification--your INE, the most common official ID in Mexico.

A current, official ID is necessary for opening a bank account, getting housing, getting a job, and applying for health care and educational programs. If your family saved your documents for you, such as your birth certificate or marriage license, take them with you. If you had an INE identification card in the past, take it with you so that you can renew it. This will facilitate the process.

Now because of the pandemic, procedures may be different. It's important to confirm current hours of operation and procedures with your local agency.

There is an excellent organization called Documenta that has a website with links you can follow to complete all the procedures outlined in this chapter. They also have great information on everything from employment to psychological help, social services to educational resources. Check it out:
<https://restart.documenta.org.mx/>

Birth Certificate

If you were not able to secure a copy of your birth certificate while in the US, make it a priority to get one as soon as possible. A birth certificate is needed to request the INE, which is the most common official ID in Mexico. If you have an old copy of your birth certificate, you can use this to request your INE, but for other processes, such as getting married, a certified birth certificate (recently requested) will be required.

How to Request your Birth Certificate— In-person or Online

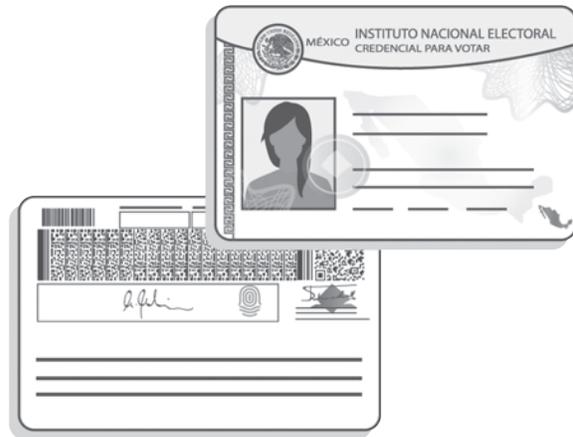
There are two ways to request your birth certificate, in person at your local Civil Registry in the place where you were born (usually part of the town hall-ayuntamiento or alcaldía) or online at <https://www.gob.mx/ActaNacimiento/To> request online you will need your CURP (Clave Única de Registro de Población or Unique Population Registry Code) (For more information on this code see below.)

If you don't live in the state where you were born or prefer to request the document in person, you can go to your local Civil Registry (Registro Civil). See the directory at the back of this guide for the one closest to you, or consult their website for the most up-to-date information: <https://embamex.sre.gob.mx/argentina/images/consular/ofregcivilenrepubmexic>. The Civil Registry also issues marriage, divorce, and death certificates.

In order to request your birth certificate, you will be asked for your complete name, sex, CURP (see below), as well as the complete names of your parents and the date and place where your birth was originally registered. The fee for your birth certificate varies by state and currently ranges from 45 to 181 pesos. You can check the exact cost here: <https://www.gob.mx/tramites/ficha/expedicion-de-la-copia-certificada-del-acta-de-nacimiento-en-linea/RENAP0187>

INE

Once at your destination within Mexico, you will need to get your "INE," pronounced "Eee-Nay." This is your official identification that takes the place of a state ID or driver's license in the US, but it functions differently. INE stands for "Institución Nacional Electoral" or "National Electoral Institute." This means that by having an official ID you are registered to vote. With this card you can vote in presidential, state, municipal and local elections. It's not a separate process like in the US. It's also a national document, rather than state-specific, like in the US. The INE is the most commonly accepted form of ID in Mexico. There is no charge for getting an INE.



NOTES

HOW TO REQUEST YOUR INE

- ❑ **Identify whether you will be requesting the INE for the first time or a replacement, or simply a change of address or of other information.**
- ❑ **Collect your documents and/or ask a witness to accompany you.** In order to request your INE, you need a photo ID, proof of address (no more than three months old), and your birth certificate. The photo ID can be a military, state, or professional ID, but, in most cases, you won't arrive in Mexico with one of these, and they do not accept your temporary ID. In place of a photo ID, the National Electoral Institute will accept two witnesses who live in the same town as you do and are willing to accompany you with their original, current INEs.
- ❑ **If you have no proof of residence in your own name, you can ask your witnesses to bring one of theirs.** This can be an electricity (CFE) or telephone bill no more than three months old or a water or property tax bill (pago de predial) no more than a year old in the name of one of your witnesses. (It's a good idea to bring copies of all these documents as well.)

If you require two credible witnesses to prove identity but don't know anyone, contact local organizations that may assist migrants. In Guadalajara, the Rhizome Center for Migrants offers this service. (+52 33 2182 0836)

- ❑ **Either make an appointment at your local INE office or go to the nearest “Módulo de Atención Ciudadana” (citizen attention module).** For a complete list of locations, see the directory in the back of this guide or search the most current information on <https://ubicatumodulo.ine.mx/>. You can also make an appointment online here: https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac. You can go without an appointment but it might take longer.
- ❑ **Wait for your INE to be issued.** When you turn in your request and the accompanying documentation, they will let you know in what time frame you can expect to receive your identification (usually 7-15 days). They also give you a document that proves you requested the INE as well as the date of pick up. You must pick up the ID at the same location where you requested it, bring the document they gave you, sign your name, and be fingerprinted to receive your INE. You won't need an appointment to pick it up. You can check the status of your INE application here: <https://consulta-tramite.ine.mx/nacional/archivos2/portal/credencial/tramite/>.

If you have requested an INE and you have not received it within the time frame allotted or your application was denied, you can submit a legal complaint here:

https://portalanterior.ine.mx/archivos3/portal/historico/recursos/IFE-v2/DERFE/DERFE-FormatosTramites/Sol_DDPE.pdf.

See page 45 for your INE document checklist.

In general because of the pandemic, everything is by appointment. Even if you don't have all your documents ready, make the appointment. It could be a month or more before you can get an appointment and it can take up to six months to get your INE. If you need to reschedule your appointment, do it as soon as possible.



– **Roberto L.**

CURP (La Clave Única de Registro de Población or Unique Population Registry Code)

The CURP is essentially the equivalent of a social security number that uniquely identifies you as you. It is required to do many things in Mexico, such as getting married, purchasing insurance, and getting a job.

If you already have a CURP but simply don't know the number, you can search for this information online. You will be asked for basic details such as your name, sex, and place of birth. Even if you don't think you have one, check here first. Your parents may have registered you when you were a baby. You can do so here: www.consultas.curp.gob.mx

If you find yourself in the system, perfect! You're almost done. Check that your information is correct and download the certificate directly from the website. It's a good idea to print several copies to keep in your files.

How to Request Your CURP

If you've never had a CURP, you must go in person to a CURP office. To facilitate the process, you can print a certificate of non-existence by

CHECKLIST

Getting your INE can take a long time, so be sure to bring everything you need:

- Your temporary ID.
- Proof of address (even if not in your name), such as an electricity or water bill.
- Your birth certificate.
- In the case that you don't have a photo ID, you can bring two witnesses who will present their own INE.

searching for yourself on the above link. When the system tells you that you are not in the system, it offers you the option of printing the certificate, called, in Spanish, "Certificado de no existencia." In order to request your CURP, you will need your birth certificate and an official photo ID. There is no cost.

You can find the closest government office where you request your CURP on this site: www.gob.mx/cms/uploads/attachment/file/39942/DirectoriodeModulosCURP.pdf There's no way to make an appointment but it's always a good idea to go early in the morning. Check their opening and closing hours before you go. After receiving your CURP, it's a good idea to make a copy (like with all important documents), but you can also find it online, by following the steps outlined above.



RFC (Registro Federal de Contribuyentes)



The RFC stands for Federal Taxpayers Registry and it is a unique alphanumeric key that you will be assigned by the government in order to pay taxes through the SAT or “Tributary Administration Service.” It doesn’t translate nicely but think of it as the IRS equivalent in Mexico. The RFC is required for everyone 18 years and over, whether you engage in economic activity that requires taxes to be paid or not. It’s one of the most important documents you’ll need as you reestablish your life in Mexico. It’s also important to have to open bank accounts, get a job, buy property, access social programs and scholarships, and more.

You can request your RFC online here: <https://www.sat.gob.mx/tramites/28753/obten-tu-rfc-con-la-clave-unica-de-registro-de-poblacion-curp>. You can also get your RFC at any SAT (tax) office or by calling 1-800-463-6728.

Military Card



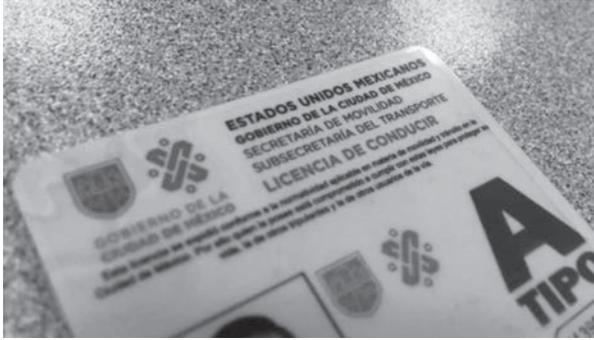
If you’re male between the ages of 18 and 40, you are required to register for the military. Women have the option of registering. As proof of having registered you’ll get your military card which is free and has many benefits. You can visit your local town hall (ayuntamiento or alcaldía) to see what the dates are for registering for military service.

To register you’ll go to the actual military recruitment office and present the following:

- Four recent 35x45 mm photos. (You can get these done at any photo studio and at some pharmacies by asking for a “foto infantil.” They will ask you not to wear a hat or jewelry and will know the specifics about the background and other details required for this ID photo.)
- Birth certificate (original and copy)
- Proof of address (original and copy)
- Proof of highest level of studies
- CURP (original and copy)
- Universal National Military Service Form, available here: http://www.sedena.gob.mx/archivos/formatos_comprometidos/Formato_Universal_SMN.pdf For more information on this obligation, including the details of the photo you need to bring, visit <https://www.gob.mx/sedena/acciones-y-programas/cuales-son-los-requisitos-para-tramitar-la-cartilla-de-identidad-del-servicio-militar>

Drivers License and Passport

If you plan on driving in Mexico, you will need to apply for a driver’s license. In the US most everyone uses this as their official ID but in Mexico the INE is the primary identification and you only need a driver’s license if you truly plan to drive. A passport is an optional document that allows you to travel outside of the country. When you are first getting settled in Mexico this will likely not be a priority but if you plan to travel internationally you will eventually want to get yours.



How to Get Your Driver's License

Each state issues its own driver's licenses, so it's a good idea to check with the particular agency in your state that issues it. The name differs slightly in each state. In some states it's called the Secretary of Infrastructure, Mobility and Transport. In other states the name is Secretary of Mobility, and in others it's the Secretary of Communication and Transport. Since the process is run by different authorities in each state, the requirements may vary as does the minimum age. In Mexico city you can drive at 15; in other states like Jalisco and Quéretero it's 16 and in others, 18.

Check with your local transit authority to see what you need to bring. It's likely you'll need the following:

- Birth certificate
- Current official ID like your INE, passport, or military card
- Proof of address
- CURP
- Receipt for payment of fees (varies by state)
- Proof of blood type

You'll likely have to pass a written driving test as well. Here's a crash course in what you can expect to find on the test: <https://www.univision.com/noticias/autos/aprobarias-de-nuevo-el-examen-de-manejo>

Other states have more extensive requirements, such as a driving test and a medical examination. Many states allow you to make an appointment as well by calling or using their website. It's also a good idea to study any materials available on rules of the road that your state may provide.

Three types of licenses are offered: regular or "automovilistica," driver up to three tons, and commercial.

Fees will vary depending on the state and how long your licence is good for. As an example, the state of Puebla charges 790 pesos for a license that lasts three years, and 1,165 pesos for a five-year license for a regular driver. Mexico City distinguishes between the type of vehicle you'll be using; it costs 450 for a motorcycle license and 900 to get a license to drive a regular car.

Check with your state to find out the fee for your particular type of license as well as information on how to pay them. Some states allow you to pay online and print off your proof of payment. Others have a form that you can take to a bank or local pharmacy or quick stop store and pay. You'll need to take that proof of payment with you when you go to get your license.

For details on getting a license in Mexico City visit: <https://www.semovi.cdmx.gob.mx/tramites-y-servicios/vehiculos-particulares/automovil/licencias>



Whenever completing any "tramite" (bureaucratic process or procedure), bring all original documents as well as two copies.

This will keep you from losing your place in line by having to leave to make copies. An even better idea is to compile a portable, accordion-style file with all important documents that you take with you to official government offices, "por si las dudas" (just in case)!

How To Get Your Passport

If it's not urgent, it is recommended that you make an appointment ahead of time by calling 1-800-801-0773 or online: <https://www.semovi.cdmx.gob.mx/tramites-y-servicios/vehiculos-particulares/automovil/licencias> You will need to bring a certified copy of your birth certificate (original), INE or other current photo ID (original and copy), a passport photo, and proof of payment. Payment can be made at any local bank after printing the payment form from the website below.



For more information on applying for a passport visit: <https://www.gob.mx/pasaporte>

Passport Costs	
Valid for	Cost (in pesos)
One Year	MXN\$ 625
Three Years	MXN\$ 1,300
Six Years	MXN\$ 1,790
Ten Years	MXN\$ 2,750

Note: If you are over 60 years old, disabled, or a temporary farm worker, you are eligible for a 50% discount on the costs.

Héroes Paisanos Program

The Héroes Paisanos program aids returning citizens in the following ways:

- Collecting identity documents
- Registering for medical insurance, food assistance, and shelter
- Offering free phone calls to family members
- Assisting with transportation
- Providing information about job opportunities, including grants to start businesses
- Educational support
- Individual case manager support

You can sign up for the Héroes Paisanos program through The National Immigration Institute (INM) office in your state. For a list of offices visit: <https://www.inm.gob.mx/gobmx/word/index.php/horarios-y-oficinas/> This program also publishes a lengthy and quite useful document (in Spanish) to orient returning citizens. You can see the full guide here: www.gob.mx/cms/uploads/attachment/file/45147/GUIA_SOMOS_MEXICANOS_PRIM.pdf

For more information on this program see our Additional Resources section on page 173. The Paisano Guide is also very useful and can be accessed here (in Spanish): https://www.gob.mx/cms/uploads/attachment/file/595749/GUIA_PAISANO_2020.pdf

It can also be downloaded to your device through the following code:





Resources to Meet Basic Needs

We expect that you have plans and dreams for your future life. Even as you look ahead, you may struggle with day-to-day life. Many people struggle with housing, food, healthcare, utilities, and other basic living expenses in the weeks and months after they get out of prison or are deported. Others find themselves challenged by drug and alcohol addictions and mental health issues. This is normal. Be patient as you figure things out and know that there are programs and people who can help.

Cost of Living Expenses

While it's true that there are fewer government and non-profit organizations that provide assistance compared to the US, the good news is that goods and services are much cheaper in Mexico. For example, you can see a doctor for free through Mexico's universal health care program or for 30 pesos (\$1.40 USD) if you're not! The CFE (Federal Electricity Commission), who provides electric services, is run and subsidized by the government, keeping costs low. The more electricity you use, the less support you receive, so save energy by using low-energy light bulbs, turning off lights, and unplugging appliances when not in use.

Cell phones are available, both as pre-paid and as plans, which are both much cheaper than in the US. While you will likely prefer to have a cell phone, use landlines whenever you can to make local calls since the rates are cheaper.

While most expenses are cheaper in Mexico, one exception is gasoline. At the time of writing, the current price of gas in Puebla, Mexico is 21.99 pesos per liter--\$4.18 per gallon USD. Clothing

also tends to be more expensive and of lower quality than what is found in the US. Keep this in mind while shopping. You may want to consider buying less clothing of higher quality, understanding that the clothing at many common chain stores (Suburbia, for example) won't last long.



NEED ASSISTANCE?

If you are having trouble meeting your basic needs, here are a few places to go to help.

- ❑ Food assistance. Most major cities in Mexico have at least one soup kitchen or “comedor.” See the directory on page 145.
- ❑ Health care. The government provides a health care program for Mexican citizens called “INSABI” Get information on this benefit on page 51 and find contact information in the directory on page 145.
- ❑ Visit a hospital, non-profit organization, church, or state agency and ask for help. For contact information see our directory on page 145.
- ❑ Addictions. There are organizations such as Narcotics Anonymous and Alcoholics Anonymous that can assist you with addiction recovery. For a list of offices, go to www.aamexico.org.mx or www.narcoticosanonimos.org.mx

Food

Soup Kitchens

Both government and religious organizations offer hot meals daily through soup kitchens called “comedores.” In Mexico City, the government distinguishes between “comedores comunitarios” and “comedores públicos.” The “community soup kitchens” are open to anyone living in high-poverty areas as well as people over 65, children, pregnant women, people with disabilities, the unemployed, and homeless. These charge 10 pesos (about 50 cents) for meals while “public soup kitchens” aim to serve the same population but are free of charge. They do require recipients to enroll to access benefits.

For more information on soup kitchens in Mexico City see: <https://www.sds.cdmx.gob.mx/programa-comedores-sociales>

Throughout Mexico, many churches offer regular community meals as well. For example, the Cathedral of Mexico City offers meals each Saturday between 8 am and 10:30am. Check with your local Catholic archdiocese or other religious organization to see if they provide support. For a list of archdioceses see <http://www.catholic-hierarchy.org/diocese/dmexo.html>.

An online search for “comedores” in your local area may yield some results as well.

If you have children under 15 years old you may be eligible for a monthly stipend of 800 pesos during the school year. This stipend is provided by the government that aims to support families that struggle financially. You can find more information here: <https://www.gob.mx/becasbenitojuarez/articulos/beca-bienestar-para-las-familias-de-educacion-basica>

The government also offers a “Social Milk” program where you can receive up to 4 liters a week of quality milk at low cost for you and your family. To sign up, you will need official identification, proof of address, birth certificate of the holder and of the beneficiaries, and CURP of the holder and of the beneficiaries. You must locate the Liconsa point of sale or dairy closest to your home and verify the days and hours of operation. For more information: <https://www.gob.mx/tramites/ficha/incorporacion-al-padron-de-beneficiarios-del-programa-de-abasto-social-de-leche/LICONSA1471>

Healthcare

INSABI (Institute of Health for Wellbeing)

INSABI is a nation-wide healthcare program that is designed as a safety net to cover citizens, regardless of their socio-economic status, who do not have access to other healthcare. INSABI is most often used by Mexicans who are not formally employed or who cannot afford to enroll in other government or private health insurance programs. INSABI covers 57 million Mexicans.

The program provides free access to medical, surgical, pharmaceutical, and hospital services, including catastrophic coverage which aims to support people suffering from high-cost illnesses or life-threatening accidents. To receive services, simply show up at your nearest public hospital or clinic and take your personal documents with you. These include your CURP, INE, and birth certificate.

For the location nearest you see the directory. For more information on INSABI, see the Health section on page 87.

Mental Health and Substance Use

(See Health on page 87 or Mental Health and Substance Use on page 92 for more in depth information.)

If you have mental health or substance use challenges, make it a priority to get support in these areas. Consider joining a support group such as Alcoholics Anonymous (www.aamexico.org.mx) or Narcotics Anonymous (www.narcoticosanonimos.org.mx) right away to get connected to a supportive community. It will be hard to take care of the other areas of your life if you're consumed by addiction challenges. In Mexico, INSABI unfortunately does not cover mental health and substance use, but there are organizations that offer services (some low-cost) and referrals. Most pharmacies have lists of service providers.

There are other government institutions and non-profit organizations throughout Mexico which offer mental health support for different disorders and addictions. See page 130 for a list.

Government Support Programs

The Mexican government offers various support programs for people who need a hand. These tend to change with each new administration so you will need to check to see if they are still in operation. At the time of publication the following programs were operative:

- **Single Mother Support Program**
This program provides a monthly stipend to working mothers with children between one and four years old.
<https://www.gob.mx/bienestar/acciones-y-programas/programa-de-apoyo-para-el-bienestar-de-las-ninas-y-ninos-hijos-de-madres-trabajadoras-203284>
- **Program for Individuals with Disabilities**
This program offers a monthly stipend to people who are unable to work because of a disability.
<https://www.gob.mx/bienestar/acciones-y-programas/programa-pension-para-el-bienestar-de-las-personas-con-discapacidad>
- **Senior Support Program** provides a monthly pension to individuals above retirement age.
<https://www.gob.mx/bienestar/acciones-y-programas/programa-para-el-bienestar-de-las-personas-adultas-mayores>
- **Benito Juarez Wellbeing Grants** This program aims to support families of school age children through grants of 800 a month during the school year.
<https://www.gob.mx/becasbenitojuarez>

Housing

If you have family in Mexico, even distant relatives, it will likely benefit you to stay with them immediately after deportation, at least initially. As Mexico is a very family-oriented society, it's not uncommon to find multiple generations living in one house.

If you opt to live alone, there are options such as renting a room in a shared house. In the section that follows, we'll talk about things to consider when living on your own.

How to Choose Where to Live

Perhaps you have multiple options, or maybe you find yourself at the border with limited opportunities. If you have multiple options, consider them carefully. Where will you have family support or friends to help you get settled? Do you prefer a big city or a small town? Which areas are safer and provide the type of employment you are looking for?

Safety

While much of Mexico is less developed than what you might be used to in the US, it's important to feel comfortable in the neighborhood you chose to live in. Is it well lit? Does your building offer security? Some neighborhoods have 24-hour security and guests must register to enter. No matter where you live, always be aware of your surroundings and take precautions to stay safe. Don't display your wealth, wear flashy jewelry, or use electronics while walking down the street. Change the lock on the place you rent as soon as you move in since you don't know who might have had a key prior to you.



A note about public housing in Mexico

The Mexican government has stepped away from providing housing support. Many public housing developments in Mexico City have been abandoned due to high crime rates. There are a few non-profit organizations that help families build low-cost housing, including Habitat for Humanity (www.habitatmexico.org) and Échale México (www.echale.com.mx).

Renting a Place

The cost of housing, much like in the US, can vary widely by region and type. If you are short on funds, renting a room in a shared house is a good option. Look for signs posted on telephone poles or at small businesses advertising this service. Renting a room will generally cost between \$50 and \$100 USD a month (1,000-2,000 pesos). If you are ready to rent your own apartment, you can expect to pay up to 5,000 or 7,000 pesos, depending on location, size, and condition.

Most people find rooms or apartments by word of mouth or by responding to ads, but there are some websites that can help, including www.trovit.com.mx, www.vivanuncios.com.mx and <https://www.inmuebles24.com/>

Once you've found a listing you like, call the landlord and set up an appointment so that you can view the apartment. Make sure you arrive on time to that appointment, and dress for the occasion. You want to give a good first impression. It might be a good idea to cover any tattoos. Tattoos carry more of a stigma in Mexico than they do in the States.

It may take some time before you find a room or apartment you like. Don't be discouraged! Once you find one you like, let the owner or property manager know of your interest. No matter where you choose to rent, insist on signing a rental contract to protect yourself and clarify the agreement. Simple rental contract forms are available at neighborhood stationary stores.

Security Deposits

A security deposit is money that you pay to a landlord before moving into a room or apartment. The landlord keeps this money, even if you decide not to move into it. There is no limit to how much a landlord can charge for a security deposit. Typically, landlords charge one month's rent. It is important to secure a lease in writing before paying a landlord and to also get a receipt after paying.

Security deposits are used by landlords to cover damages caused to apartments after tenants move out. The security deposit is not typically used for regular wear and tear, but for exceptional items (e.g., a broken light fixture or cracked window). Some landlords will take the cost of a new coat of paint out of your deposit when you leave. When you move in, take photos of any damage you notice, and let the owner or manager know that you are documenting these so that you don't have to pay for these repairs through the security deposit. You should receive a receipt for specific damages at the end of your tenancy and will be returned the remaining security deposit the day you move out.

Take your time. Get a plan together to achieve short and long-term goals. Ask questions. Everything changes so ask and learn.

– Brian N.

Important: While the intent of a security deposit is to cover damages, it is commonly used for the last month's rent. Before paying the last month's rent it's a good idea to ask your landlord if they expect you to pay it or not.

Breaking a Lease

If you need to move out before your lease has expired, you can do so. However, you will be expected to pay a fee for breaking the lease. The amount that you will pay will normally be listed in the lease.

Some Examples of Questions You Could Ask the Landlord During Your Visit

- What is the monthly rent?
- Are utilities included?
- When is the rent due?
- What is the parking situation?
- Are tenants able to make minor modifications? (e.g., paint the walls)

The advice I would give is to be patient. Things in the outside world move very quickly and I think that you have to be aware and accepting that you don't have to catch up.

– Oscar S.

Transportation

How are you going to get around? Transportation is important for employment, connecting with friends and family, and generally building a meaningful life. If you return to Mexico City, you'll have many transportation options: an efficient and inexpensive metro system that charges just 6 pesos per ride (about 30 cents) as well as metro buses, regular buses, taxis, bikes and Uber.

Below we discuss the various transportation options that might exist in a community.

Buses and Metro

You can save money by using public transportation. Ask around if you are concerned about the safety of using public transportation in your area, and try to avoid traveling late at night by yourself. In some cities, buses have been the target of robberies.

In Mexico City as well as in other major urban cities, there are also "metro buses," buses that operate in designated lanes and are therefore faster and more efficient. In Mexico City, riders purchase a card and recharge it periodically. Rides are 6 pesos.

Mexico City's subway is the cheapest in the world at just 30 cents, or 6 pesos. It is efficient but crowded. Be aware of your surroundings and carry your valuables in a secure place on you (not in your back pocket).

For a map of Mexico City's subway system please see page the next page or download the "Metrobus Mexico" application for your smartphone. The app also covers Monterrey and Guadalajara. You can download it on Google Play or the Apple Store.

Carpool and Rideshare Programs

Another option for saving money on transportation is carpool and rideshare programs. Talk to family, friends, coworkers, and neighbors about scheduling carpool days and sharing the cost of gas, or look up carpool programs online. This site provides information on ride sharing in Mexico: https://www.carpoolworld.com/carpool_list_cities.html?country_code=MEX,MX&state_code=&start_at=0&page_no=1

Taxi and Ride-Hailing Apps

Taxis are available in cities and towns across Mexico, but there is widespread concern about their safety. Always take a taxi from an authorized taxi stand or booth. Avoid hailing taxis or going with someone trying to solicit your business. Often outside of train stations and metro stops you will hear individuals calling "Taxi? Taxi?" Their service is often overpriced and could be a scam.

Ride-hailing apps are a fairly new form of transportation. If you have a smartphone and a credit or debit card, you can download ridehailing apps like Uber to take short trips in your city, where services are available. Ridehailing services are just like taxis, but the drivers are self-employed, and, just like taxis, they are not without risk. There have been instances of kidnapping and murder taking place through these services as well. Still, ride-hailing apps have clear benefits. For example, apps can track your trip so that others with the app can see where you are. The app tells you when the ride arrives so you can wait inside instead of on the street. There is also no need for money to change hands.

The payment of the fare and tip are handled on the app. Before you ride, read these tips on how to use the app safely. www.uber.com/us/en/ride/safety/tips/

Biking

Biking is a good way to save money, explore your community, and get fit, but in many big cities in Mexico, biking is downright dangerous. If you choose to bike, always wear a helmet, and be alert to avoid serious injury. Make sure your bike has reflectors and lights if you ride at night, and wear light, easy-to-see clothing.

It may seem that most drivers and cyclists are not following the rules, but remember that you put yourself and others in serious danger if you don't. In general, bicycles should follow the same rules as cars: stop at stop signs and traffic lights, use hand signals to switch lanes or make a turn, and yield to pedestrians.

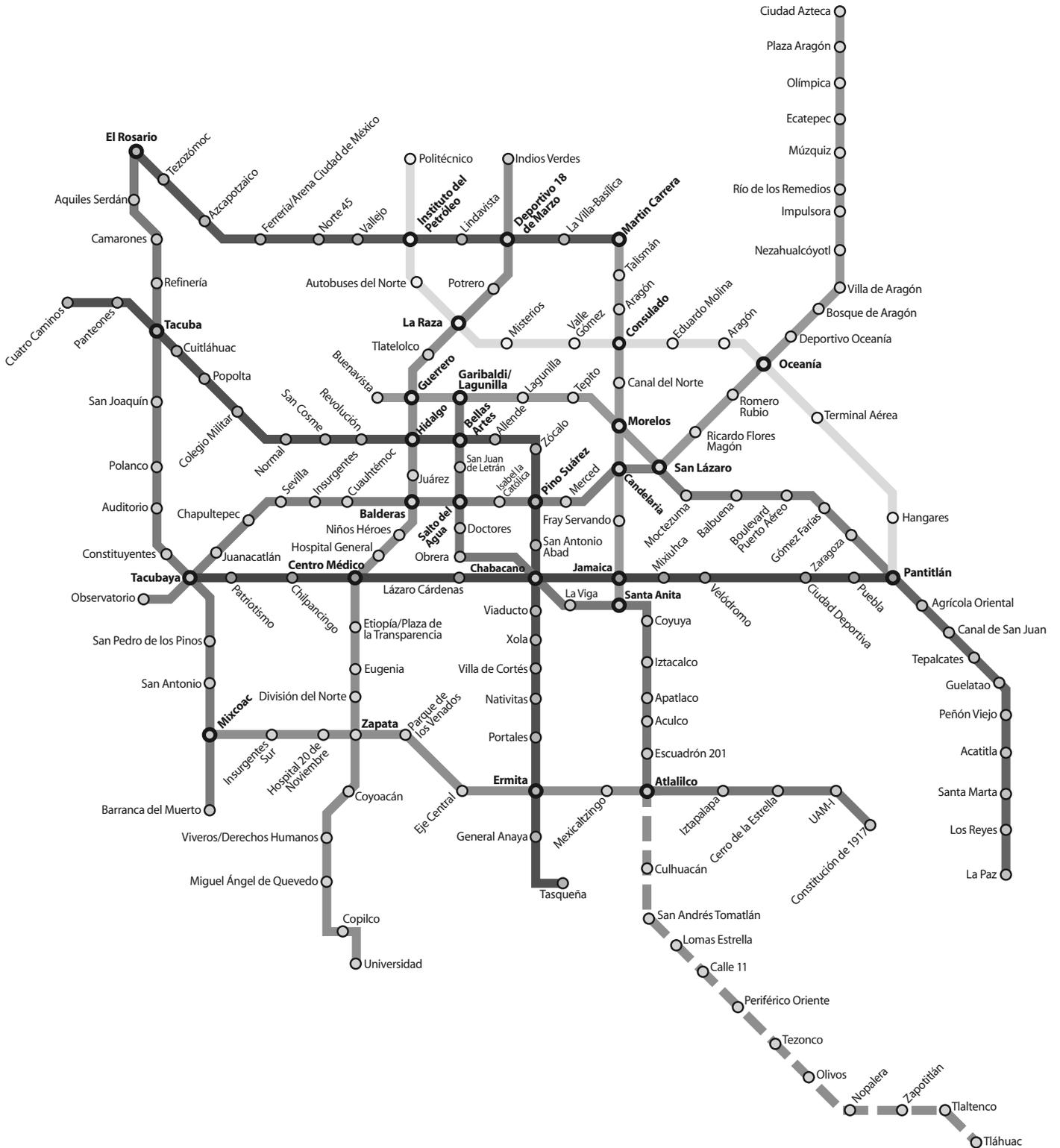
In Mexico City, you can rent bikes (see www.ecobici.cdmx.gob.mx). If you want to purchase your own bike, look for second-hand bike stores. This site helps you plan your bike route in Mexico City: www.bbbike.org/MexicoCity

Be patient and remain positive.

– Joseph B.



Mexico City Metro (Sistema de Transporte Colectivo) System Diagram



Cars

If you find it necessary to buy a car to meet your basic needs and get to work or school, then proceed carefully. We recommend not buying a fancy, expensive car until you can afford it.

Typical car payments in Mexico range from 3,500 to more than 7,000 pesos per month, even for a used car. If you do decide to buy one, make sure it's from a reputable dealer.

A Few Tips:

- 1. If you are taking out a loan to buy a car, make sure you can afford the monthly payment.** Make a budget and decide before you begin your search how much you are able to spend each month. See the Finances, Credit, and Taxes section for more information on page 97 about buying with credit and budgeting.
- 2. Before going to a dealership, do some research on the types of cars that will meet your needs and will be safe and reliable.** Edmunds.com and www.consumerreports.org are great places to start. It's also not a bad idea to consult the Kelley Blue Book to know the value of the cars you are interested in, but use this information only as a baseline as prices in Mexico may not be the same as what's provided on their site: www.kbb.com
- 3. Avoid car dealerships that advertise directly to people with bad credit.** Be wary of companies or people who push you into purchasing a vehicle before you are ready.
- 4. Once you've found a vehicle you are interested in, check the vehicle history report.** Ask the seller lots of questions, and test drive the car to make sure that you are getting a reliable vehicle. You should also ask a mechanic to look at it before you purchase it.
- 5. Check prices on similar vehicles.** Go to more than one place to compare vehicles. This can help you negotiate a good deal.
- 6. Read the fine print carefully and understand the rules before you sign anything.** Remember, what counts is what is in the contract, not what the salesperson promised.
- 7. Make sure that you fill out all of the appropriate paperwork, especially if you are buying from an individual owner.** You should get the title and registration card, along with proof of annual payments, before you give them any money.
- 8. Consider buying car insurance right away.** While it is not required in Mexico it is advisable and tends to be very economical. At least consider getting liability insurance in case you cause harm to another's vehicle or injury to another person.
- 9. Finally, be safe!** Don't drink alcohol, text, or talk on your cell phone while driving, and wear your seat belt. It reduces your chance of death in the case of a serious accident by 50%.





Employment

There is a lot involved with finding employment! Accordingly, this is one of the longest and most important chapters. You will hear a lot of discouraging talk about getting a job with a record, and you may be discouraged by the wages paid in your home country. The good news is that background checks are rare in many parts of Mexico, and the cost of living is quite low. If you are persistent with your job search, you will find work, even if it takes longer than expected.

This chapter includes information to help you begin thinking about your job search, resources for identifying possible jobs, as well as information on the application process. It also contains a section regarding how to access unemployment insurance and job training, especially for residents of Mexico City or certain rural areas. The last section addresses building a long-term career. This is something that you can start planning for even now.

Thinking About Your Job Search

When you return to your home country, you may be looking for a job while finding a place to stay, reestablishing relationships with family and friends, getting used to the culture and learning about the job market. It is challenging to do all of this at once! We propose that you think of your first few jobs after your return as transition jobs. These jobs will help you become financially stable and eventually move you into a career that you enjoy. They might have low pay or not relate to your long-term career goals. However, they will help you get where you want to go.

In addition to a paycheck, there are lots of benefits to working a transition job. Such jobs give you a chance to prove you are dependable and self-reliant. They help you develop an employment history and offer opportunities to learn different ways of thinking and doing things.

Expect to have mixed feelings about your situation. Right now I have everything but at the same time I don't have anything (car, TV, house).

– Alex A.

Often times, taking any job is better than not working. However, this does not mean that you have to keep working in a job you strongly dislike or where you are being mistreated.

Remember, building a fulfilling career takes place over many years, and over many different jobs. Don't be discouraged. Keep your eye on the big picture. For long-term career advice see Building a Career on page 69.

Background Checks

In most cases your US record will not follow you but if you are planning on working for a US company in Mexico or will be working in a border town, the company will likely run a background check. Keep this in mind as you consider which jobs may be a good fit for you.

In other parts of Mexico (away from the border or in Mexican or other international companies), background checks are uncommon. Many more

fields are open to you. Be honest about what types of environments are best suited to you and your personality. There could also be work environments where you might be at risk of doing things that might land you back in prison. Unlike in the US, you will not have a parole officer looking over your shoulder to make sure you are on the right track. This will be your responsibility, and it's important to take it seriously.

Recommended Job Opportunities

Mexican wages are quite low by US standards. The daily minimum wage is 142 pesos or about \$7 USD. Fortunately, there are many opportunities to earn a higher wage. Many options are available for bilingual people at rates of pay that are generally higher than those offered to monolinguals, depending on the industry, of course. Below, we list a few job options, recommended by people who have been recently deported.

For Those Who Don't Speak English:

Start your own business. In Mexico, many people make a living by selling things in the street, opening small shops (often in the front room of their house), as well as performing services such as cleaning and auto detailing. Opening a business is much easier and less expensive than in the US. Renting a commercial space is very inexpensive, and the first year is tax-free. As in the US, there are risks to starting your own business. You will notice that a salon, restaurant, or car wash is here one month and gone the next. It's important to have a business plan and ensure that you have adequate funding to maximize your chances at success.

Work in a manufacturing job. In the north of Mexico there is no lack of work in factories, called "maquiladoras." All types of goods are produced in Mexico and imported for sale to the US. This includes everything from socks to medical equipment, from toys to products for the aerospace industry. The reason many of these things are made in Mexico and not in the US is because the workers are paid much

less in Mexico. The current rate at the border is 213 pesos or \$10.61 US a day compared to 142 pesos (or \$7 US) in the rest of the country. Further south, international companies like Volkswagen and Audi have opened factories and may pay higher wages, depending on the particular job. There are opportunities to work for Mexican-owned companies, too, of course.

Inform yourself before you invest any money in a business. Think about the type of business you want to start and be sure there is really a need. Consider location. If you want to start a laundry or a restaurant, choose an area where there will not be much competition.

– Oscar S.

10 Largest Employers in Mexico

1. Walmart	Supermarket chain
2. FEMSA	The largest beverage business in Mexico and Latin America
3. Grupo Bimbo	Mexican baking company
4. PepsiCo	American food, snack, and beverage corporation
5. BBVA	Banking and financial services
6. CitiBanamex	Banking and financial services
7. Grupo Financiero Banorte	Second biggest finance and banking group in Mexico
8. Banco Santander	Banking and financial services
9. Stellantis	Manufacturing corporation
10. Nissan Motor Corporation	Global car manufacturer

For Bilingual Speakers

Become an English teacher. There is a demand for teaching English in public or private schools. If you have knowledge of English grammar or experience as a teaching assistant or tutor, this will help you get a job. Even without this knowledge, you may be hired in areas where there are few English speakers. Often, a strong knowledge of English and some university classes is sufficient to teach in Mexico. Some schools might ask you to take an English proficiency test, often available at the local university who will provide you with a certificate, known as a “constancia,” that will allow you to work in local schools.

If you prefer working with adults, many private schools offer evening classes for adults. When you meet people who find out you speak English, you’ll be surprised how many ask you to give them classes or teach their children. You could promote yourself as a freelance teacher and offer private tutoring.

Major English schools in Mexico include:

- Interlingua
- Harmon Hall
- Berlitz
- Quicklearning

A note about working in call centers and factories at the border: Many recently-deported people choose to work in low-paid jobs at factories or at call centers. Job seekers desperate for work may see these higher-than-minimum wage jobs as attractive. Beware of the possibility of getting stuck. It may be best to treat them as transition jobs and keep searching for better-paid employment for the long term.

If at first you can’t find a job, keep looking, keep asking, keep knocking. In Mexico there’s work; you just have to have a positive attitude, and don’t give up.

– **Ramon C.**

For a list of English schools in Mexico City visit: <https://www.anders.com.mx/main-escuelas-ingles-cdmx.html>

If your English is strong, consider teaching English online, even if you don't have teaching experience. Many people throughout the world enroll their children in after school and weekend online English classes. Most online English teaching companies do not run background checks. It is worth noting that with the pandemic, this line of work has slowed down considerably. In addition, China, the largest market, has just recently placed restrictions on the ability of private companies to teach English in the country.

Two models exist:

1. Freelance

Sites like <https://www.italki.com/> allow you to set your own hours, rate (\$4 -\$80 USD/hour) and use your own materials. Market yourself either as a "community tutor" offering conversation practice or a "professional English teacher." Italki takes 15%.

2. Get hired by a company

Required qualifications vary greatly. Some require teaching experience, a degree, or TEFL certification, but others do not. A few companies (all in China) are VIP kid, Ustalk, Palfish, and Magic Ears.

Companies provide all the materials. You don't have to do any planning or grading. You need a smartphone or computer, depending on the company.

You don't have to be an expert in English grammar or ESL to make this a successful career. Charisma and ability to keep students engaged are more important than English grammar knowledge. In most cases the emphasis is on vocabulary and pronunciation. Most companies require that you be a native English speaker, but not all. Here is a list of companies that hire advanced non-native speakers: www.goodairlanguage.com/non-native

Work for a call center. Bilingual call centers offer customer service, technical support, and even debt collection for many companies in the United States. This is a large industry in Mexico staffed in large part by Mexicans who have lived in the United States and have good English pronunciation. An

intermediate level of English is generally required. Call centers are located in major cities in Mexico including Puebla, Mexico City, Tijuana, and Nuevo Laredo.

Work for the tourist industry. There is a need for bilingual individuals to work in hotels and resorts as restaurant servers, cab and tour bus drivers, and tourist guides in major tourist sites in Mexico. Additional opportunities may be available as club promoters, housekeepers, and museum and tourist attraction personnel, among others.

Major tourist areas in Mexico include:

- The Cancun/Cozumel/Riviera Maya area, Quintana Roo
- Tijuana, Rosarita, and Ensenada, Baja California Norte
- Los Cabos, Baja California Sur
- Mazatlán, Sinaloa
- Huatulco and Puerto Escondido, Oaxaca
- Acapulco, Guerrero
- Puerto Vallarta, Jalisco and Riviera Nayarit areas

Work in the airport. Airports and airlines are in need of bilingual employees to direct travelers and assist with ticket sales.

Work online. Working online can be a particularly lucrative option, especially if you can find a position that pays in dollars. With the exchange rate at close to 20 pesos to the dollar, you can see why! There are several international online companies that hire bilingual people to evaluate the effectiveness of advertisements, online searches, and social media posts. These companies include www.appen.com, and www.lionbridge.com, to name a few. For more information about these companies and others like them please visit <https://thisonlineworld.com/sites-like-appen/>

Other professionals. Businesses are also looking for bilinguals to work in human resources, as administrative assistants, and in logistics. Some of these positions require a degree.

Computer/Software Engineering Jobs

There are many job opportunities in software engineering, coding, or computer programming (these words are often used interchangeably). Many of these jobs are performed remotely due to the pandemic. The good news is that you may not need a lot of education to get a job in computer programming, and it's relatively easy and inexpensive to get the training you need to qualify for an entry-level computer programming job.

There are endless YouTube videos and resources on the internet for free that can help you learn a computer language from beginner's level to a professional level. (e.g. <https://www.codecademy.com/>, <https://www.w3schools.com/>, <https://www.codewars.com/>) Your progression will depend on the time you invest and your ability to process and analyze information in a logical manner. All computer programs are based on logic.

There are two languages that are essential to learn:

- HTML (Hypertext Markup Language <https://www.youtube.com/watch?v=UB1030fR-EE>). HTML handles what is displayed on your browser.
- CSS (Cascading Style Sheets <https://www.youtube.com/watch?v=yfoY53QXEnI>). CSS is what allows you to style your page display.

Other languages you might consider learning to improve your marketability include Java, JavaScript, Python, C#, C++, PHP. These programming languages are used to write the logic that determines how components within a webpage respond.

- Java: <https://www.youtube.com/watch?v=Qgl81fPcLc8>
- JavaScript: <https://www.youtube.com/watch?v=jS4aFq5-91M>
- Python: <https://www.youtube.com/watch?v=WGJJlRtnfpk>
- C#: <https://www.youtube.com/watch?v=FPeGkedZykA>
- C++: <https://www.youtube.com/watch?v=GQp1zzTwrIq>
- PHP: <https://www.youtube.com/watch?v=2eebptXfEvw>

In addition to YouTube videos and free resources on the internet, there are also paid resources such as Udemy (<https://www.udemy.com/>) and Coursera (<https://es.coursera.org/>) that offer full courses on specific languages. Many of these courses are relatively affordable, usually no more than \$15 US dollars, and they are very detailed and well constructed.

Employment Help and Training Opportunities

There is increasing public support for programs that help returning citizens and others find work, get training, and rebuild their lives. With the often aggressive rhetoric in the US concerning the deportation of Mexican citizens, a kind of civic pride has grown in Mexico, there are now more opportunities to help returning citizens get training and find work. Here are a few programs we are familiar with that help people find employment and get training:

- **The National Employment Service** (Servicio Nacional de Empleo, or SNE) offers a wide range of services aimed at better connecting workers and employers around the country. Services include job postings, occupational orientation, financial support and training, and emergency response services. They organize job fairs and workshops on how to find a job. They also offer counseling for job placement.

For more information:

<https://www.gob.mx/empleo>

To schedule an interview, call 33 3668 1681, M-F, 10am-5pm, or email them at:

snebolsadetrabajo@gmail.com.

- **Mexico Secretary of Labor.** This national department of labor has various programs such as “Youth Building the Future” (Jóvenes construyendo el futuro) that places young workers in an paid internship program for a year where they can learn job skills. <https://jovenesconstruyendoelfuturo.stps.gob.mx/You> can find information on additional programs here <https://www.gob.mx/stps>
- **Mexico City Secretary of Labor Mexico City** has its own employment department. They run job fairs, post opportunities and provide information about your rights as a worker. <https://www.trabajo.cdmx.gob.mx/>
- **Héroes Paisanos Program.** This program primarily aids returning citizens with immediate needs, but they also offer information on job opportunities, including grants to start up businesses, and individual case manager support. Contact your local National Immigration Institute (INM) at: www.gob.mx/inm/articulos/somos-mexicanos-44642?idiom=es
- **Social Economy Support Program** (Programa de Fomento a la Economía Social). This program provides funding for income generating projects initiated by low-income individuals, and supports them throughout the project. These projects arise from individual applicants’ ideas and needs. It is open to residents of small towns (15,000 people or less) where there are limited economic opportunities. Benefits include a grant set at 25,000 pesos per person employed, with the maximum value of the grant depending on the type of project, but ranging between 300,000 and 5 million pesos. For more information, download: Application: www.gob.mx/cms/uploads/attachment/file/30101/Anexo_2.pdf Requirements: www.gob.mx/cms/uploads/attachment/file/44576/ROP2016.pdf
- **The Carlos Slim Foundation** offers free online educational opportunities and job training certificates through their app <https://aprende.org/> which includes diplomas and certificates in a variety of areas including accounting, construction, food service, renewable energy, health and technology, among others.
- **New Comienzos**, based in Mexico City, offers recently deported and returned people coding classes, help “revalidating” educational records, a job referral service, Spanish classes and more. See <https://en.newcomienzos.org/que-hacemos> for more information.
- **TEFL Programs.** There are a number of Teaching English as a Foreign Language (TEFL) programs in Mexico that offer certificates: <https://www.eslbase.com/tefl-courses/mexico/>. You can also get a TEFL certificate for about \$40 USD at www.groupon.com/deals/n-learn-tefl-120-hour-tefl-course. The most respected certificate is from Cambridge University and costs about \$1,000 USD. For more information visit www.cambridgeenglish.org/find-a-centre/find-an-exam-centre/
- **Growing Life Program** (Programa Sembrando Vida). This program works with individuals in rural areas who own at least 2.5 hectares and are interested in cultivating or reforesting the land. For more information, including requirements, visit <https://www.gob.mx/bienestar/acciones-y-programas/programa-sembrando-vida>

Finding a Job

Networking

There are many ways to find jobs. Networking is probably the most important. Successful job seekers often talk to many, many different people. The contacts in your network may not have a job for you right now. However, they could have career advice or might know someone who knows someone else with a job lead. They might learn

of a job in the future. We suggest that you mention your interest in employment to friends, family, and casual acquaintances. Talk to people in the grocery line and at your place of worship about your job search.

One good strategy is to contact people who perform the sort of work that you are interested in. Ask them for ideas, suggestions, and information that can help you find job leads. The power of face-to-face interaction is huge, especially if you're friendly.

Online Searches

You can also search for jobs online. Websites that publish jobs in Mexico include:

- Occmundial (www.occ.com.mx)
- Trovit (<https://empleo.trovit.com.mx>)
- Computrabajo (www.computrabajo.com.mx)
- Indeed (mx.indeed.com)
- Bumeran (www.bumeran.com.mx)

You should not ignore these sites, particularly if you want to work for a large employer. However, they are much less important than they used to be, so do not invest a lot of time in them. Instead, focus on visiting your target employers' websites and finding the jobs posted there. Often, you will find a link to "Current Jobs" ("oferta de empleo" or "bolsa de trabajo") on the home page.

Keep in mind that in the US it is standard practice for a company to list a vacancy on their website. This is not necessarily the case in Mexico. Contact the company directly to ask if there is a job opening.

Job aggregators (websites that gather information and provide links to many different jobs) are also powerful and very useful, including sites like mx.indeed.com, which is the largest source of job postings in the world, collected from employer websites, job boards, association websites, publications, and more.

LinkedIn is currently the most effective professional social network. Head to www.linkedin.com to make a profile and review

job postings (see the "jobs" link below the search bar at the top of every page). LinkedIn is one of the best online sites for connecting with people who work where you would like to work (and who worked there in the past).

When searching for a job online, be careful to avoid becoming the target of a scam. Scammers may request money or identity information like date of birth, ID number or debit/credit card number. Never give out your personal information on the internet.

Job Fairs

City governments often coordinate with local employers to offer job fairs. In Mexico City the branch that deals with employment is called, in Spanish, "La Secretaría del Trabajo y Fomento al Empleo de la CDMX" (or STyFE) and information about upcoming job fairs can be found at: www.trabajo.cdmx.gob.mx

If you don't live in Mexico City, be sure and check your city's webpage for job fair and job training information.

Keep Records

It is a good idea to keep a record of all the places you have applied to, including visits made in person, initial phone calls, and follow-up phone calls. On page 71 there is an example of a log you can use.

The Application Process

Job Application Forms

The purpose of a job application is to get you a job interview. Employers use written job applications to narrow the applicant pool for a particular job, deciding who is worth talking to in person. To maximize your chances of getting an interview, focus on what you have to offer an employer. Downplay the negatives (poor work history, felony convictions, lack of experience, minimal education). Most employers do not have a lot of time to review a stack of applications. In fact, most hiring managers will review your

application for approximately 15 to 30 seconds, looking for a form that's neat and complete. In many businesses in Mexico, they expect you to submit a complete, generic job application form that can be found in "papelerías" or small stationary stores throughout Mexico. See the "Solicitud de Empleo" in the Forms Section on page 183 for an example.

The "Employment" section or "Previous Employment" section is usually the most detailed section of a job application.

Here Are Some tips on Filling it Out Effectively:

When filling in the "work performed" or "job duties" section, use the entire space to list your skills, accomplishments, and contributions you made in your past positions. We suggest you list the jobs you held while incarcerated. The experience and skills you gained through these jobs are real and relevant. For in-prison jobs, you can list your employer as the State of Illinois on job applications. Think about and list everything of significance that you did in past jobs, from the beginning of your shift to the end of your shift. Do not list your wages from past employment, especially since they will not be comparable to the wages in your home country. Give a positive reason for leaving all previous jobs, even if you quit or were let go. Think about what happened after you quit or were let go. Did you get a new job? Did you start a training program or pursue education?

The Job Application Will Also Typically Ask for the Following:

References. On average, employers ask for three references for each candidate. Be thoughtful about whom you list as references. These should not be family members. Good sources of references include: previous and current employers, supervisors, teachers, social workers, people you have engaged in volunteer work with, and people from your religious institution. It's ok to list references from the US if that is all that you have but its best to select ones that have some knowledge of Spanish.

Criminal History. If asked the question "Do

you have a criminal history?" you may want to check "yes" and write, "will discuss at interview." Disclosing your history on the application is a quick way to get screened out. Wait until the interview so you can share how you have taken responsibility for your actions, what you have learned from the situation, and how you are different today.

Discrimination based on criminal record is illegal in Mexico. Article 133 of the Federal Labor Law states employers or their representatives are prohibited from: refusing to accept workers on the basis of ethnic or national origin, gender, age, disability, social status, health conditions, religion, opinions, sexual preferences, marital status, criminal record or any other criterion that may lead to a discriminatory act.

Resumes and Cover Letters. Many employers require a resume (currículum) and cover letter in addition to a completed application form. Your resume maps out your employment history, giving details about your past jobs, your skills, and your interests. You will submit the same resume to each employer.

Your cover letter is an actual letter from you to each prospective employer. It tells a short story about who you are—why you are seeking employment, your background, and what's important to you. Keep your letter to a single page.

Writing effective resumes and cover letters takes time, so begin working on these documents long before you apply for your first job.

Once you are out, you may wish to look at online resources that can help you with these documents. Two great ones are:

https://owl.purdue.edu/owl/about_the_owl/owl_information/index.html

<https://extension.harvard.edu/blog/how-to-write-a-great-resume-and-cover-letter/>

As discussed on page 36, you can even begin working on them while in prison. Pages 36 of this guide provides help on preparing your resume, and page 181 includes a sample resume.

Interviews. Once you've submitted an application to a prospective employer, wait to be contacted. Hopefully, they will be interested in scheduling an interview with you. However, please be advised that most applications do not lead to interviews. This is an area where it will be helpful to be patient. You should continue to send out applications until you have an actual job offer.

Many job seekers are nervous about interviews. They want to say the right things and make a good impression. Practice what you'll say, and consider the following guidelines:

Bring the right materials. Carry extra copies of your resume, contact information for your references, and any papers you need to complete your application, including copies of work licenses, your driving record (if required), and INE and CURP. Bring a pen and notebook to write down information. It shows that you are truly interested in the job.

Arrive 10 to 15 minutes early for your interview. You might need to fill out paperwork before the interview, and locating the right person or room could take longer than you think. Arriving early shows you are responsible and eager to be there.

Wear appropriate clothes. It will serve you best to wear something a bit more formal than what you would wear for the job. Consider your body language. Even when you are not speaking, you are sending a message. Make good eye contact, stand and sit tall, smile, and shake hands firmly.

Ask questions. At the end of a job interview, most hiring managers will ask something like "Do you have any questions for me?" Strong job candidates always have a few questions prepared—this makes you seem interested in the job, rather than desperate. If you brought a pen and notebook with you, you could prepare a list of questions in the back of the notebook.

Some examples of questions you could ask:

- What is the organization's plan for the next five years?
- How will I be evaluated, and in what time frames? By whom?
- What are the day-to-day responsibilities of this job?
- What computer equipment and software do you use?
- When will a decision be made about this position?

A Google search for "how to write a resume" or "writing great cover letters" will also yield helpful websites. Be sure to search websites for examples of resumes as well. Examples of a resume and cover letter from someone who has been incarcerated can be found in the Additional Resources section on page 181.



Some examples of positive reasons for leaving

- You relocated (you left your job because you went to prison)
- You desired a career change
- You became a full-time student
- The work was seasonal
- You had the opportunity to advance

Employment discrimination is a serious problem in Mexico. Even though it's illegal for businesses to base hiring on factors like age and gender, many do, and you'll even see help wanted signs advertising positions only for people of a particular gender or age. If you are concerned about not getting a job due to your age, your fears are not unfounded. But keep in mind that Mexico is a country of micro-entrepreneurs, much more so than the US. With a daily minimum wage of just \$7 USD in most of the country, it has to be. You'll see people offering services out of the front rooms of their houses, from dentists to mechanics.

We encourage you to think of this as an opportunity. What skills do you possess? What skills can you develop? What physical space will you have access to in Mexico where you could start a small business? Do you know anyone self-employed in Mexico? They may be able to help you get started. And once you get that business started, you may even be able to offer a job to someone in the position you find yourself in today! That said, there is a government agency where you can report employment discrimination if you do face it. In Spanish it's called *Secretaría del Trabajo y Previsión Social*.

www.gob.mx/stps/prensa/atiende-stps-quejas-laborales-a-traves-del-centro-de-mando

Addressing Your Criminal Background

Job seekers with less-than-perfect work histories or criminal records may have a hard time answering some interview questions. Here are a few tips to increase your chance of getting hired:

Comfort the Employer. Let them know that your offense did not happen on the job, if it did not. For example, "Yes, I was convicted of a felony, but it was not job related." If your felony was job related, find a counselor to help you develop a specific job interview strategy.

Own It. "There was a time in my life when I was making some bad choices and I was convicted of...(state your offense)." Address any concerns an employer might have about your past. Then steer the interview back to your skills and the positive traits that you bring to the job. "I can see why that gap in my work history might concern you. But that was several years ago and, since then, I have maintained a solid work record. I come to work on time and don't call in sick. I am a very hard worker and quick learner."

Keep it positive. "I thought a lot about where my life was going and I decided to make some changes." Talk about your current activities and future plans. Emphasize education and job

training, community work, and other activities you have done since your release and in prison if they are relevant. Talk about your career goals, how you chose them, and how the job you are applying for fits those goals. Employers are more likely to remember their first and last impression, so if possible, try to address your criminal background history in the middle of the interview.

Encourage the employer. "I am a good worker and I want to work, I just need an opportunity to prove my skills to an employer." Tell them you want the job!

A sample CV and cover letter can be found on page 181-182.

Stipends and Programs to Assist the Unemployed in Mexico

In Mexico, there are several programs that provide monthly stipends to groups of people who need support. They include the following:

- **Single Mother Support Program.** This program provides a monthly stipend to working mothers with children between one and four years old. For more information visit: <https://www.gob.mx/bienestar/acciones-y-programas/programa-de-apoyo-para-el-bienestar-de-las-ninas-y-ninos-hijos-de-madres-trabajadoras-203284>
- **Program for Individuals with Disabilities.** This program offers a monthly stipend to people who are unable to work because of a disability. <https://www.gob.mx/bienestar/acciones-y-programas/programa-pension-para-el-bienestar-de-las-personas-con-discapacidad>
- **Senior Support Program.** This program provides a monthly pension to individuals above retirement age. <https://www.gob.mx/bienestar/acciones-y-programas/programa-para-el-bienestar-de-las-personas-adultas-mayores>

Unlike in the United States, unemployment insurance is not universally available to citizens in Mexico. However, there are a few programs available, especially if you live in Mexico City. There are programs for returning citizens and people living in rural zones or economically depressed urban zones, which we discuss below.

Requirements for Deported People:

- Must apply in person.
- Benefit is non-transferable.
- Must have returned to live in Mexico City after January 1, 2017.
- Must be between 18 and 68 years of age.
- Must receive no other income such as retirement benefits, pension, subsidy neither in Mexico nor abroad.
- Must be actively looking for work.
- Must register for the benefit from the National Employment Service.
- Must complete training opportunities.
- This is a one-time benefit.

Mexico City Unemployment Benefit (Programa seguro de desempleo de la Ciudad de México) While programs are in the works in a few states such as Jalisco, currently unemployment insurance is only available to residents of Mexico City and only for a period of up to six months. The benefit includes a monthly payment at the minimum wage for full time work, 2,207 pesos, roughly \$120 USD.

To qualify for the benefit, you must be over 18 and living in Mexico City without a job but actively looking for one. You must also not receive other income transfers, such as a pension. The program ultimately aims to bring workers into the formal economy and promote training to increase the skills of the capital's workforce.

For more information, including documents required and where to apply:

www.segurodedesempleo.cdmx.gob.mx

Main office in Mexico City:

Calle Xocongo 58, Tránsito, 06820

Ciudad de México, CDMX, Mexico

segurodedesempleo@cdmx.gob.mx | (57) 09-32-33

Exts. 2010-2014.

Building a Career

Some people aspire to have a career, a particular line of work that they can grow within and enjoy, which provides plenty of opportunities for advancement. Building a career takes time and planning, but the result is that you get to do work you are interested in.

What am I good at? Knowing your strengths and weaknesses is an important first step toward a career. Start by listing these on paper. This exercise will take some time and concentration. Feel free to ask people who know you well for help with identifying your abilities and shortfalls.

What do I know how to do? Take some time to think about your work experience. This includes volunteering, mentoring, and especially participation in prison programs. Anything that had an impact on you or that you learned something from is fair game here.

What is out there? Which sectors of the economy are growing, and which are shrinking? Where are the greatest opportunities and the greatest needs? How do your skills align with the priorities of your community and the larger society?

What do I want to do? Once you have written down what you are good at and the work you have done in the past, and assessed the current and medium-term employment landscape, you are ready to weigh actual careers.

Consider the following questions:

- Where do you see yourself in five years?
- What is your dream job?
- What kind of work would you be satisfied doing for the next 10 years?
- Do you want to work with people, food, or animals?
- Do you seek factory work, a desk job, or work done entirely on a computer?
- Are you drawn to building things, the service sector, or creative pursuits?

Unemployment Benefits for Formerly-employed Private Sector Workers, Mexican Social Security Institute (IMSS)

If you were formerly employed in a position in which you had IMSS benefits and have a pension with them, you may be able to access your pension funds. Normally, you have to wait until you are 60 years old and have worked for 500 weeks to access these funds. However, if you are unemployed, you can withdraw a maximum of 30 days' worth of savings from your account once every five years. Keep in mind this results in less money for your retirement. For more information on this option visit: <https://www.gob.mx/consar/articulos/retiro-parcial-por-desempleo-239845?idiom=es>

To apply, visit your local IMSS office:
<http://www.imss.gob.mx/directorio>



Building Experience

Aligning your skills and interests with the actual job market will help you realize your career goals. You may not currently have a lot of experience in the field you want to work in or the career you wish to pursue. That does not have to be an obstacle to your plans. You have some options.

- 1. Volunteer or intern with an organization part time.** Volunteer positions and internships are a good way to build experience and contacts. Search online, talk to people you know, and look on bulletin boards in libraries and other community venues to identify organizations that use volunteers or interns. Be proactive and contact them to learn how you can apply to intern or volunteer. This can be both professionally and personally rewarding. See our Community Engagement section and Directory (page 107 and 145).
- 2. Seek higher education.** Some fields and jobs require college degrees. Job listings almost always say if a certain degree is required or preferred. Being a student can be rewarding. It can be a change of pace from full-time employment. In Mexico, college is much more accessible and less expensive than in the US.
- 3. Start your own organization or business.** As we discussed above, starting your own organization or business can help you build a meaningful career. This is a challenging career choice, but it can be satisfying. It takes perseverance and imagination, but you will be proud one day to be able to say you started your own after-school program, fitness coaching business, graphic design service, or house cleaning business! If you are committed to this route, spend some time identifying what your community needs and wants. Talk to other small business owners for advice.
- 4. Be realistic.** Not everyone gets their dream job, but many people end up doing things they enjoy. You can increase your chances by planning and by being realistic. Some careers take more time and money than others to achieve, and some take many tries to break into. Don't be afraid to fail a few times.

To start your own business in Mexico you need drive and you need patience. It's also important to invest in good security for your place of business. After starting my laundry in Puebla, Mexico, it was a year before I saw any profits. You have to be prepared for that.

– Oscar S.



EXAMPLE JOB APPLICATION

Name of position	Company name and contact info	Application date	Response date	Interview date	Name(s) and contact info of interviewers	Thank you letter date	Notes



Children and Family

If you have a spouse and children that are considering moving to Mexico with you, this section is for you. Moving with a family presents unique challenges that being deported solo does not. We'll explore some of them in the pages that follow.

The Decision to Move

For some families, the decision to move is a given. For others it requires serious consideration. You may be worried about the effects the change will have on your family, such as your children changing schools or your partner finding friends and work. Our advice is to not underestimate culture shock. It can have serious effects. Many deported families report depression and unease after arriving in the new country.

For many, therapy can help a great deal. There are also support groups, such as the Facebook group *Deportee Wives Club*, where partners of deported men can share their feelings about upcoming deportation, their experiences in their new country, as well as family and relationship concerns. The decision to move your family or not is a deeply personal one and there is no right answer. It depends a lot on your situation. If you expect to be able to return to the US within a relatively short period of time, it may not be worth a temporary move, but if you will be calling Mexico (or another country) your home, a move may be in everyone's best interest.

Preparing for the Move

Documents

Documents to request include children's birth certificates, vaccination, health and dental records, school records along with marriage (or divorce) records. Request (or have your partner request) your children's birth certificates, and social security cards if they have them, and make copies. If you or your family members have professional licenses or degrees, it would be a good idea to get a copy of these too. See page 38 about the process of requesting an apostille for these documents to make them valid in other countries.

Once you move to Mexico, be realistic. 100 pesos is like \$5 dollars, in the US that's cheap! In Mexico that's the minimum wage!

– Julia B.

It may be helpful to request additional copies of birth, marriage and other certificates, as well as school records or other important documents and leave them with a trusted friend or family member in the US who can send them via courier service (FedEx, DHL) to Mexico (or your country of origin), in the event that documents are lost or stolen.

Request any necessary name changes and have the documents ready to go when your family moves. (See the box on page 76 for more information about this.) This will facilitate enrolling your children in school. If this isn't done before your family moves, your partner, if documented, may have to return to the US to request it, or give a relative power of attorney, which will complicate things.

You choose how you want to live, stay positive & ACCEPT the deportation happened so you can move on.

– Julia B.

Get the birth certificates apostilled in the state they were issued. (See page 38 for more information on this procedure.) It essentially makes the documents valid in Mexico. If this isn't done before the move it will be necessary to send them back to the Secretary of State where your child or children were born, making the process longer and resulting in unnecessary shipping costs.

The same goes for marriage (or divorce) certificates, or any other important documents. Request them all before you go. Request (or have your partner request) your children's school records, if possible. At a minimum try to bring their last report card and vaccination records. While Mexican law dictates that children's identity documents are not required to enroll in school, many local schools are unaware of this and request them. Having this information

will make things easier for your family. If a school denies your child entry, the Institute for Women in Migration (IMUMI) can help. Their website is www.imumi.org. See page 79 for more information on this group.

Don't rely on the postal service for these important documents. Instead go with a courier like UPS or DHL. I get my birthday cards from my family in the US six months late if I get them at all.

–Lee R.

Preparing your Family

Many people who have made the move to Mexico with their families report wishing they had spoken more Spanish at home to better prepare their children for success in school. Sadly, bullying of US-born children who don't speak Spanish well is a serious issue in Mexican schools, one that's good to be aware of as a parent. Suggest your partner enroll your children in any Spanish class that may be available in school or in an after-school program if their native language is not Spanish. Make speaking Spanish at home fun. Ask your partner to play games with the kids in Spanish, label items in the house with their Spanish name, or watch children's TV programs in Spanish.

After Your Move

Changing Relationships

Families affected by deportation have also dealt with the effects of changing relationships with family in Mexico in particular. If you were used to sending money home to support relatives, becoming the one who needs help may be a tough pill to swallow. Some deported families have reported that after sending money home for years, even paying for the house that relatives have been living in, they have felt less than

welcome when returning to join them in that house. Think ahead about this and how it will affect your family in your particular situation.

Within your own immediate family be prepared for shifting roles. Perhaps your wife hasn't worked but has taken care of the kids in the US but now you're a position where two incomes are necessary. If she's a US citizen she may even be able to make considerably more money than you by working online and being paid in dollars. Be open to change and recognize that not everything may be the way you've been used to. That can be an opportunity for growth and reflection.

Moving is not easy but if it's what's best for your family, it's worth it to rebuild a life together that's yours.

– **Katerina B.**



Search for Support

Reach out to family, friends, neighbors and community members. You are not in this alone, although exile can be an extremely lonely thing to face, know that others are going through this too. If you happen to be in the San Miguel de Allende area, Caminamos Juntos is an excellent organization that provides support for recently deported people and their families. This includes job search help, language learning, legal and educational resources.

Residents of Mexico City have several organizations they can connect with including Otros Dreams in Accion (www.odamexico.org). See the directory for the contact information of organizations that can help.



A note on name changes:

In the US, a woman often takes her husband's last name and drops her own maiden name. That is not done in Mexico and not accepted for official documents. They only accept the exact name on someone's birth certificate. Even a marriage license from the US showing that the name is different is not accepted. If your partner's current name is not the same as it appears on their birth certificate, this may prevent them from getting residency in Mexico.

The same applies for children. The last name on the birth certificate has to be identical to the name of the parent through whom the child is applying for Mexican citizenship. It is best to visit the Mexican Consulate in the US and ask for guidance on name-changing procedures. Doing this from Mexico is impossible and the Mexican government refuses to work with families on this issue. If this isn't done before moving it may require an expensive trip back to the US (on the part of the documented spouse) to clear things up before children can receive their identity documents. These documents are needed to gain Mexican citizenship for children, and allow them to access important services such as health care. If you or your partner are still in the US and want more information on how to request a name change on a birth certificate visit <https://info.legalzoom.com/article/how-legally-change-name-birth-certificate>

Throughout this whole experience, (which includes everything mentioned in the family section) after residing in San Miguel de Allende for two years I can fully vouch for the section on Search for Support. Without Caminamos Juntos, I sincerely do not think I would have lasted through these tough times here in Mexico. Without a doubt, this guide will be a tremendous help to prepare you for the move & everything that comes with it. I personally knew maybe 1% of all these things mentioned. Enjoy this awesome advice, amazing tips and know that at the end of the day everything will be okay!

– Missy L.



Caminamos Juntos, San Miguel de Allende



Caminamos Juntos is based in San Miguel de Allende, Guanajuato

Education

We provide access to academic opportunities and support through the process of revalidation of studies and financial aid assistance for continuing education.

Counseling

We offer individual therapy to participants and their families to cope with the trauma of deportation.

CJ Kids

This program gives children an environment in which they can comfortably adjust to their new home, a space where they will be encouraged in their daily lives. We provide support for our

students through all of their difficult changes, including making friends or learning the language.

Legal Assistance

Through collaboration with immigration lawyers we provide guidance to deportees and their US citizen family members with administrative forms, requirements or procedures mandatory for identity documentation in Mexico.

Contact

- Facebook: SMACaminamosJuntos
- Instagram: caminamosjuntosma
- Website: <https://www.cjsma.org>
- Email: caminamosjuntos@cjsma.org

Make a Family Plan to Prepare Yourself For Possible Deportation

You may not be able to control whether you are deported, but you can be prepared in the event that your family has to face this difficult reality.



Step 1

Consult with an immigration attorney or legal aid organization. It is possible that your family may be eligible for asylum.



Step 2

Keep your lawyer's or advocate's number on you at all times.



Step 3

Create a file in a safe spot in your house that includes the following information:

- All family member's IDs and important documents with copies
- A mini-phone directory that includes numbers of your lawyer, your employer, your spouse's employer, your children's schools, your spouse and children's close friends, including family and friends in your country of origin



Step 4

Talk to your family about what each one will do if one of you is detained. Be sure everyone knows where the file is.



Step 5

If your children were born in the US, consider registering them in the consulate of your country of origin in order to get their identity documents from that country.



Step 6

Write a letter identifying a family member or close friend as the guardian of your child or children. Include the children's school and doctor's information as well as any prescription medicine they take. Get it notarized.



Step 7

Request an additional debit card for your bank account and sign up for electronic banking. Keep it in a safe place in the house where the only family can find it. This way family members have access to the funds in the US or abroad from an ATM in the event that the primary card holder is the one that's detained.



EDUCATION JUSTICE PROJECT
AN AFFILIATE OF THE CENTER FOR AMERICAN PROGRESS



Education

Consider furthering your education after your release. Education stimulates the mind, opens doors, and helps a person better understand the world they live in. It is a way of meeting new and interesting people and supporting yourself upon release.

This guide is produced by the University of Illinois at Urbana-Champaign, so of course we are strong supporters of education! The first part of the chapter contains information about getting your basic education, your high school diploma, as well as job training. The second part of this chapter deals with higher education and includes sections on applying for college, paying for it, and resources for college students.

We encourage you to think of yourself as a lifetime learner. Enroll in courses and educational programs throughout your working life and after you retire. Sometimes you will take a class to advance at your job; another time you'll take a class for fun. You may take a class or enroll in a program in order to explore a potential new area of employment. You can be in school part-time or full-time. Explore the options in your community.

Life is richer when you feed your mind. If you have been involved in educational opportunities while incarcerated, you probably already have a sense of this. And if you have not taken advantage of education programs in prison, we encourage you to do so now. Employers will almost certainly look upon this favorably.

English Courses

After living in the United States, you likely have some knowledge of English, if only the basics. If you don't have full command of the language, why not improve on what you do have? Enroll in an English course to increase your skills and employability. All major cities have numerous language schools to choose from (Harmon Hall, Interlingua, and QuickLearning, to name a few), and most small towns have at least one or two. Prices and time commitments vary, so shop around. Your state's "Instituto de Capacitación para el Trabajo" or (ICAT) may offer English courses for free. (See Vocational Training below.)

Adult Education

If you are interested in finishing your elementary or high school education (primaria, secundaria o prepa), contact your local INEA ("National Institute for Adult Education" or "Instituto Nacional para la Educación de los Adultos"). This organization will recognize your past studies as well as offer you a placement exam to help you sign up for the right course. INEA also offers literacy courses for teenagers and adults. For more information, visit: <https://www.gob.mx/inea/>

The Secretary of Public Education oversees educational programs from preschool to university. You can contact them by calling 866-572-9836 or online at www.mexterior.sep.gob.mx

The Education Justice Project offers scholarships of 10,000 pesos (roughly \$500 US) to individuals who were incarcerated in the US before being deported as well as to those formerly incarcerated in prisons in Mexico. Funds can be used for vocational training and university programs and are awarded each spring. For more information write to becas@educationjustice.net.

Computer Courses

Mexico X is a federal government program that offers free, online digital literacy courses. For more information, including a list of courses visit <https://www.mexicox.gob.mx/>

Vocational Training

Government job training institutions exist in every state as part of the national "Instituto de Capacitación para el Trabajo" in Spanish, abbreviated ICAT. In the state of Michoacán, this organization is called "ICATMI," which stands for "Instituto de Capacitación para el Trabajo del Estado de Michoacán" or the Institute for Job Training of the State of Michoacán. They offer classes such as auto mechanics, plumbing, furniture-making, and English, among others. You can find more information at:

<http://www.icatmi.michoacan.gob.mx>

Here's a link for Mexico City's ICAT program: <https://www.icat.cdmx.gob.mx/> Be sure and look up the one in your state.

CONALEP (Colegio Nacional de Educación Profesional Técnica or National Professional Technical Educational College) offers courses to high school-age students interested in technical careers on 308 campuses operated by 30 state colleges. For more information, visit: <https://www.conalep.edu.mx>

Transferring Credits From US Schools

In recent years, the Mexican government has worked to improve access to education for returning citizens. You cannot be denied access to education even if you lack identification and academic documents. That said, it will be easier if you have a copy of your birth certificate, report cards and academic transcripts (translated, if possible) from schools where you studied in the US. You should present this information directly to the educational institution where you or your children are planning on enrolling. They will determine the appropriate grade level.

The Mexican government has created an Education guide for studying in Mexico and the US. On page 38, you can find more information on transferring or "revalidating" your academic documents. https://www.gob.mx/cms/uploads/attachment/file/585025/GU_A_EDUCATIVA_2020_-_V141020_.pdf

If you have problems transferring credits, need assistance with university programs, or if Mexican schools are denying entry with American credits, contact the following organizations for help. If you find other organizations that have been helpful, please let us know so that we can include them in the next edition of the guide.

If you have children who are in school, you may be eligible for a monthly stipend of 800 pesos during the school year. This stipend is provided by the government that aims to support families that struggle financially. You can find more information here:

<https://www.gob.mx/becasbenitojuarez/articulos/beca-bienestar-para-las-familias-de-educacion-basica>

Higher Education Programs

If you already have a high school diploma or have passed the equivalent course and exam, consider enrolling in a college program. Tuition is much less expensive in Mexico than in the US. At public universities, it's almost free. Even the most expensive private university in Mexico is less expensive than the least expensive public university in the US.

Where Should You Apply?

Not all colleges are the same. Your experience will be different depending on where the college is, how big it is, and whether it is public or private. The type of college will affect the tuition price. Put some time into thinking about what kind of college you want to attend, then research colleges online or talk to friends and family. You might want to start by looking into your local public college. It's often easier to attend college close to where you live and work. For a list of technical schools and universities in Mexico visit:

https://en.wikipedia.org/wiki/List_of_universities_in_Mexico

Applying for College

Step 1: Get the Application. Most colleges have online applications on their websites. You can also call the school's admissions office and ask them to send an application to you, or you can go to the admissions office and pick one up. If you are submitting a paper application, get two copies. Use one as a practice copy and the other for the one you submit to the admissions office.

Step 2: Gather Your Information. You will probably need your CURP, your INE or other official ID, dates of high school and previous college attendance, and unopened high school, GED, and/or college transcripts. Some applications may ask about your criminal history. If you indicate that you have been convicted of a felony, some schools will ask for additional information, which may be discouraging. But just because they are asking for the information doesn't mean your application will be rejected. If you have decided that you want to attend college, don't be discouraged at this step.

Institute for Women in Migration, AC (IMUMI)

Tel. (55) 5211-4153 and 5658-7384

Legal Clinic Tel. (55) 913-17512 & 9154-8990

Tel. USA (208) 753-7041

Email: contacto@imumi.org

Facebook: IMUMI, AC

Twitter: @imumidf

Otros Dreams en Acción

<http://www.odamexico.org>

Facebook: Otros Dreams en Acción

Step 3: Submit the Application. After submitting the application, you can expect to hear back from colleges from within a few weeks to a few months. If you have questions, contact the school's admissions office.

Step 4: Take the Admissions Exam. Most institutes of higher education have an entrance exam that is scheduled on a specific day each semester. Be sure to find out the date, sign up, and mark your calendar.

Paying for Your Education

While paying for college in Mexico is much easier than in the US, it's still important to put some thought into it. Check to see if you are eligible for scholarships. Compare prices of universities near you. Consider location. Will it take you an hour to get there each day (which could represent an additional expense), or is there a university just down the street?

Financial Aid/Scholarships

Financial aid can be accessed through each specific university and department. For example, The University of Chiapas, through SEP, offers scholarships for students who cannot pay the semester fee.

The scholarship is about 1,000-2,000 pesos per semester, which covers transportation and food. Private schools are more expensive but also offer scholarships. For example, Tec de Monterrey in Mexico City offers some 100% scholarships for students. Otros Dreams en Acción in Mexico City offers assistance to returning citizens who want to transfer their credits to Mexican institutions.

There is also a new government program for scholarships for higher education called SUBES. You can find out more information and register here:

<https://www.gob.mx/becasbenitojuarez/articulos/estudiante-de-educacion-superior-estas-interesada-o-interesado-en-alguna-de-nuestras-becas?idiom=es>



If you started your degree in the US, you may be able to finish your degree online at the institution you attended or at a different one in the US. For instance, the University of Illinois offers 17 online bachelor's degrees.

www.online.uillinois.edu/catalog/OnlineDegrees.asp?DegreeType=bachelors

Keep in mind that you will not only be paying in dollars, you may have to pay out-of-state or international tuition. Still, depending on your future plans, a degree from a US university may be in your best interest. More information on this option can be found at:

<https://www.affordablecollegesonline.org/college-resource-center/online-degree-completion-programs/>

Scholarship Opportunity
for secondary, vocational and higher education programs

For people who have been in prison in the United States and then deported to Mexico

People who have been in prison in Mexico.

Deadline: March 15, 2022

For more information: becas@educationjustice.net

EDUCATION JUSTICE PROJECT
an initiative of Education at Illinois



Communications

The world of personal and professional communication has changed rapidly in recent years. If you have been inside for a long time, you might feel overwhelmed by all the technology and new devices. It's possible that you've never even used the internet before. Don't worry! You'll be able to figure it out, and this section will help. It addresses a range of topics, from the basics of using the internet, to finding a cheap cell phone quickly. Even if you had access to computers and cell phones before you went to prison, this section still contains some useful information. The world of digital communications is changing all the time!

Calling in Mexico

To call from the US to Mexico, first dial 011, then 52. To call from Mexico to the US, the code is 001. Once in Mexico you will dial the area code of the number you are dialing (two or three digits), for example 55 for Mexico City, 443 for Morelia, plus the seven-digit number. For a list of area codes throughout Mexico see: https://en.wikipedia.org/wiki/Telephone_numbers_in_Mexico

Becoming Acquainted With the Technology

Phones and computers are necessary for much of what you need to do after leaving prison. They are used for work, banking, communicating with family, making appointments, ordering pizza, watching TV shows, paying bills, shopping, applying for jobs, and much more.

“Internet,” “Online,” and “The Web” all refer to the same thing: the world-wide computer network called the internet.

If you have been locked up since before these technologies became popular, take time to understand how vast they have become. Ask your family and friends to help you learn how to use a cell phone, smartphone, or computer. This might be overwhelming at first. It may feel like the world has moved so fast while you were in prison. Don't get discouraged. A lot of the technology we use now was invented to make things easier for people.

Learning how to use new technologies and digital devices can be fun. Play around by using these technologies to explore games, news, sports or even cat videos. This exploration will help you learn to use these new technologies; it is not time wasted. Take your time and become familiar with the technology that you use—eventually it will become second nature.

Getting a Phone

We recommend that you get a cell phone when you get out. It does not have to be an expensive, cutting-edge model, but you will need a phone to keep in contact with your employer, family, and friends. Most people these days have cell phones.

If you had a cell phone before you were incarcerated, ask your family if they still have the phone. It might still work, but you may want to reactivate service or change the number. Contact the phone service provider for help with this.

There are three types of phones:

- **Basic cell phones** allow you to call people and send text messages. They are usually cheaper and easier to use.
- **Smartphones** can make calls and send text messages, and they can also access the internet (more about the internet below). Smartphones have programs (called “apps”) that can do things like play music, give driving directions, check the weather, take pictures, and access social networks (Twitter, Facebook, etc.). It can be very useful to have a smartphone for searching for jobs, looking up services, finding your way around, and more.
- **Landline phones** are phones connected to people’s homes or businesses that aren’t portable. Fewer people are using landline phones these days, but they are still one of the cheapest options out there.

Phone Services and Plans

Phone plans have different service options. Generally, the services will cover the following:

- **Talk:** How many minutes you can talk on the phone each month. Many plans these days have unlimited talk time.
- **Text:** How many text messages you can send each month. Many plans these days have unlimited text.

- **Data:** Data enables your phone to connect to the internet when you don’t have access to Wi-Fi (see Technology Basics below). If you only need a phone for calls, you may not need to purchase a data plan. Keep in mind that you can connect your phone to the internet through free Wi-Fi at public places and restaurants. If you do need data, we recommend starting with a small amount of data (1 or 2 GB of data) and getting more if you need it.

There are many affordable options for cell phone coverage in Mexico including Movistar, Unefon and AT&T. AT&T offers a plan for 224 pesos a month (about \$12 USD) with unlimited domestic and international calls and 2G of data. There are also 21 day plans that charge 100 pesos a month and offer unlimited calls as well. Another option is a “prepaid” cell that you can recharge when it runs out. This also allows you to avoid the error of going over your limit of allotted minutes or data with some plans, which can carry heavy fees.

In Mexico some plans come with phones or you can purchase a phone and a pre-paid balance (saldo). Note that phones brought from the US must be “unlocked” in Mexico at an electronics shop. Prices vary depending on the model of the phone and the current rate of the peso but can be quite expensive. If possible, ask the phone’s original owner to unlock it for you in the US through their cell service provider.

Computers

There are four main types of computer devices. Desktop computers have a screen and a terminal that are plugged in and stay on a desk. Laptops are computers that fold up and have a battery so you can take them with you. Tablets are like laptops, but they’re smaller and do not have keyboards—you type on the screen. Smartphones are a cross between a cell phone and a tablet.

Accessing the Internet

Make it a priority to find a reliable way of accessing the internet. Until you have your own device, the best way to get on the internet may be to use a computer or cell phone belonging to a family member or at an internet cafe.

If you have a laptop, tablet, or smartphone, free wireless internet access is available in many public places including restaurants, coffee shops, hotel lobbies, chain stores and even parks! You may have to ask what the free Wi-Fi password is before you can log on with your device.

Most resources on the internet are found using a search engine (Google is the most common). Open up a web browser (such as Google Chrome, Microsoft Edge, Firefox, or Safari). The home page will have a search box where you can type in what you are looking for. Here are some tips for effective searches:

- Start with the basics. Start with a simple search like “Where’s the closest subway station?” or “Pizza in Guadalajara.” You can always add a few descriptive words if necessary.
- Don’t worry about the little things. Google’s spell checker automatically uses the most common spelling of a given word, whether or not you spell it correctly.

Getting an Email Account

You need your own email address, since email is now much more common for informal and professional written communication than paper mail. The best way to do this is through Gmail, because Gmail accounts are free and have unlimited storage for emails. You also do not need a cell phone number or a current email address to create a Gmail account.

1. Type mail.google.com into the web browser.
2. Click “Create account.”

Getting Help

GCF global has a lot of free tutorials about how to use technology. Type this address in your search engine and click on the topic you are struggling with: <https://edu.gcfglobal.org/en/topics/>
To switch between English and Spanish, click the language in the top right corner.

Wikihow also has lots of resources to help you figure out how to use technology. Type “wikihow” in your web browser, and then enter your question in the search box at the top of the page.

Local adult education programs in your area may offer lessons on basic word processing and computer use. More advanced offerings may include courses on programming code.

You will select your own email username. It should be something easy for you to remember, like your own name, or some combination of your name, initials, or a number. Bear in mind that you will likely use your email to communicate with prospective employers, so ensure that your email address is not too “cute” or unprofessional. Your password should also be something easy for you to remember, but hard for other people to figure out.

Passwords and Security

Eventually, you are likely to use the internet to set up other accounts in addition to your email account. Those accounts may do things like pay bills or access files for school or work. The easiest way to keep your personal information safe is to keep your password secret and to change it periodically. Also, don’t use the same password for every online account you have. If you forget a password, you can usually change it securely by following instructions on the website.

If you had email and other online accounts before you were incarcerated, you may want to reactivate them or close them. Change the passwords for security purposes. It is a good idea to write down your passwords and keep them in a secure place.

Apps

Most smartphones, regardless of the brand, are equipped with a number of basic applications (called apps), such as a camera, a clock, a map service, a browser (for example, Safari or Chrome), a calendar, a note-taking app, a calculator, and an address book, as well as an app to send and receive text messages and an app to make calls. Be aware that apps can use up your phone data.

There are many other apps you can download as well. They can be found in your phone's 'store' (the App Store or Play Store, depending on the brand). Many useful apps are free, and they will tell you if they are not. You will need to have either data or a Wi-Fi connection to download apps. You then search for the app you would like to download in the store and click "get" or "download." You may have to enter your phone's password to confirm the purchase. It should show up on your homescreen in just a few minutes. If an app requires money to purchase, your phone should give you the option to enter your credit or debit card information and will ask you to confirm the purchase before downloading.

Facebook is an app, as is its messaging service called "Messenger." Instagram and Twitter are other apps that allow you to share and view photos and comments. Other apps that may be appealing include Spotify (which you can use for free to play music, but it will shuffle the music and also play advertisements, like a radio) or banking and transportation apps for your city (Citymapper, for example). As always, it is a good idea to be cautious with what information you provide to apps and exercise careful judgment about what you'd like to keep private.

If possible, do not submit sensitive personal information (like your credit card information) at a public computer or over public internet.

Social Media

Many people communicate with others and access news and other information through social media on their smartphone or computer. Social media are websites and applications that allow people to share experiences and interact virtually (e.g. Instagram, Facebook, Twitter). Especially during the pandemic, social media has enabled people to stay connected with others and find out what's going on. Some social media sites are used mostly for personal communications while others are used professionally. We describe two of the most popular social media platforms here.

Facebook is the most popular social media company in Mexico and the US. People use this site to share photos, updates, and articles. Some people use Facebook mostly for keeping in touch with family and friends (especially those who live far away); others use it for work. You can comment publicly on posts created by others or message users individually. You can also join Facebook groups to meet other people and get support. If you would like to create a free Facebook account, you may do so from any computer by typing <https://www.facebook.com/> into the search bar and clicking "Create Account."

LinkedIn is a social network created specifically for finding jobs, connecting with potential employers and recruiters, and sharing your work experiences. While it's more popular in the US than in Mexico there are 10 million users in the country. To create an account type <https://www.linkedin.com/> into your web browser and click "Join Now." It will ask you to provide basic information, create a password, and personalize your profile by adding your education and work experience. You can also write a brief introduction to highlight your skills and interests. This page will function as your digital resume. You can find more detailed instructions by typing in the search bar of your browser "How to Create a LinkedIn Account Wikihow."



Technology Basics

Are you unfamiliar with the world of information technology? Here are some technology basics to help you get started.

Internet or world wide web: A vast network that connects computers and phones all over the world. Through an internet connection, people can share information, access resources, and communicate around the world. Sometimes people call the internet the world wide web, or they will say, “you need web access,” which means you need to be able to connect to the internet.

Online: When you are “online” you are connected to the internet. People might say, “Get online to access this resource.” This means that you can access the resource on a computer or smartphone through the internet.

Smartphone: A mobile phone that performs many of the functions of a computer. It typically has a touchscreen surface, internet access, and you can download applications (apps) that provide lots of different tools for work, entertainment, finances and more. Most people these days have a smartphone.

Wi-Fi: To access the internet, you need to be connected to it. One way to do that is through Wi-Fi access. Wi-Fi access allows you to connect to the internet wirelessly. You can access Wi-Fi for free at public libraries and some restaurants (McDonalds, Starbucks), or you can purchase Wi-Fi access for your home.

Data: Another way to connect to the internet is through a smartphone data plan. Data allows you to connect to the internet on your smartphone if you are in a place that doesn’t have Wi-fi access. Data plans can be expensive, and they usually have limits to how much data you can use every month.

Web browser: A web browser is a program that allows you to access the internet on your phone or computer. Examples of web browsers are Google Chrome, Firefox, Internet Explorer, and Safari.

Search engine: A search engine is what you use when you are trying to find information on the internet through your smartphone or computer. First, you will open a web browser. You should see a bar at the top with a little magnifying glass icon. This is how you can access the search engine. You can type a question or web address into the bar and it will search for the information you need. Google, Yahoo, and Bing are search engines.

Website: Organizations have “websites” where you can find information, resources, entertainment and more. There are many different kinds of websites on the internet.

Web address or URL: This is the “address” or location of the website or resource on the internet. You type this address into the search engine bar to access the website or resource. We have included many web addresses to websites in this guide and in the directory. Web addresses are typically formatted like this: <http://example.com>. When you type in a web address, you can leave out the http:// or www.

Staying safe on social media: Use caution when sharing information on Facebook or other social media apps. You can adjust the privacy settings so that only your friends see your posts. Public posts can be accessed by prospective employers. Keep in mind that social media sites track user data and companies can use that data to try to sell you things. Additionally, the information that you see on social media may not be trustworthy. It's a good idea to confirm what you read through other sources.

Video Conferencing

Given the ongoing pandemic, video conferencing has become a central part of many people's lives. There are multiple options for video conferencing, such as FaceTime, Google Meets, and Skype (detailed instructions for using all of these services can be found on Wikihow or Youtube) but the most common video call provider is Zoom. Job interviews and support group meetings will likely be hosted over Zoom for the foreseeable future, as might communication between family and friends.

If you have a personal or family computer or smartphone, it may make sense for you to download the Zoom app to your computer or phone (you can use Zoom without downloading the app, too). To download it on your computer, type in "zoom.us" and click "Sign Up It's Free." You will enter your name and email address and agree to the terms of service. You will receive an email to activate your account and create a password. You can download Zoom as an app on your phone, too, through the app store.

In most cases, you will be a guest at a Zoom meeting and receive an invitation to your email with the link that says "Click to Join." When the webpage opens, you may join via the app or your web browser. If that does not work, the invitation will likely have a Meeting ID and Password that you can enter to join the meeting. To do this, open your Zoom app and click the blue box with the plus sign labeled "Join". Once you do this, you will be able to enter the Meeting ID and Password provided in the invitation and join the meeting.

There is also an option to dial in with your phone. Zoom has some helpful tutorials on how to get started, such as this one: <https://support.zoom.us/hc/en-us/articles/360034967471-Getting-started-guide-for-new-users>

Zoom also allows you to send meeting invitations to others. This can be very helpful if you are looking to have a call with your family, for example. In order to do this, open your Zoom app and click "Meetings" with the small clock icon at the top. Then, click the small "+" icon (it should be in the same row as Upcoming and Recorded on the left side). When the window pops up, enter a name for your Meeting in the "Topic" field, select a date and time for the meeting, and click "Save". In order to share the invitation, click "Copy Invitation", then open a new email and paste the invitation into the email. Then, you can send it to whoever you would like. Once the time comes for your meeting, open the same "Meetings" page that you opened to make the meeting and click the blue "Start" button on the right hand side. Then just wait for those who you invited to join!

Video conferencing etiquette tips:

- If you are in a group, mute yourself when you're not talking (click on the microphone icon.)
- Be aware of your backdrop. It's nice to turn your camera on so people can see you, but you can also turn your camera off (click on the camera icon) or use a virtual backdrop if you don't want people to see you or your living space. Here is a helpful link on how to use a virtual background on Zoom: <https://support.zoom.us/hc/en-us/articles/210707503-Getting-started-with-Virtual-Background>



Health

When you leave prison, you will be responsible for managing your own physical health. This can be a welcome change. Those returning to life in the States face a dauntingly complex health care system. Fortunately, in Mexico, health care is universal and much more accessible.

Start by asking friends and family for recommendations of good doctors and health services. You are also eligible for one of Mexico's three public health systems. It will be your responsibility to sign up, stay on top of appointments, and keep yourself healthy.

In this section, we cover:

- Medical care
- Health care plan options
- Private health care
- Dental and vision care
- Staying healthy
- Paying for medications
- Mental health and substance abuse
- HIV/ AIDS

Medical Care

The quality and price of medical care in Mexico varies wildly. Although the requirements for becoming a doctor in Mexico are not as rigorous as in the United States there are many fine doctors throughout the country. Hospitals are generally modern and well-equipped. State-of-the-art specialist hospitals can be found in Mexico City and other large urban centers.

You'll also be pleasantly surprised that seeing a doctor is quite affordable, compared to the US. If you are enrolled in Mexico's universal health care system, INSABI (Institute of Health for Wellbeing) -formerly Seguro Popular- you can be seen for free (although waiting periods may apply). Even if you chose to pay out of pocket you won't be hit with a bill for hundreds or even thousands of dollars like in the US. You can see a general practitioner affiliated with your local pharmacy for just 30 pesos or \$1.50 USD! To see a specialist, you can expect to pay between \$30-\$50 USD for a brief consultation.

Public Health Care

If you enroll in one of the three government-sponsored health care systems your medical expenses are free or minimal, depending on which program you are eligible for. Quality of care can vary and depends also on whether you are in a major city or rural area. Waiting periods are common unless the condition is life-threatening.

Private Practice

As in the US many doctors have their own private practices. You can call and make an appointment with them as you would in the US. The fee varies but is generally around 500-1,000 pesos for a consultation. Some doctors work at a clinic during the day and hold private hours during the evenings.

Clinics/Labs

There are many small clinics or labs throughout Mexico. Chopo (www.chopo.com.mx) is one well-respected lab. These institutions function differently than you might expect. You can walk into most of these clinics and "order up" what you would like, such as a colonoscopy or blood tests and a physician on staff will perform them. You might also have a private doctor who sends you to one of these labs for testing since most small doctor's operations don't have that capability. They may ask for an order (orden médica) from your doctor.

Emergency numbers in Mexico:

- Emergency: 911
- Non emergency police: 060
- Red Cross: 065
- City hotline: 070 (in some cities)
- Information: 040
- Fire department: 068
- Anonymous report (abuse or corruption by a government official): 089
- Highway emergency: 074

Pharmacies

One of the most economical ways to see a doctor is through a local pharmacy. Most pharmacies (Guadalajara, Similar, Ahorro) have a mini-clinic attached to the building, sometimes with a separate entrance. These pharmacies sometimes have no charge to see the doctor or charge very little, 30 or 50 pesos. These rates are so low because the doctor will most likely prescribe medicine that you will purchase directly from the sponsoring pharmacy. Be aware of this relationship between the doctor and pharmacy and recognize that over-prescribing often takes place.

Seeing a doctor at a pharmacy is ok for something like a cold or indigestion but if you feel there's something more serious going on, don't take chances! Go to the ER or see a specialist.

– Anya V.

Hospitals

As mentioned, Mexico has many modern hospitals, both public and private. If you are enrolled in public health care you will go to your assigned hospital. If you show up at a private hospital and don't have private insurance you will be expected to pay out of pocket and the fees can be very steep.

Health Care Plan Options

Institute of Health for Wellbeing / Instituto de Salud para el Bienestar (INSABI)

The Institute of Health for Wellbeing offers a nation-wide health care program that is designed as a safety net to cover citizens, regardless of their socio-economic status, who do not have access to other health care. The program is most often used by Mexicans who are not formally employed or who cannot afford to enroll in private health insurance programs. It covers 69 million Mexicans.

The program provides access to medical, surgical, pharmaceutical and hospital services including catastrophic coverage which aims to support people suffering from high-cost illnesses or life-threatening accidents.

With INSABI you don't have to sign up and medical attention and treatment are free. All you need to do is go to your closest health department (Centro de Salud) with the following documents: CURP, birth certificate, INE.

Mexican Social Security Institute / Instituto Mexicano del Seguro Social (IMSS)

IMSS covers full-time employees of Mexican companies (including foreign employees with residency status) who pay a percentage of their salary each month for the benefit which entitles them to access the health care system and also provides insurance coverage for their salary in case an accident or illness prevents them from working.

IMSS is also available to those not employed by Mexican companies who wish to sign up voluntarily and pay a monthly fee. IMSS benefits are available to those who also choose to enroll in private insurance.

How to sign up:

If you are formally employed full-time by a Mexican company you will be automatically enrolled and your employer will take deductions from your pay to cover the premiums as well pay part of your IMSS coverage.

If you are not formally employed you can begin the application online at <http://www.imss.gob.mx/cita-medica> or in person at your local IMSS office (between 8am and 3:30pm). You'll still need to submit paperwork at your local IMSS office (originals and copies) which includes:

- Application form and health questionnaire provided by IMSS
- Official ID
- Proof of address, e.g. your latest electricity bill
- CURP
- Marriage certificate (if applicable)
- Birth certificate
- Two photographs, same format and rules as those for your ID or residency permit
- Bank payment receipt for the first-year's premium (made on the day you visit the local IMSS office)

Price for Voluntary Enrollment

The price for annual enrollment varies depending on your age and ranges from 6,200 to 14,850 pesos annually. For the specific charge visit: www.imss.gob.mx/derechoH/seguros-salud-familia

Pre-Existing Conditions

Some pre-existing conditions are not covered. These include malignant tumors, congenital diseases, chronic degenerative diseases, addictions, mental illness, and HIV—among others. If you have any preexisting "excluded" conditions, you cannot enroll into the IMSS insurance program. For some preexisting conditions, you'll be able to join the program, but you may have a waiting period before you can seek health care services related to that condition.

To see if your preexisting condition is covered visit: www.imss.gob.mx/derechoH/enfermedad-seguros-familia

Institute for Social Security and Services for State Workers / ISSSTE Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado (Institute for Social Security and Services for State Workers)

ISSSTE is a health care and social security system for state and federal government workers and currently covers 12 million people. It includes not only health care but assistance in case of worker disability or death as well as workplace accidents.

If you are employed by the federal government you will automatically be enrolled.

For a more information on ISSSTE visit: www.gob.mx/issste



A note about public health care in Mexico:

As INSABI, IMSS and ISSSTE are government-run public health care programs that cover millions of people, reports of quality and speed of care vary. Generally, for non-life threatening conditions and procedures you may be put on a waiting list. The experience you have will likely depend on where you are in Mexico and the local demand for health services. Some patients report good care from these organizations while others are disappointed. As is common with large, publicly funded health care systems world-wide, the demand for services exceeds the resources available so care may not always meet expectations.

Private Health Care

Another option for medical coverage in Mexico is private health insurance. Plans vary by price and conditions covered. They differ from private health insurance in the US in key ways.

Checkups and prescriptions are generally not covered. Doctors charge far less than in the US, however, and prescription medication is considerably more economical. Most affordable private plans cover only serious illness and accidents and are called “seguros de gastos médicos mayores.” Deductibles are generally higher than in the US (depending on your particular plan).

You may be excluded for preexisting conditions and there are waiting periods for serious illnesses. For example, if you are diagnosed with cancer and you’ve only had the insurance for one year, you have to wait two additional years (3-year waiting period) for treatment to be covered. Note that the actual waiting period varies by condition.

The price of private health insurance varies enormously based on age, health, and the deductibles and copays that you choose. A middle of the road plan for a 37-year-old man in good health with a \$1,500 USD deductible, covering serious illness and accidents, costs around \$70 USD a month. (1,200 pesos).

If you are interested in private insurance, two of the largest providers are GNP (www.gnp.com.mx) and Metlife (www.metlife.com.mx). They also provide auto, life and homeowner’s insurance.

If you have private insurance, make sure that you know the costs of the services you want to receive before you go to your appointments or schedule surgery. Don’t wait for the insurance company to send you a bill. Health insurance companies provide booklets and websites to help you understand how much a hospital stay or specialist visit will cost, and you can always call your insurance company if you have questions.

When you receive bills, look over them carefully and ask questions so that you understand them. Health insurance companies and organizations make mistakes, so it's important to make sure you understand your bills before you pay them.

It's also a good idea to make sure that the doctor you want to see is your insurance network. If not, you may have to pay the full cost of the visit.

It's important to get an insurance policy that includes access to an "assessor" that can provide assistance should your insurance company deny an expense that should be covered by your policy. This assessor can assist you in the appeals process since it can be difficult to go through this process by yourself. One way to purchase health insurance with this benefit is through a broker such as BTG Seguros www.btgseguros.com, who has a good reputation and offers health insurance policies throughout Mexico.

Dental and Vision Care

If you are enrolled in one of Mexico's public health programs (offered by INSABI, IMSS or ISSSTE) dental and vision procedures will likely be covered, but preventative care is not. In other words, the government will pay for you to get a cavity filled or a cataract removed, but not for you to get your teeth cleaned or eyes checked. The lack of preventative care is a big hole in the government's health care plan, one that you are responsible for filling so that your own minor conditions don't get out of hand. It is strongly recommended that you schedule regular checkups.

Like with medical care, you will find that dental and vision care are much more economical in Mexico but vary greatly by state and level of quality. In some parts of the country, teeth cleaning costs only \$200 pesos; in other parts you'll be charged \$800 pesos. It's worth taking into account quality of care as well. Perhaps you feel comfortable going to a low-cost clinic for a cleaning but you may want to seek out a more experienced dentist (who charges more) for a root canal, if you don't want to use the public healthcare system.

If you need basic vision care, such as a prescription for eyeglasses, you can go to a small local ophthalmologist practice or a large

chain store such as Costco, where the cost is often higher. There are non-profit organizations that offer low-cost clinics and other vision care services as well, such as these two based in Mexico City:

Asociación para Evitar la Ceguera en México (APEC) Mexico City

(55) 1084-1400

apec.org.mx

comunicacion@apec.com.mx

Instituto de Oftalmología Conde de Valenciana Mexico City, Tlaxcala and Guerrero

(55) 5442-1700

institutodeoftalmologia.org

Staying Healthy

By and large health insurance plans, private and public, deal with health problems after they've happened. Many only treat life-threatening emergencies and accidents. This means you are responsible for getting regular checkups to maintain your health. It is strongly recommended that you find a general practitioner in your community to see you for annual checkups.

A general practitioner can also give you a full physical examination, order lab work, and provide prescription renewals. It is recommended that you have a full physical at least once a year. Being in prison increases the risk of acquiring many infectious diseases, so after release from prison, you should be screened for HIV/AIDS, Hepatitis C (HCV), Hepatitis B (HBV) and tuberculosis. HIV, HBV and HCV can be detected by a blood test. Tuberculosis can be tested by blood or by a skin test; if these tests are positive, the disease is confirmed by a chest X-ray.

Paying for Medications

Most pharmacies offer low-cost medicines so paying for your meds is not as much of a concern as it might be in the States. Often there is a generic option available, so be sure to ask. Generic drugs have the same active ingredients but are much less expensive.

In Mexico, the cheapest low cost pharmacy option is Farmacias Similares.

Mental Health and Substance Abuse

If mental health challenges or substance abuse are preventing you from functioning well or feeling good, get help from a mental health professional. If you are feeling especially bad or feel like you might be a danger to yourself or someone else, get help right away. Call the suicide hotline at (525) 510-2550. You can also call 911 or visit an emergency room if you are in crisis.

Even if you are not in crisis, don't delay getting help if you are feeling depressed, anxious, angry, or if you struggle with other mental health challenges. If you aren't feeling well mentally and emotionally, it makes it so much harder to move forward in positive and productive ways. When you are feeling mentally healthy, you will find that things will seem more manageable and you'll feel more hopeful.

Routine Exams That Can Keep You Healthy

Age	Men	Women
18-39	Blood pressure, cholesterol, flu shot, syphilis screen, TDAP shot, HPV shot, chlamydia/gonorrhea, HIV, skin exam	Blood pressure, cholesterol, flu shot, TDAP shot, HPV shot, breast exam, PAP smear (over 21), chlamydia/gonorrhea, HIV, skin exam
40-64	Blood pressure, blood sugar, colonoscopy (over 50), stool test, flu shot, shingles shot (over 60), prostate screen (over 50), lung cancer screen (only if you smoke), skin exam	Blood pressure, blood sugar, colonoscopy (over 50), stool test, flu shot, shingles shot (over 60), breast screen, mammogram (over 40), lung cancer screen (only if you smoke), post-menopausal bone screening, PAP smear (over 21), pelvic, HPV, skin exam
65+	Blood pressure, blood sugar, cholesterol, colonoscopy (until 75), hearing test, aneurysm screen (only if you smoke), prostate and lung screening (only if you have risk factors), pneumonia shot (x2), skin exam	Blood pressure, blood sugar, cholesterol, colonoscopy (until 75), hearing test, mammogram (until 75), bone screening, PAP smear (until 65), pneumonia shot (x2), skin exam

A mental health professional can help you:

- Work through changing harmful behaviors or cycles.
- Feel stronger as you face your challenges.
- Help you come up with goals and plans to solve your problems.
- Identify how your ways of thinking are influencing how you feel.

Mental health professionals can help you decide if it would be a good idea to take medicine to treat your mental disorder, and they can offer treatment for drug and alcohol addictions.

Unfortunately, mental health services are generally not covered by health plans in Mexico. Pharmacies and hospitals can refer you to a professional but you will have to pay out of pocket. There are also a number of non-profit organizations throughout the country that offer mental health services. Below we describe a few of them.

There are other non-profit organizations throughout Mexico which offer mental health support for different disorders and addictions. Centro de Rehabilitación Volver a Vivir, AC offers group therapy to people who are struggling with a variety of addictions, and helps them regain control of their lives so they can return to a healthy lifestyle. For more information visit: <https://www.facebook.com/VolveraVivirCdJrz/>

These are other organizations which may be helpful to you:

- 1. Organización Nacional de Trastorno Bipolar y Depresión A.C.**
<https://www.trastornobipolar.org.mx/depresion/>
- 2. Cauce Ciudadano, A.C.**
<https://www.facebook.com/CauceAC/>
- 3. AMAR Chihuahua, A.C.**
<https://www.facebook.com/amarchihuahua/>

Mental health/addiction services can also be accessed through the Secretary of Health website for each state in Mexico or the state's specific website. For mental health centers in Chiapas, visit

www.chiapas.gob.mx/servicios/2808 In Veracruz, visit www.ssaver.gob.mx/

For a general list of mental health services by state, visit: www.inprf-cd.gob.mx/sitios/hospitales.html

If you are struggling with drug or alcohol addiction, there are support groups you can go to for free, such as Alcoholics Anonymous (www.aa.org/) or Narcotics Anonymous (www.na.org/).



The Ramon de la Fuente Muñiz National Institute of Psychiatry offers a useful website <http://www.mentalizarte.com/> on topics such as how to deal with anxiety, different types of psychotherapy, and how to identify common symptoms of mental illness.

You take a pill for your heart, you can take a pill for your head too. It's normal.

– **Grant A. (Medicaid Specialist)**



HIV/AIDS

What does having HIV mean?

HIV is a virus that spreads by attacking and killing healthy cells in the body. This happens all over the body, destroying cells or forcing them to create new infected cells. HIV targets immune system cells, known as T-cells. T-cells fight off infection by killing cells that have been infected by germs. As more T-cells start dying, the immune system is open to attack. If the number of T-cells drops too low, the risk of infection increases and can lead to AIDS. When someone has AIDS, their immune system becomes too weak to fight off other infections. If untreated, people can die of AIDS.

Fortunately, people who have HIV today can go on to live long and productive lives as long as they take steps to stay on top of their infection. HIV is a chronic illness that can be managed with daily medication, regular laboratory testing and physician visits, and healthy lifestyle changes (exercise, stopping smoking, getting enough sleep, etc.).

Risk

The most common way for HIV to be transmitted is through sexual contact, but infected and untreated mothers are able to pass it on to their children. Avoid contact with blood, semen or vaginal fluid of sexual partners who are HIV-positive. Do not share needles or syringes and make sure to use protection (condoms) for any sexual contact.

Know the risk of spreading HIV to a sexual partner who is not HIV positive. Being treated with antiretroviral medications can reduce your chances of transmitting HIV to a partner. Taking antiretroviral medications regularly lowers the levels of HIV in your blood. This does not mean that the virus is completely gone, so take precautions and use condoms even though the risk of transmission is low. If you do not have HIV but are in a relationship with someone who does, you can take PrEP (Pre-Exposure Prophylaxis), which reduces the risk of being infected, if you take it as you are supposed to.

There are also certain sexual activities that can increase your chances of transmitting HIV.

For more information about HIV transmission and risk factors, visit: <https://www.aids.gov/hiv-aids-basics/prevention/reduce-your-risk/sexual-risk-factors/>

HIV Testing

Testing for HIV is done through a blood, urine, or oral sample. A blood test is the most common and the most accurate. Local commercial labs offer HIV testing. Linfolab is one option and they charge 345 pesos for the test. (www.linfoabmexico.com.mx/)

Sometimes HIV testing is offered as part of the prison outtake process. We suggest you take advantage of this free testing, as knowing your status is very important.

If you test positive, know that you can still live a long and meaningful life. A follow-up test will be done to verify the diagnosis. You should make an appointment to see a health care provider to stay healthy and possibly begin treatments.

You should still be cautious if the test comes back negative. If you have recently engaged in high-risk behaviors with someone who has HIV, it is possible that the tests cannot yet detect HIV in your body. You should request another test at a later date. Check the US CDC website for recommendations. (www.cdc.gov/)

It is also a good idea to get tested for other sexually transmitted infections (STIs) and take measures to prevent them.



Legal Matters

After you are released, there may be circumstances that require you to go to court or request legal assistance. Although your criminal record will not likely follow you to Mexico, you may still need the assistance of an attorney, perhaps for a divorce, or to regain custody of a child.

Navigating the legal system can be challenging. Fortunately, there are resources to help you. This section includes information on finding lawyers who offer free services (pro bono).

Please note that we are not providing legal advice. We have done our best to provide information that will save you time and help you understand the legal options that you have. Hopefully, this will set you out on the right foot. However, we are not lawyers. Please seek the assistance of a lawyer if you have any questions or need clarification.

Pro Bono Assistance

Navigating the legal system can be frustrating. Because of this, it is almost always better to get the help of a lawyer rather than trying to do your own legal work. Lawyers have a firm grasp of the law and how local judges and courtrooms work.

Lawyers are often expensive, but there are lawyers who work pro bono, for free. Many law schools in Mexico offer these services.

The most well-known sources of free legal services include the Asociación de Servicios Legales, A.C. (“ASL”) handled through the Mexican Bar Association, and the independent legal aid programs in two of the country’s top law schools, the Universidad Panamericana (UP) and the Instituto Tecnológico Autónomo de México (ITAM). The ASL enlists the support of lawyers in some of the country’s most prominent law firms. The law school programs

are staffed with law students and professors, all providing their services free of charge. For more information, visit <https://fbma.org.mx/recibir-ayuda/>

ITAM runs a “Justice Access Center” (Centro de Acceso a la Justicia), founded in 1994. It is staffed primarily by law students, professors, and honorary members (practicing attorneys who wish to join the initiative). They provide counseling and legal support in many fields, including domestic matters (divorce, custody, child support), adoption, civil contracts, intellectual property, property rights, and wills and estates. UP recently opened a new clinic at its Bonaterra campus in Aguascalientes, the the Centro de Acceso a la Justicia. These centers are run much like legal aid services in the US.



Finances, Credit, and Taxes

Take small steps toward managing your money, especially if you are going to be financially independent for the first time. Thinking about money can be stressful. Making smart decisions about your money can help you gain control over your financial life. Having control over your finances will help you to avoid money troubles in the long run and feel more secure about the future.

In this section, we cover banking basics and how to open a banking account. Then we address budgeting, financial planning, and credit. At the end of this section, we go over filing taxes.

Banking

It's a good idea to open a bank account so that you have a safe place to put your earnings. There are many good reasons for having a bank account.

Advantages of Banking

- Your money is safer and easier to keep track of if you deposit it in a bank. While in the US credit unions are common, in Mexico the equivalent, called "caja popular" are not well-respected. It is recommended that you only do business with officially recognized banks.
- If you put money into a savings account, you can accumulate interest on your total deposit. That means that the bank will pay you a small amount of money every month (very small, in the current economy) based on the amount of money in your bank account.
- Depositing your paychecks in a bank account is cheaper than paying fees for check-cashing services. In fact, many employers in Mexico require you to have an account where you receive your monthly earnings directly.
- You can use a debit card tied to your checking account so you don't have to carry large amounts of cash.
- Many banks offer online services that allow you to do things like pay bills automatically, keep records of what you earn and what you spend, and transfer money between accounts. These services are convenient and make it easier for you to stay organized.
- You can work with banks to get car or mortgage loans, develop a retirement investment plan, and invest in stocks and bonds.

Bank Accounts

There are two basic types of bank accounts: “checking” and “savings” accounts.

A **checking account** keeps your money secure while giving you easy access to your money so that you can make purchases and pay bills. You can use a debit card or checks to make purchases and pay bills from your account. You can also get cash from your account at any time using an ATM. Some checking accounts have monthly maintenance fees while others do not, so make sure you ask about fees.

Once you have a little money saved, it’s a good idea to open a **savings account**. A savings account allows you to earn a small amount of interest on your money. This means that if you leave the money in your savings account, it grows over time. You cannot write checks from a savings account, but some savings accounts will allow you to access your money through an ATM.

Things to Consider When Choosing a Bank

There are lots of banks to choose from, and they all offer different products, like checking and savings accounts, consumer and mortgage loans, rewards programs, and credit cards. Before choosing a bank, it’s important to think about your unique needs.

Sit down and talk to a bank representative to make sure that you understand their services and how they can meet your needs. You can also learn about banks’ services on their websites. Some large banks in Mexico include Bancomer, Banorte, and Santander.



Will you travel a lot for work, fun, or visiting family? You may want to choose a bank that has many branch and ATM locations.

- **What fees does the bank have?** Some possible fees might be an overdraft fee (when you take out more money than you have in the account), fees for closing accounts, fees for foreign transactions, and monthly maintenance fees.
- **Is your bank backed by the government?** If it is, that means that if the bank closes or has other problems, your funds are protected. Most major banks offer this protection.

OPENING A BANK ACCOUNT

You will need the following items to open a checking or savings account:

- Official ID (INE or passport)
- Proof of address (utility, water, or phone bill)
- A check or cash to make an initial deposit (check with the bank about minimum deposit amounts)

How to Use a Debit or Credit Card

If you've been in prison for a long time, buying things at the store may look very different. Perhaps you carried around cash in the past or wrote paper checks. Most people these days use debit cards or credit cards rather than paying with cash.

Using cards from the US in Mexico can come with hidden fees. If a family member sends you a card be sure to call the bank or look online for international charges before using it.

Here are some card options:

- Debit cards look just like credit cards, but are different. Most debit cards are linked to a checking account, and you can only spend money that you have in your account. Debit cards can be used anywhere that you use a credit card. You can also use your debit card to withdraw cash from an ATM machine.
- Although less common than in the US, there are also prepaid debit cards where you can load money onto the card when you get it, then use it to make purchases. Prepaid debit cards are often used by those who can't get a bank account (maybe you haven't been able to get your ID yet). Visa, Amazon and Bancomer all offer prepaid debit cards in Mexico.
- With a credit card, you are borrowing money and will need to pay it back in full. We discuss more about credit cards in the next section.
- There are also gift cards where people can put money on the card and then give it to someone to use like a debit card. Some cards--like a Visa Gift Card--can be used at any store, while other gift cards only work for specific stores.

Debit cards require you to select a 4-digit PIN number. Before you use your debit card, make sure you have your PIN number set up. You can call the number on the back of the card to set it up. When using a debit card, make sure you know

how much money you have available. Normally, your card will be declined if you don't have enough funds.

It can be embarrassing if you don't know how to use a credit or debit card. Here's a brief guide (summarized from Wikihow) about what to expect when you purchase things at a grocery store or other location.

1. After the cashier has finished scanning your items, they'll invite you to pay.
2. There will likely be a card reader on the counter. Card readers look somewhat like calculators. They typically have a screen with instructions to follow.
3. The screen on the card reader may ask if you agree to pay the amount listed on the screen. You may have to press "enter" or "yes" to continue.
4. Next, the screen may ask you to swipe your card. Other times, the cashier will let you know when the machine is ready for you to swipe your card.
5. Some card readers require you to swipe your card on the right side (black stripe facing down and to your right). Others require you to stick the card in the bottom of the machine (stripe facing down) and leave it there until the screen lets you know that you can remove your card. Don't worry if you don't get it right the first time. Turn the card around and try again. Lots of people make mistakes when using credit or debit cards and have to swipe their cards multiple times or get help from a cashier.
6. The card reader may ask whether you want to pay by "debit" or "credit." If you are paying with a debit card, it may ask you to enter your 4-digit PIN number. Once the screen says "Approved" you should get a receipt and you are ready to go.

7. If you are using a credit card, you may be asked to sign a paper receipt or sign your signature on the screen with a special pen that is attached to the card reader. It will ask you to press "enter" or "accept" when you are finished. Once you have finished signing and receive your receipt, you should be ready to go.



Learn more about how to use a debit card here: <https://www.wikihow.life/Use-a-Debit-Card>

Learn about how to use an ATM here: <https://www.wikihow.com/Use-an-ATM>

The first time I went to the store, I had no idea how to pay with a card. There were all these people behind me, and I panicked. I was too embarrassed to ask for help, and I didn't want to have to explain that I had been locked up for years. Fortunately, I had some cash, so I decided to use that to pay for my things.



– **Michael C.**

Open a bank account. Work on building up your credit. If you get a credit card, use less than 30% of the credit limit, buy things with your credit card, and then use the 30 day grace period to pay the bill in its entirety. That's the slow way to build credit.



– **JoeJoe M.**

NOTES

Budgeting

One of the simplest steps you can take to manage your finances is to make a budget. Budgeting can help you understand where your money is going so that you do not spend more than you earn. There are thousands of different budget forms you can download online for free, or you can make your own. All you need to do is add up how much money you make every month, then make a list of everything you spend money on in a month and compare the two numbers. Some of the resources listed on the next page in "Financial Resources" can help you budget. They provide examples and templates you can use to get started.

A note about the peso-dollar exchange rate: The peso is currently weak; in fact, in March 2020 it hit a record low of 24.86. At the time of publication, the peso is 19.94 to one dollar. What does this mean for you? It means if you are making pesos your purchasing power is lower. The prices of many things in Mexico are based on the dollar since much is imported. The Mexican government recently raised the price of gas as well and it is currently higher than gas in the US. The good news is many products and services are much cheaper than in the US so while making less than \$500 USD a month may sound very low, it will likely cover your expenses if you budget well.

The US dollar sign (\$) is often used for pesos. MXN is another abbreviation for pesos.

EXAMPLE BUDGET

Monthly income: \$9,000 pesos

Rent.....	4,000
Electric Bill	200
Water Bill	200
Public Transport.....	1000
Cell Phone Bill	250
Groceries.....	1000
Clothes.....	500
Savings Deposit Goal	1000

Total expenses per month 8,150

Leftover for other expenses: (9,000-8,150) = 850

Financial Resources

You can find a lot of information online about banks, account options, and strategies for saving your money. Some financial planning websites have chat features so you can ask an advisor a question and get an answer right away. Here are a few US-based sites with information in English:

- NerdWallet is a tool to help you understand banking, credit, and financial planning. (www.nerdwallet.com)
- The Simple Dollar is another website with helpful articles about understanding money and tips on frugal living. (www.thesimpledollar.com)
- Mint is the TurboTax online financial planning site that has tools for budgeting and financial management. (www.mint.com)

There are good Mexico-based resources available in Spanish as well. Some of these include:

- Coinch is a free app that allows you to set savings goals according to your income.
- Presupuesto Familiar is an app that allows users to categorize their income and spending as well as add credit cards and debt they are in the process of paying off.
- MisMetasPCC de Pequeño Cerdo Capitalista is an app that allows users to identify personal finance goals and sends reminders of savings goals to keep you on track.

For more information on financial apps, including ones that allow you to invest visit:

<https://www.entrepreneur.com/article/313693>

Disclaimer: The resources listed here are suggestions. It is important to weigh any advice you are given. It may be free, but it may not always solve a problem.



Here are a few scams to avoid:

- Be wary of emails or calls that offer large sums of money or “free gifts” in exchange for a small fee. If the reward sounds too good to be true, avoid it.
- Beware of companies that try to push you into signing up for something immediately. Only sign up for services you understand. You can always ask them for more information if you are confused.
- Only give personal information (such as account numbers and social security numbers) to companies you know to be trustworthy.
- Never pay for a letter of credit.

If possible, I would suggest you have a loved one that you trust and who believes in you to add you to some line of credit much like parents do for their children. Trust me, you will need it.

– **Joseph B.**



Avoiding Scams

You don't want to become a victim of fraud. Visit this website for a list of common financial scams and their warning signs: <https://www.consumidor.ftc.gov/articulos/como-evitar-una-estafa>

Credit

You may be considering getting a credit card so that you can buy things with credit. Buying on credit means that you buy things now and pay for them later. A bank loans you the money to make the purchase, and then you agree to repay the bank at a later date. Usually, this means you make a purchase with your credit card and then you make monthly payments to the bank until the loan is repaid.

Keep in mind that when you buy with credit, you have to pay interest—an extra fee to the bank for the privilege of using their credit services. Interest rates can be very high. Think hard before you get any credit card, and make sure you do not sign up for too many. Credit card companies make money through customers who are not able to pay off their purchases and end up getting deeper and deeper into debt. You do not want to be that customer!

A credit counselor affiliated with a non-profit organization that has no interest in selling you a credit card can give you unbiased advice about getting a credit card. One example is www.credit.org (also available in Spanish), which offers free telephone counseling sessions.

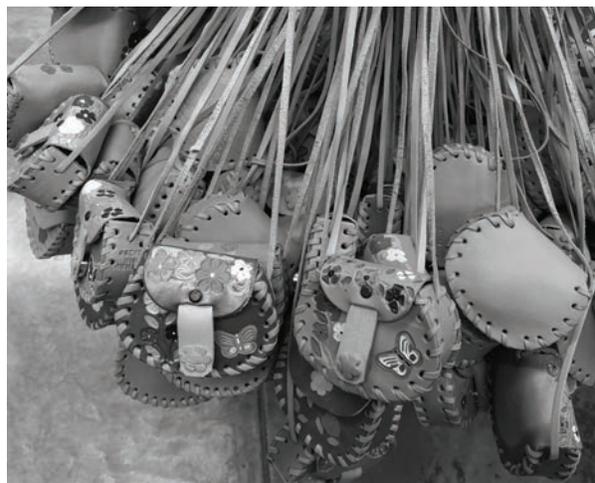
Sometimes, credit cards can lead to a lot of financial trouble. If you buy too much with credit cards, it can quickly become difficult to make your monthly payments. A service like www.credit.org can help you manage your accounts if you become overwhelmed by your credit card payments. A good practice is to only buy things with your credit card that you can pay back within a month.

For some major purchases, such as buying a car or a house, buying on credit makes a lot of sense. You may be unable to pay for a car all at once, but the cost becomes more manageable if you can spread it out over many months. Make sure to choose a car that is affordable so that you can manage the monthly payments, and try to get an interest rate that is as low as possible. Again, it is important to be cautious and to talk to a credit counselor before going into debt for a purchase.

If you decide to get a credit card or make a major purchase using credit, your bank will look at your credit score before deciding to loan you money. You may be familiar with the concept of a credit score in the US which is a number that indicates your likely ability to repay a loan. If you have a good credit score, it will be easier to obtain loans and qualify for lower interest rates. While there is no credit score system in Mexico like in the US, there is a Credit Bureau (Buro de Crédito) that informs lenders whether you have good or bad credit, so you will want to make sure your credit remains good.

Always pay your bills on time and be aware of services such as TV and internet that come with contracts, often 18 months. Failing to pay for the period stipulated in the contract will hurt your credit.

Getting a credit card and using it responsibly are a good way to build your credit. Be careful; not making your payments will hurt your credit as well.





Here are some guidelines for managing credit:

Get educated

Being uninformed can lead to costly mistakes. The website consumerfinance.gov offers practical information about credit in the US which will vary only slightly from the way things are done in Mexico.

Be prudent

Avoid businesses (such as car dealerships and payday loan offices) that advertise directly to people with bad credit. They often have extremely high interest rates that only benefit the business. They are counting on you not being able to pay your debts. Do not support any company whose business model depends on your lack of financial success.

Be cautious

Read the fine print carefully and understand the rules before you sign anything. Remember, what counts is what is in the contract, not what the salesperson promised.

Pay your debts

If you've gotten behind on any of your debts — or have had debts fall into collections — pay them, or make a plan for beginning to pay them. For information about managing debt, see this website: www.consumer.ftc.gov/articles/0150-coping-debt

Pay your bills on time

Make it a priority to pay all of your bills on time. Paying on time is a good habit and can improve your credit score. The easiest way to do that is by setting up an automatic payment with your bank on your bills' due dates. Marking the dates on a calendar is fine, too.

Use credit cards wisely

If you choose to have a credit card, don't charge what you can't pay back at the end of the month. If you must borrow money with a credit card to pay your credit card bills, it's time to talk with a credit counselor.

Don't cosign loans without reading them. Make payments on time or it may hurt your credit.

Tax Basics

Once you start earning money you will be required to start paying taxes. You do this through your RFC number. The amount you pay in taxes will depend on how much you earn, your health care costs and work-related expenses.

Depending on your type of employment, in Mexico, unlike in the US, you are responsible for

paying your taxes every month. Some employers will handle this for you but in other positions (for example, part-time teaching positions), you must make an appointment with the tax office to file your taxes (The SAT). There is also an annual tax return that you are responsible for filing. This date is in April annually.

When you file taxes, you let the government know how much you have earned and how much you

have paid in taxes, and some information about your situation (children, disability, health care costs, etc.). The government decides whether you have paid too much or too little in taxes. In many cases, you will find that you have paid too much, and you get a tax refund. If you have paid too little, you have to pay the amount you owe. If you do not file your taxes, you have to pay a fee and you will owe back taxes for the money you didn't pay. The government can even freeze your bank accounts. When you take a job it's important to understand if the employer will handle your tax filings for you or whether you will be responsible for them. In the former case you will likely be a full-time, formal employee of the company. In the latter you will be functioning more like a freelancer, what's called working for "honorarios" in Mexico. In some cases you

will have to provide an official receipt, called a "factura," to your employer or client stating that you have reported the income to the government. When you work in this capacity you are required to present your taxes monthly at the Mexican equivalent of the IRS, called the "Servicio de Administración Tributaria," or SAT.

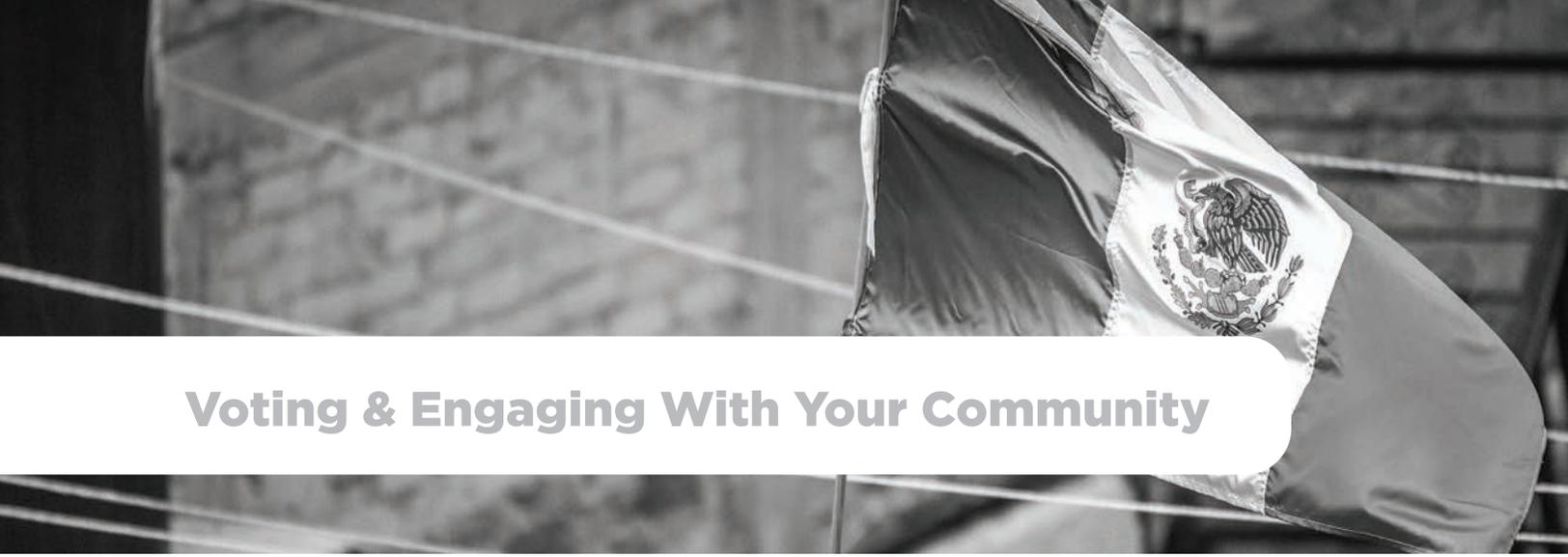
Because the process is so time-consuming and complex, many taxpayers chose to hire an accountant. A reasonable rate for one is about 500 pesos per month and you are likely to find a good one by word of mouth. Alternatively, you can present your declaration in person each month. It's a good idea to make an appointment online before arriving to cut down wait time. To do so visit <https://citas.sat.gob.mx/citasat/home.aspx>.



Property

Transfer of property can be a fairly complex matter in Mexico, best done with the help of a notary public or attorney. Note that a notary public in the US is very different from one in Mexico. In the US, you may be familiar with notary publics for the seal and signature they provide to notarize important documents. In Mexico, they function almost like attorneys, helping their clients with policies and procedures. If you need to transfer property that you have bought or has been gifted to you by a family member, consult with a notary public or attorney. They will let you know exactly what documents are needed, and, for a fee, will take care of the transaction, including helping you deal with any back taxes owed.

NOTE: Some lawyers also offer this service of titling a property but sometimes they work with a notary and then charges you their fees too. It's sometimes faster to choose a lawyer over a notary public so if it's urgent, and you don't mind paying extra, hiring a lawyer might be a good option but you can also work directly with the notary yourself. Whether you choose a lawyer or a notary, be sure to ask for an estimate of the costs up front to avoid surprise fees.



Voting & Engaging With Your Community

Voting

You can vote as a repatriated citizen, and you should! We need your voice. In Mexico, you have the right to vote after release and deportation, regardless of the circumstances surrounding your incarceration and deportation.

And the best news is you don't have to register to vote! Your national ID card, known as the INE, doubles as an automatic voter registration.

Educate Yourself

Take time to understand the issues and the candidates before you vote. Newspapers and candidate websites can help you be informed. Local and state elections are just as important, if not more important, than national presidential elections because your local and state leaders impact your community more directly.

For more information on political parties in Mexico see: www.mexicoinstituteonelections.wordpress.com/the-parties/

Community Engagement

Now that you are out of prison and have returned to Mexico, you can contribute to your community in valuable ways. Educating yourself about the political process and voting is important. Additionally you can contribute your skills through community organizing and volunteer work.



Quick facts about presidential elections in Mexico

- The Mexican president serves a term of six years and cannot be reelected.
- The presidential election takes place on the first Sunday of July.
- Inauguration day is December 1.

Get involved in advocacy work. If we want to change the process, we have to lead the process.

– **Marlon C.**



Community Organizing and Advocacy

Community organizing is about community members joining together and engaging in organized activities to advocate for their needs and rights. Communities can be defined through geographical boundaries or shared characteristics. Community organizing can take many forms including door to door interactions, public speeches, organizing community meetings, gathering systematic information about community needs, sharing information to educate the public, developing community leadership, and organizing fundraisers. Community organizing is an effective tool for making your voice heard and creating significant positive change. You would be surprised by what you can do when you join together with others to create mutual-aid organizations and hold your representatives accountable and to make sure your community's voice is being heard. There are many organizations that do community organizing online and on the ground. Now that you are out of prison, you can contribute to these efforts in valuable ways. Find an organization in your community and attend a meeting, or start one yourself. Here you can discuss problems that the community is facing and work to develop solutions.

Volunteer

Volunteer work gives you the chance to make social connections, focus on solving problems, and see your community as a living whole in which you are a vital participant. Volunteering helps you build fulfilling relationships and has proven health benefits. Creating new social connections can prevent depression and reduce feelings of

isolation. Watching how your efforts make your community better can give you a sense of pride and fulfillment.



Here's a list of community organizations in Mexico whose members advocate for recently deported people. Get involved!

- Otros Dreams en Acción (www.odamexico.org) (Mexico City)
- Caminamos Juntos (www.cjsma.org) (San Miguel de Allende)
- New Comienzos (www.newcomienzos.org) (Mexico City)
- Dreamers Moms (www.dreamer-moms.org) (Tijuana)
- Rhizome Center for Migrants (www.rhizomecenter.org) (Houston/Guadalajara)

For more information about volunteer opportunities in Mexico see check out this list of non-governmental organizations in the country:

<https://catedraunescodh.unam.mx/catedra/catedra/ongmexico.html>

Otros Dreams en Acción (ODA) is a community of and for those who were born in Mexico, grew up in the United States, and are now back in Mexico because of deportation, the threat of deportation, or the deportation of a family member. At ODA we support and accompany each other through the different processes of returning, such as finding emotional support, potential jobs, legal help, and assistance with getting documents. We also offer workshops and events throughout the year at Poch@ House, our cultural and artistic space.

ODA is made up of people that have gone through similar situations as you. We are here to make your process a little easier than it was for many of us.

If you are currently out of work, volunteering can also help you acquire new skills to add to your resume so that you can have a more successful job search. You may also meet new people who can help you network and find new job opportunities. Volunteering expands your life experience in ways that may surprise you. You may discover new abilities or find new interests by offering your time and energy.

Schools, churches, and shelters (especially at the border) are a great place to start. Other options include community centers, nursing homes, and animal shelters. Call or visit them to ask how you can help out. You can also do a Google search for volunteer opportunities in your community.

Do a self-assessment. What skills do you possess that could help others? Do you speak English fluently? Do you have computer skills? Approach a local church or community center and offer to teach a weekly class or coach a sport at a local elementary school. Organize with other activists concerned about the environment to plant trees and pick up trash in your community. If you live near the border you can assist deported individuals that have been deported by volunteering at shelters or soup kitchens. For more information on how to get involved in your community see our Beginning to Heal section on page 115.

New Comienzos is a nonprofit organization committed to supporting Dreamers, migrants, returnees and their families as they integrate into Mexican society. We offer psychological support, shelter, English certification, mentoring and job search assistance for bilinguals. We also offer a youth program to help prepare young people for jobs. In our four years as a nonprofit, we've supported over 20,000 people. We believe in the dreams of Mexicans and that the American dream can be achieved in Mexico as well.

Plaza de la República #9, Tabacalera, Cuauhtémoc, 06030
(55) 7733-1436
<https://www.newcomienzos.org/>

Dreamers' Moms provides support for deported and migrant women and children in the Tijuana area. Our mission is family reunification in the US and Mexico. As soon as a deported or migrant woman arrives in Tijuana, we offer orientation, food, personal hygiene kits and emotional support. We also accompany them to shelter, help with job placement in call centers, and refer people to mental health care. Our legal firm, Unión Law, provides legal services to women who have a viable migration case for reunification with their families.

We are a community of deported people, many of us the mothers of American citizens, Dreamers and undocumented children. As an organization, we work to influence local and US laws and speak to the media in order to raise awareness of the trauma of deportation, especially for children born in the US.

Madres Soñadoras Internacional/ Dreamers Moms USA/ Tijuana A.C
(664) 130-6144
Facebook: <https://www.facebook.com/DREAMersMoms>



Cultural Encounters

Greetings

In Mexico, greetings are often warmer and more physical than in the US. In casual encounters, men often shake hands and women kiss on the cheek or hug. Men often kiss women on the cheek as well to greet them. It is important to note that this is an “air kiss” which consists of touching right cheeks and making a kissing sound into the air. If you are not used to this it will feel very strange at first. You can also opt for a handshake, but avoiding greeting others entirely might make others think you are cold or rude.

It is also considered polite to greet everyone in attendance at small gatherings, for example, a family barbecue. This is especially true in small towns and rural areas. You are expected to greet everyone: men by handshakes and women by kisses. Older women may extend their hand for a handshake rather than a kiss. When you leave the party you are expected to say goodbye in the same way to all who remain.

As in the US, hugs are the norm between close friends and family members.

Courtesy is expected in daily encounters as well in stores, banks, or government offices, and other public places. Most people greet each other with “good morning” or “good afternoon” before getting down to business. Most people know their local grocer or store-owner and want to maintain that relationship through greetings and practicing courtesy.

In the corporate world handshakes are the norm and this custom doesn’t vary much from that in the US.

Note: To stay safe during the pandemic, consider limiting kisses, hugs and handshakes. This has become common in many parts of the world.

Formality

Mexicans are generally more formal with people they don’t know, referring to them as ma’am or sir (señora or señorita for younger women, and señor for men). You’ll also hear “Don” or “Doña” used for older people and “joven” might be used to greet younger people. They will refer to strangers as “usted” rather than the informal “tú.” If an older person, or someone you don’t know well tells you to talk to them using “tú,” they are trying to reduce the formality in the conversation and you should follow their lead. In Central America, “usted” is often preferred among spouses and children while “vos” or “tu” is typically used for peers and siblings.

Punctuality

Mexican society moves a bit slower than it does in the US. Arriving on time for social events is unheard of as most invitees to a party will show up an hour late or more. In business meetings and other types of appointments (e.g., a doctor’s visit), punctuality is expected although you will notice that it is not always delivered.

Body Language

In social and informal business interactions eye contact is not as common as it is in the US and varies among social classes. Don't be surprised if people tend to look down and avoid eye contact. For some people in Mexico this behavior is considered a sign of respect. When talking in small groups people may stand closer to you than you might be used to in the US.

Bureaucracy

As indicated, Mexico runs on a slower clock than in the US and getting things done seems to take much longer. You may wait in line at the bank for half an hour or more before you are attended and when you are, the representative attending you may pause to answer a phone call or to greet a colleague.

Government processes such as applying for your ID or getting a passport often take a great deal of time and effort. It is not uncommon to have to return to an agency multiple times and wait several hours. Many agencies allow you to make online appointments which will cut your time drastically. Always visit the government office's website to check the list of required documents.

Religion

You will notice that religion, especially Catholicism, plays more of a role in daily life in Mexico than it does in the US. After all, 85% of the population is Catholic so many community events, even secular ones like high school graduations, are celebrated with a mass. Evangelical Christian denominations constitute the next largest group, but still make up less than 2% of the population.

Family

As you may know, families in Mexico are typically extremely tight-knit, much more so than in most US cultures. Mexicans tend to settle down near family members and even live at home for a much longer period of time than is common in the US.

For many, family comes before anything else. Multiple generations can often be found spending great amounts of time together and respect for the elderly is a common value. Sunday is often set aside for family; socializing with others is uncommon on that day

Friends

Friendships are highly valued and a lot of effort is generally put into maintaining them. In fact, in Mexican culture there is an elaborate system of "godparenting" that elevates close friends almost to the role of family. If you are close to someone they may ask you to be godparents for their children. As a godparent, you may have special obligations at celebrations such as baptism, first communion, confirmation, or even a wedding. Being a godparent is an honor and a serious obligation. It usually means covering at least part of the expenses associated with the celebration.

Communication

It may surprise you to know that WhatsApp is an extremely common form of communication in Mexico, as is Facebook. Your employer may use it to send you important work-related information. Your doctor may send your test results this way. Whatsapp groups are commonly used to organize groups of people with common interests, such as sports teams or parent groups.



Section 3:
Healing & Moving Forward





Beginning to Heal

Incarceration and deportation hurt in a lot of ways. You may find that your experiences cause you to push others away to protect yourself from the pain. You might avoid relationships and uncomfortable emotions or put on a protective armor of indifference.

Healing from the trauma of incarceration will take time. It is a process that requires equal parts vulnerability and strength. If you have put up emotional armor to protect yourself, shedding that protective layer can be daunting. While it may be difficult, acknowledging the pain of incarceration is necessary to heal. Opening up to yourself and to trusted others is a vital step in reclaiming your life. Vulnerability is not weakness, nor is asking for help.

This section offers a number of suggestions that may help you begin to heal from the pain of incarceration. It includes different aspects of wellness, as well as suggestions for finding support groups and ways to get involved in your community.

For years, decades, we become so focused on getting out and preparing ourselves for when the time comes that when it actually happens we tend to have difficulty finding our footing because that clearly specified goal is no longer in our lives. We have a purpose, but now it is no longer as clear cut as it once was. Moreover, rather than dealing with the trauma, we tend to ignore it or downplay it as if it is completely normal what we just went through. We went from being focus driven to being in a state of flux. Before anything, we must deal with our trauma. It is not going away magically. We can do it by asking for help, venting, or riding a bicycle for hours, as I love to do. But we have to address it.

– Roberto L.



My family thinks that because I'm free, all my problems are over, but really we carry all this baggage with us. The coping mechanisms we had on the inside are still with us, and they create barriers on the outside.

– Pablo M.



Reach out to somebody. One of our coping mechanisms that's prevalent with individuals who are incarcerated is that we retract ourselves, isolate ourselves to try to deal with it, with the psychological hurdles we're going through.

– Pablo M.



Wellness

Wellness can mean different things to different people. In the context of reentry, wellness is about making meaning out of your past and allowing it to inform who you are and want to be. It is about forgiveness, caring for yourself, and reconnecting with others. Achieving wellness in different aspects of your life is an important part of your reentry journey.

We asked EJP students what wellness means to them, and this is what they shared:

Emotional wellness involves being respectful of yourself and others. It means being aware and accepting of your feelings, whether they are positive or negative, and expressing your feelings to others in healthy and constructive ways. It also means taking the time to consider others' feelings and perspectives. Much conflict comes from misunderstanding. Take the time to listen and talk things out. People can have different perspectives, but knowing how to disagree respectfully is key to healthy relationships. Be patient and realize the path to emotional wellness can be a long one. There may be unresolved issues you're dealing with, such as grief, anger, or depression. It is okay to seek professional help. Counseling can be an important part of learning how to be emotionally well.

Spiritual wellness is opening yourself to a larger meaning or purpose to life. Spirituality may or may not involve religion. You might decide to join a church, synagogue, or mosque to practice your faith in the company and support of others. You could also decide to join a support group to find community and purpose. Spiritual wellness can simply mean setting aside private time to be open, listen, and reflect upon what's going on inside. Many people find spiritual wellness by connecting with nature or practicing mindfulness or meditation (see page 119).

Take a breath. You're going to be in for a ride, and you better pack your patience.

– Pablo M.



Physical wellness is taking care of your body. There are many ways to stay active and healthy. Consider finding a gym, jogging, walking, or biking. Take time to enjoy fresh fruits and vegetables and drink plenty of water. Practice safe sex by using condoms. For those with addiction issues, seek assistance through counseling or recovery programs. Read more about health on page 87.

Working out and staying into sports was a way for me to stay healthy and motivated. It gave me physical health but also mental stability. It helped me cope with the anxiety of starting all over again. I say all the time, going to the gym and working out is much more than just doing exercise. Being fit gives you confidence and builds self-esteem. Being able to endure difficult things like lifting your max or running to the limit of your capacity builds courage and helps prepare you mentally for those difficult experiences you'll have in life, to keep pushing forward. And eating healthy and staying within your weight limits is also important for living a long productive life. Guys like me have lost many years to the system and to bad decisions. You can't makeup for lost time, but you can try to make the most of the time you have left. So be healthy and stay strong.

– **Israel P.**

Social wellness involves seeking out healthy relationships with people. As we discuss in the Relationships section on page 126, this will be a time of strengthening old relationships and building new ones. There are many different ways to do this. While it can be difficult to put yourself out there, it can lead to meaningful, healthy relationships.

Advice for socializing outside? Learn coping skills and anger management. Be less abrasive and more open-minded.

– **Earl W., EJP Alumnus**

Occupational wellness is contributing meaningfully and respectfully in your job. Your job may not be ideal, but how you perform the job is entirely up to you. Show up on time and do your best. Recognize the strengths that you bring to your workplace. Find ways to do a little extra and ask to learn new things if you can. Take the time to realize the value of the work you do. Value can come from producing a product, providing a useful service, or simply supporting your family. Also, try to avoid toxic work environments that are physically or emotionally unhealthy as much as possible.

Environmental wellness means being aware of Earth's resources and trying to create a clean, healthy, and beautiful environment. Respect the Earth and become aware of your place in it and your responsibility to take care of it. Spend time in nature, even if it's at a local park. Grow vegetables in a community garden or volunteer to help with community clean up.

When you're locked up, you have all this time to sit and think. You have ideas of how you want things to go, and then you get out and, of course, those are just ideas... Take care of yourself and everything else will fall into place... You can't stress out over everything that you have no control over. Don't give up hope. There's always hope. And love overcomes a lot of stuff.

– **Heather B.**

Support Groups

One of the best ways to begin to heal is to connect with others who are going through the same things you are. You can gain strength and encouragement by joining a support group with people who have shared similar experiences.

If you are struggling with drug or alcohol addiction, there are many excellent support groups, such as Alcoholics Anonymous (www.aa.org.mx) or Narcotics Anonymous (www.namexico.org.mx). Drug rehabilitation programs are also available. Support groups are available for grief, mental health, disabilities, parenting, divorce, sexuality, weight loss, and a host of other issues that you may be struggling with.

Approach your first support group meeting with an open mind, focusing on listening and learning. You may need to attend several meetings to see if things “click” for you with a particular group. If one group doesn’t work, try to find another. Even within the same organization, chapters can be very different and members come and go.

Finding support groups can be tricky, especially if you live in a rural area. The easiest way to find one is through an internet search. Terms like “formerly incarcerated women,” “substance abuse support groups,” and “community support group + name of your community” will help you find local communities of support. Health care providers, community centers, and churches are also good sources of information.

If there are no support groups in your area, consider joining an online support group. Many support groups moved online during the pandemic and still meet remotely.

Get Involved

Connecting with others can be challenging for people coming home from prison. You may feel lonely or isolated, especially if the people you were close to are no longer around. You may even purposefully need to avoid some of your former relationships as you rebuild your life. Consider getting involved in your community to form new friendships and connect with others. Here are a few ideas:

- **Community Organizing, Advocacy, Mentoring, and Volunteering.** Your skills and experiences are valuable and you can put them to good use by engaging with your community. You can make a real difference in people’s lives by using your experiences to help others through their challenges.
- **Join or Create a Shared Interest Group.** Join a sports team, book club, or hobby group. Join or form a single parents’ support group or become involved with local politics. You can even organize your own group tailored to your beliefs and values or focused on something you feel strongly about. Your local public library is a good place to find or post notices for such groups.
- **Join a Community Association.** Community associations organize events like block parties, potluck meals, and musical events. These associations can be a great way to meet people and feel connected. You can locate groups by searching online for “community organization + name of your community” or “advocacy group + name of your community.” Facebook and other social media apps can also be great ways to connect with neighborhood groups.
- **Join a Religious Organization.** Churches, synagogues, and other faith communities can help you find meaning, purpose, and fellowship. Many religious organizations offer classes, support groups, and volunteer opportunities. It may take a while for you to find the place that feels right for you. Don’t be discouraged; it’s okay to go slow.



Mindfulness

If you have had a mindfulness meditation practice while in prison, you no doubt know how important it has been for you while on the inside. You may be wondering how you will continue when you are released.

If you're new to mindfulness, welcome! We will introduce you to some simple but powerful mindfulness meditation practices that you can begin trying out today.

Beginning or maintaining a mindfulness meditation practice looks different for all of us, as you will see in the stories shared below from prison or reentry mindfulness program participants. The chapter covers the following topics:

1. What is mindfulness?
2. What are the benefits?
3. How do I meditate?
4. Meditation scripts
5. Mindfulness resources
6. Meditation groups

Mindfulness meditation is the best tool that I have in my toolbox that helps me deal with, cope, and overcome the pressure of incarceration.

– **Prison Mindfulness Program Participant**

What is Mindfulness?

Mindfulness is the practice of paying attention to our present experience (including our thoughts, emotions, and body sensations) without judgment, or without giving yourself a hard time. Whenever you bring intentional awareness to your five body senses or your mind, you are being mindful! Mindfulness can be practiced in many ways; meditation is one of those ways.

The practice of mindfulness is not about fixing something that is wrong or broken within you. Instead, mindfulness is about accepting what is going on internally with gentleness and compassion. It helps us stay connected to the moment, and respond to situations in a non-reactive, caring manner.

Though mindfulness has its roots in Buddhist meditation, for many people, mindfulness is not a religion. It is instead a practice of exploring their minds and bodies. In fact, some understand mindfulness to be a practice employed in every religion. In Christianity, for example, some people practice contemplative prayer which has similar features to meditation.

If you would have told me a year ago that prison meditation was a survival skill I might have chuckled. After one short year of mindfulness practice I'm starting to realize it might just be that.

– Prison Mindfulness Program Participant

Does your heart race every time you step out of your house or enter a public place? Many of us reentering society experienced that same thing. I found that my anxieties overwhelmed me to the point of confusion. Practicing mindfulness helped me be aware of physically overwhelming experiences at the onset. I could feel perspiration on my upper lip. My palms started getting sweaty. My body tenses up. These are the warning signs that remind me to just breathe. During these episodes I found that I was not breathing. Doing nothing else but concentrating on my breathing made this off-putting experience bearable. Soon thereafter, I was more and more in control.

– Prison Mindfulness Program Participant

I thought my troubles would be over if I could just get out. Freedom was the answer to all my problems. Little did I know that freedom was just the beginning of a whole host of new challenges. I experienced nausea every time I rode in a car and two months later I still do. . . . After a while, I questioned myself, "what is wrong with me?" I still don't have the answers to that question. All I can offer is the way in which I coped with the symptoms. I meditated. I simply concentrated on my breath. I followed my breath going in and followed it leaving my body. Each breath unique, each breath a momentary pause to reset myself.

– Prison Mindfulness Program Participant

The benefit of mindfulness-based meditation in prison is the equivalent to an oasis to a desert-beaten man.

– Prison Mindfulness Program Participant

What Are The Benefits of Mindfulness?

Mindfulness has many benefits, from improved self-awareness to stress management and emotional regulation. It has been found to even

change the physical makeup of the brain over time. That means we are not stuck with our old self-defeating habits of mind, but can develop happier lives.

Other benefits of mindfulness include:

- Increased ability to fight disease
- Lower blood pressure and heart rate
- Improved ability to focus, follow directions, and handle emotions
- Lower anxiety and depression
- Ability to grow after traumatic experiences
- Increased self compassion
- Decreased burnout

How Do I Meditate?

No formal training is required to meditate!

Be assured that there is no one right way to meditate, no “good” meditation, and certainly no “bad” meditation. If you can breathe, you can meditate. Meditation may be different each time you try it.

Practice Alone or With a Group. You may know someone who has developed their own meditation practice who can give you helpful suggestions. You can meditate alone or with a supportive group to tap into the experience of others.

When to Practice. In the beginning, try to meditate for short periods (5-10 minutes), and then increase gradually. Experiment with different times during the day: morning, evening, or afternoon. Make a commitment to practice every day, understanding that if something comes up, that’s OK! Let go of what you think “should” happen.

How to Sit. Many people meditate in a seated posture with their eyes closed or open. Sit in a chair or cross-legged on a pillow, floor, or bed. Try to maintain a stable yet relaxed posture with a straight back, your hands resting in your lap or on your legs.

Common Difficulties. It’s common to feel restless, bored, and sleepy when you meditate. You will likely notice just how much thinking goes on in your mind too! That’s totally okay. You don’t need to get rid of thoughts when you are meditating. Do your best to notice and label it when it happens: “thinking about the past,” “feeling restless” or “feeling bored.” Then see if you can return your attention to the meditation and your breathing. Remember that meditation takes practice. There is no such thing as a perfect meditation. Do your best to keep an attitude of curiosity and non-judgment, no matter what comes up.

Have you felt alone, out of place? You are not alone. I experience that regularly. Things have changed since I last experienced freedom. Life has passed me by and I’m lost among new technology and infinite variety. No one seems to understand what I am experiencing. I can’t help but feel broken. Is something wrong with me? The answer to this question is an emphatic “No.” What I was experiencing was a reaction to the trauma of isolation for so many years. I rely on mindfulness to assist me in channeling my focus. Mindfulness assists me in ignoring the peripheral that excites my anxieties and allows me to center my focus. I do so by simply concentrating on the breath. This simple act is what grounds me and allows me to function normally.

– **Anonymous**



Meditation and Trauma. When we practice mindfulness meditation, sometimes our mind digs up long-hidden memories and experiences that are disturbing or traumatic. This may create anxiety, which can feel overwhelming. Mindfulness can be a tool to process these emotions, but it is not a cure-all. If focusing on the body triggers traumatic memories, try focusing on a safe image or sound. If difficult memories persist, consult with a mental health professional or seek other forms of care that appropriately respond to trauma. Consider a health-focused mindfulness group for people who have experienced trauma.

How Do I Meditate?

Many begin their meditation journey by following written or audio versions of meditations. We've included a few sample meditation scripts. We recommend reading each script slowly to get familiar with it. After a while, you can say the meditation silently to yourself, perhaps giving each step about 1 minute, but feel free to go at your own pace.

I don't always follow a specific regimen other than just to breathe in times of stress. This sounds simple enough but it can be very difficult, especially when you are not practicing regularly.

– **Anonymous**



A Seated Breath and Body Meditation Practice

Abbreviated from Mindful Magazine

1. Begin by getting comfortable in a seated position, sitting up straight but not rigid, in a position of ease. Close your eyes or lower your gaze toward the floor.
2. Take a few deep breaths. Get a sense of how you're doing at this moment physically, emotionally, and mentally. Is there tension or tightness anywhere? Is your mind busy or calm?
3. As you breathe in, bring a beginner's mind, noticing it as if for the first time. As you breathe out, bring the same sense. Rest your awareness on the breath.
4. Begin to sense your body sitting here. Feel into your whole body. Your body is full of sensations from warmth to coolness, achiness, pressure, holding, pulsing, itchiness. Perhaps some areas don't have any feeling at all—a blank. Spend the next minute feeling the sensations. Allow these sensations to come and go.
5. If your mind wanders, where is it wandering to? Are you remembering something that has happened? Are you feeling anger or regret? Are you planning or practicing what you will say to someone? Notice your thoughts as if you were sitting in a movie theatre, watching images come and go on the screen. Notice the thought or emotion as if it were someone else's thought, not yours. Notice an opening up in yourself as you become more aware, more accepting.
6. Come back to the breath. Breathe in and out. As you gently come back to the breath, notice how the whole body expands when you inhale, and contracts when you exhale. The whole body breathing.
7. As you bring your time with this meditation to an end, congratulate yourself for taking this time to engage in your own practice for your health and well-being. Realize that you can take a few minutes to meditate whenever you wish.

Our thoughts are just thoughts, not the truth of things, and certainly not accurate representations of who we are. In being seen and known, they cannot but self-liberate, and we are, in that moment, liberated from them.

– Jon Kabat-Zinn



Gratitude Meditation

Mindvalley Academy

Gratitude practice can help us tap into hope, our own internal resilience, and boost our mood. That said, it's not easy to focus on the positive when you feel overwhelmed. Be patient with yourself as you try this meditation and remember you can always return to the breath if it feels overwhelming.

1. Seat yourself in a comfortable position and take a few deep and slow breaths.
2. Draw your attention to something that's currently troubling you. It's best to start small. Name a minor annoyance or irritation. Perhaps the room you're in is cold and drafty.

3. Now see if you can flip the negative circumstance to find a small positive aspect. For example, perhaps the room is cold and drafty, but it's raining and you're able to stay dry.
4. Continue to identify things that are unpleasant and do your best to find a small positive opportunity that the circumstance provides. Challenge yourself. Stretch your gratitude muscles. Try to see if you can find something that is perhaps positive about these experiences, such as ways they have helped you learn or grow. Perhaps you notice how you have persevered in new ways, or found new ideas or connections you would not have noticed otherwise.
5. Another way you can try this meditation is to simply repeat "I am grateful for _____" and notice what comes up.

Mindful Walking

Adapted from Mindful Walking, Segal, Williams & Teasdale Mindfulness-Based Cognitive Therapy for Depression

Mindfulness is essentially about being aware of what we're doing, thinking, and feeling. Walking meditation is simple to do, and you can do it without drawing attention to what you're doing. Everybody walks, but most of us don't focus on the process of walking and how the body feels.

Have you experienced disappointment with freedom? I have and that is not something to be ashamed of. My life after release is nothing like I envisioned it. I romanticized freedom and for some reason I feel more locked up out here. I constantly ruminate on these disappointments. Rumination occurs naturally when you allow your mind to take control. Mindfulness has taught me how to take control of my thought process. This has allowed me the freedom to take life as it comes and adjust as needed.

– Prison Mindfulness Program Participant



1. Standing still, bring the focus of your awareness to your feet. What are the sensations of the contact of your feet with the ground and the weight of your body? You might find it helpful to flex your knees slightly a few times to get a clearer sense of the sensations in the feet and legs.
2. When you start walking, notice how you transfer your weight into the right (or left) leg. Notice the physical sensations in the legs and feet as the left (or right) leg “empties” and the other leg takes over the support of the rest of the body.
3. With the left leg “empty,” allow the left heel to rise slowly, move it forward, feeling the sensations in the leg as you do so, and place it down to get ready for the next step, and feel your weight transfer to this leg.
4. Continue walking, being aware of the sensations in your feet, legs, hips, and upper body (if possible).
5. If you stop, or have to wait, still be aware of the physical sensations of standing, and then of walking when you start moving again.

Mindfulness in Daily Life:

Brushing Your Teeth

Being mindful doesn't mean you have to sit on a cushion and be still. Think of all the things we do in a day. Most of the time we're not fully aware of what we are doing, and our minds wander off. Mindfulness can actually be practiced in our everyday routines, like washing dishes or brushing our teeth. Brushing your teeth is an especially good activity for practicing mindfulness because it's so repetitive. Our minds seem to go into autopilot for those actions we repeat over and over, like brushing our teeth.

1. When you brush your teeth in the morning, instead of being lost in thought the whole time, gently bring your attention back to the body each time you realize the mind has wandered off. What can you see? What can you hear? What's the color of the

toothpaste? What's the smell? What flavor is it? You don't have to think too much, it's more a case of being present to notice all these things.

2. Now, gently focus your attention on the sensations. Be mindful of your arm moving from side-to-side and the sound of the toothbrush against your teeth. Feel the bristles against your gums, against your teeth.

The ride home from Lawrence was a bit difficult. I was noticing everyone was on their phones and all I had to do was look out the window. As if I already didn't stand out enough. For Christ's sake I'm carrying a cardboard box for luggage. People were standoffish. This probably was a good thing because I had several panic attacks. Thank God for mindfulness. Meditation didn't always work but I immediately recognized it when it was needed.

– Prison Mindfulness Program Participant

Mindfulness Resources

Want access to more meditations or a read more about meditation practices? Check out this website for dozens of more meditation scripts and resources!

https://drive.google.com/file/d/1XSgYgKhvpM1ugg3_00Q074nBXIZq4CLo/view?usp=sharing

If you would like to begin learning about meditation from the guidance of BIPOC (Black, Indigenous People of Color) here is a BIPOC Mindfulness Resource Guide with podcasts, meditation scripts, and more:

<https://drive.google.com/file/d/1s3I700SH5hAXVCDBDMZddhDSMN3ogXpG/view?usp=sharing>

Phone apps. There is no shortage of free mindfulness phone apps that offer guided meditations, meditation timers, calming sounds, tips on how to meditate, ways to combat anxiety or depression, advice on how to sleep better, ways to hone your focus, and more.

Meditation phone apps can be accessed on the bus or train, at work, or before bed. A meditation app can help you keep track of your meditation and provide accountability. You can listen to guided meditation scripts with soothing voices and gentle sounds. You can choose long or short meditations. Check out our Mindfulness resources on page 124 for a list of apps. Want to learn how to download a Phone App? Check out our Communications section page 81.

Remind yourself that the deepest stillness and peace does not arise because the world is still or the mind is quiet. Stillness is nourished when we allow the world, the mind and the body to be just as they are for now, moment by moment, and breath by breath.

– Williams & Penman, “Mindfulness”



Meditation Groups

Meditation groups are wonderful ways to connect with others to share and deepen a meditation practice. They provide community, accountability and a supportive space to connect with others. These groups come in many forms. Some are face-to-face while others are online. Many meditation groups begin with a handful of interested friends meeting in one person’s home. Some groups meet regularly and are ongoing. Some have been meeting for decades.

For beginners, meditation groups offer free instruction, guidance, support, and feedback. While many meditation groups may describe themselves as Buddhist, using words like “Sangha” (community), “Zen” (meditative state) or “Vipassana” (insight), many groups are open to anyone joining their group.

Tergar.org

Tergar is an international meditation community founded by Yongey Mingur Rinpoche that offers a program for beginning and sustaining a personal meditation practice. The program is called “The Joy of Living” and is based on the book by the same name. Tergar is a network of meditation communities worldwide (in both Mexico City and Puebla, Mexico) and also offers a wealth of online resources such as online classes, meditation practice materials, and more. There is also a website in Spanish: espanol.tergar.org

You may be able to find a **mental health mindfulness group**. These groups meet over a specified number of weeks, usually 8 to 10, and have a structured agenda each meeting. Here are two mental health mindfulness programs that may be helpful:

- **Mindfulness Based Cognitive Therapy** helps people develop more mindful ways to address stress, anxiety, and depression. It explores patterns of thinking and helps people shift to more helpful attitudes.
- **Mindfulness Based Stress Reduction** helps people with chronic pain. It can also be used to develop healthy responses to stress of all kinds.



Building Healthy Relationships

Incarceration creates barriers for maintaining relationships with family, friends, and other loved ones. The high financial and emotional cost of keeping in touch can put strains on these relationships. And of course, deportation complicates things even more. You likely left some family behind in the US and are reunited with others in Mexico or your home country. Wherever your loved ones are located, the process of reconnecting with them and rebuilding healthy, positive relationships will likely require thoughtfulness and care. This transition is difficult, not just for you, but for the ones you love too.

People whose loved ones are incarcerated or deported can feel isolated. Often, their feelings of loss and the pain of separation do not seem socially acceptable. Both incarcerated and deported people and their loved ones may feel guilt in relation to each other. Open and honest communication about these feelings is made more difficult if you're trying to keep things positive. Some people may cope by being closed off and guarded, as a way of surviving prison, but these habits may strain relationships.

Even under the best of circumstances, being away from family, friends, and loved ones for an extended period of time means that you will all need time, patience, and openness as you work to get to know each other again. We acknowledge that there is no one-size-fits-all solution to the relationship challenges people face when leaving prison. Rather than offering more advice, we share the wisdom of formerly incarcerated, and deported individuals who have generously described the challenges they faced and how they have worked to form healthy relationships after incarceration and deportation.

Staying Close When You're Far Away

“The best way to reconnect with family in the US if you are being deported is to foster a healthy relationship with them during your incarceration. Sometimes individuals think that since they're getting deported then they can burn bridges or simply neglect their relationship with their loved ones in the US. In other words, the thought process is: I am not going to see or be around my family so who cares if I call home or take the time to write a letter while I am in prison. Well, the reality is that who better to help you or just lend you an ear than those who have actually been there—to some degree—from the very beginning? People can make friends or find acquaintances anywhere in the world; they can also find a job and accomplish many other things that we tend to superficially associate with freedom. But to truly attain the emotional stability and freedom that I believe we all seek, then you are going to need people in your life who are aware of your circumstances and who are willing to offer that emotional support. I believe this is something a family can provide and thus the imperative to foster and nourish healthy relationships with your family while incarcerated, even if you are getting deported.”

- Roberto L.

“Get up to date on the newest apps that let you stay in touch with your loved ones in the US, such as Skype, WhatsApp, Facetime, and Messenger. Through these apps you can message, have phone calls or video chats and see their faces.”

- Erick N.

“I take time out of my day, even five minutes, to call them and see what’s going on. I text them every day, every morning... I talk to them and get their point of view and see what’s going on, try to spend time. I tell them I love them, how you doing, how your day going, what you got planned. Little simple stuff. I let them talk. You gotta try to be involved, no matter how old they are, they still children, they still want that relationship with you.”

- Tony C.

Overcoming Habits of Isolation and Aggression

“We are around aggression every day [in prison], and we unconsciously bring that aggression to our relationships on the outside. I found myself doing that to my family a few times, and I didn’t realize it was being taken as a sign of aggression. I was getting loud without even knowing it. Out here it looks different. Most of the time we’re totally unaware of how people are perceiving us.”

- Pablo M.

“The coping mechanisms we had on the inside are still with us, and they create barriers on the outside. When you retract and people are not knowing the reason for your isolation, they think it’s having to do with them. When you retreat, it telegraphs to the other person that you don’t care. When you remain silent, people may think you’re brushing them off.”

- Pablo M.

“I wear all my deep feelings in my expression. People may think I’m angry when I’m not. That comes from being in prison. I’m loud because in jail, people tend to scream. Everyone has to speak over each other if they want to be heard.”

- Antonio S.

“We’re scared, so we do one of two things. We give up or we get angry. Both of those are not what we need to do. Instead of letting our fears make us give up, or letting our fears make us angry and lash out, we need to face our fears, we need to realize that it is a fear that we have, and we need to struggle past that fear. . . You have to let go of that fear and be willing to give, be willing to forgive.”

- Tony C.

“Reflect on why you’re isolating yourself. What is driving you to do this? Maybe you want to protect your family. You don’t want to be seen to mess up. Maybe you don’t want to deal with their rejection. You need to identify these things, confront them.”

- Roberto L.

Forming New Connections

“You spend so much time keeping people at arm’s distance. You never let anybody get close. [When you go into prison] you’re so young, you’re so vibrant, it’s so easy to have friends, to have relationships, to have people that are close to you. But when you come home, you’ve gotten so used to keeping people at a distance that you just continue to do it. It’s hard to make new friends.”

- Tony C.

“When you meet somebody, if it scares them that you’ve been to prison, then you know what? That’s not the person that you need to be with.”

- Tony C.

“My approach is to be aware that I have a lot to offer to a friendship as well. I realize that I don’t possess a strong network here in my new city but conversely I also understand my strengths which are a willingness to learn and to work. Moreover, my past is the past. I choose not to allow that to define me as an individual nor my future. If people are too narrow-minded, where they can’t understand that everyone makes mistakes in their lives, then I am sure I can do without that acquaintance. Plus, at the end of the day, no matter what, people respect hustle. They may question your past decisions but if they can see you are willing to work and do everything within your means to improve your situation then they are going to either get on board or put you on board. Of course, with the exception of the occasional hater but again we cannot control the actions of others; we can only control how we choose to react.”

- Roberto L.

“How do I get to know people? How do you create a personal brand so that all the good things you offer are not eclipsed by the fact that you spent a significant amount of time in prison? How do you open a conversation with someone when you’re trying to remain private, and also take into account all of the negative stigma that’s attached to being incarcerated? You’re just meeting people and you don’t want to share too much about yourself. There’s so much negative stigma. You have to break through that wall. On the other hand, if you do, it’s still no guarantee that they are going to relate to you and understand what you’re going through.”

- Roberto L.

“I don’t really mention [that I was in prison] to people. But, I guess it helps to have moved away, so really not that many people know me. They just know what they see of me now. They don’t know . . . I made mistakes in the past. And I’m kind of comfortable with it. So, if I was to meet a guy or something and start dating, I wouldn’t just throw all my dirty laundry out front. I’d get to know him. But if things were working out really good, I’d tell him all about it, and if he didn’t accept it, then he probably wouldn’t be the guy for me anyway.”

- Heather B.

Learning to Ask for Help

“My family thinks that because I’m free, all my problems are over, but I need assistance with the most basic things. That does make me somewhat defensive, and I’ll end up trying to do things on my own and then I crash and burn. Ditch that machismo and ask for help. It’s not a bad thing.”

- Pablo M.

“What we’re competing with is not feeling like a helpless infant all the time. We’re so used to being rejected that we don’t reach out much for help. It’s helpful if loved ones can create an environment where they’re not trying to hover over you, not trying to mother you, but at the same time recognize it’s a lot to take in.”

- Joe Joe M.

“If you strive to lighten someone’s load rather than adding to it, they are going to be more receptive to help. This is what really wins people over and will help get you where you need to go. Develop an attitude of gratefulness. Recognize that everything is a gift.”

- Joe Joe M.

“You want to be considerate and not wear out your welcome. The effect of that is that maybe you’re not expressing the things that you need. It’s OK to say, ‘Hey, I need you to do this thing for me.’ Learn to communicate what you need.”

- Lee R.

Domestic Abuse

Relationships are complicated. They can be great in some ways, challenging in others. No relationship is perfect, but with patience and care, many can become more supportive and loving. Sometimes, however, it's best to get out of a relationship, especially if there is abuse involved. Abuse comes in many different forms, including:

- Verbal abuse (threats, name-calling, intimidation)
- Physical abuse (pushing, slapping, choking, destroying property)
- Controlling behavior (preventing you from seeing people, going places, or spending money)
- Emotional abuse (making you feel like you are worthless)
- Sexual abuse (unwanted sexual activity, often using force)

If you are in an abusive relationship, seek help. Making the decision to leave is difficult and may involve some risk. It takes courage to leave, especially if you fear for your own safety or the safety of your children, or if you depend on the other person for financial support.

You may want to begin this process by calling a domestic violence hotline like the one offered by the organization "Origen" at (800) 015-1617 or through WhatsApp: (55) 3234-8244. This confidential hotline provides support, information, and referrals. This free service can put you in touch with resources in your area. Even if you are not ready to leave the relationship, the hotline can help you get through challenging times and help you take the next step.

For additional resources for people facing violence at home visit the website www.origenac.org

For a list of domestic violence shelters across Mexico visit <https://www.facebook.com/RedNacionaldeRefugiosAC/>

NOTES

Section 4:
Deportation to Central America





Deportation to Central America

No matter the circumstances or your destination, deportation is a stressful and often frightening time.

A lot of the information provided so far in this guide has been for those facing deportation to Mexico. If you're being deported to Central America, we hope you'll still find useful advice, though your experience may be very different.

In this section of the guide, we offer advice and information for those deported to Guatemala, Honduras, and El Salvador. First, you'll learn about what you need to know before deportation, including organizations that can help you determine if you have an asylum case, how to plan ahead, and what to expect on the day of deportation. Then, we'll break it down by country, discussing what you'll face as you return to your specific home nation.

Before we begin, a few things to note. Central America is generally more dangerous and has fewer resources than Mexico. If your country of origin is in Central America, you may have a stronger asylum claim, as we'll discuss in the Before Your Deportation section.

Finally, Central America's borders are open for citizens, so you can move freely among Guatemala, Honduras, El Salvador and Nicaragua. Some deportees have resettled and made homes in places other than their nation of origin but that still requires a visa.

My family and I made the decision to relocate to Antigua, Guatemala after my deportation to Honduras. We were drawn to it because of the large expat community there. It's more expensive but there are more commodities, it's close to the airport, and we feel more connected to the community of people from the US.

– Alex V.



Before Your Deportation

While you can't control when your deportation will happen, you can plan for it. People who have experienced deportation recommend getting an education, learning trades, earning certificates, and learning English. These skills can help your job search in your new country and make your transition smoother.

For information on how to create a family plan in case of deportation see page 76.

The most important thing you can do as a deportee is to make connections while you're still in the States to learn a trade you can do online. That's been a lifesaver for us to be able to secure online work and make US dollars.

– **Jennifer V.**

If you're in prison and have some time, get your documents in order and your family's. Take any courses you can, any certificates, even if prison-issued, especially anything you can do with your hands: plumbing, carpentry, sheet metal.

– **Alex V.**

Flori, who was deported to Guatemala in 2015, reports that having a degree and knowing English make employment much easier to find. "If you have some time before you're deported, take advantage of it and go to school," Flori says. "Don't even think about it, just go! There are jobs in Guatemala but you have to have skills and a diploma. Without that, it's very hard."

Planning, preparedness can go a long way.

Nothing prepares you completely for the shell shock of deportation but you can make a plan. Create a file with your passport and important documents, phone numbers that are important like your lawyer's and your consulate's.

– **Juan Mendez,
Honduran Consulate Chicago**

You can also start gathering and securing documents and contacts. Keep a file with your passport, phone numbers, and other important documents, as well as your family's. Flori recommends giving your loved ones' phone number to someone you trust who is detained in the same facility you are. Ask them to call once your deportation starts, so that your family and friends will know where you are.

While in prison or ICE detention, you have the right to contact your country's consulate. If you are in Illinois, here is the contact information for your consulate:

The Consulate General of Guatemala

5559 Elston Ave., Suite 100

Chicago, IL 60630

(312) 540-0781

conschicago@minex.gob.gt

The Consulate General of Honduras

6200 N Hiawatha Ave.
Chicago, IL 60646
(773) 342-8281
consulchicago@gmail.com

The Consulate General of El Salvador

177 N State St. #2
Chicago, IL 60601
(312) 332-1393
consuladochicago@rree.gob.sv

Your consulate can help you get a temporary ID, which will facilitate your arrival in your nation of origin. They can also connect you to resources in the US that can help you determine if you have an asylum case. You may also contact Heartland Alliance at (312) 660-1300 or Centro Romero at (773) 508-5399. Both organizations provide legal aid to individuals seeking asylum.

ICE used to allow family or friends to drop a bag for you at the detention center, but that is no longer allowed due to COVID-19. It's unclear when this will be reinstated, but it's a good idea to check if your family can drop off a bag of clothing, toiletries and even cash to you, as that will make your deportation and arrival much more comfortable.

Once the deportation process begins, it may be weeks or months before you arrive in your country of origin. Flori was moved to three different facilities in three months before she went before a judge.

On the day of your deportation, you'll likely have your shoelaces and belt removed. Flori was cuffed at the hands and ankles and transported with men and women going to different countries. On the day of your transit, "don't drink too much water or coffee," she says, as you might not have access to a bathroom. You should also try to make a friend on the bus or plane if you can. Having a buddy system can make you safer during transit.

Deportation to Guatemala

Deportation is a time of unknowns. You may be worried about who will meet you, where you'll end

up, or how to create a new life in Guatemala. Our understanding of the deportation process to Guatemala is not as extensive as it is to Mexico. Still, we hope that this brief section will offer you some help and guidance. We'll discuss what happens during deportation and what resources are available once you arrive.

Upon Arrival

You'll arrive in Guatemala by plane at the military airport in Guatemala City (La Aurora Air Force base). At the airport, you'll receive medical care, refreshments, a free phone call, and the ability to exchange currency. Representatives of several organizations will be there to greet you, including CONAMIGUA, or Consejo Nacional de Atención al Migrante de Guatemala. CONAMIGUA can help you make phone calls to your family to see if they can pick you up, or direct you to the correct bus. If you need money, CONAMIGUA will help you get assistance from other institutions and your local municipal government.

CONAMIGUA is a government program that provides support and assistance to migrants and their families. CONAMIGUA has offices in Guatemala City, Todos Santos Cuchumatán and Huehuetenango, along with San Marco, Cobán, and expects to open soon in Quetzaltenango and Antigua, Guatemala. Visit their website at conamigua.gob.gt.

The Association of Returned Guatemalans may also meet you on arrival. This group, formed by former US residents, has a mission to smooth the process for returning migrants into Guatemala. Services include local and international phone calls, help returning to places of origin, help locating shelters or hotels, and more. On Facebook: <https://www.facebook.com/ARG-ong-257316458010435/>

You're not a criminal. You're not what they say you are.

– Alex V.



Guatemalan Government Institutes			
Name	Address	Contact	Website
Consulate General of Guatemala in Chicago	5559 N Elston Ave. #100, Chicago, IL 60630	(312) 540-0781, isanchez@minex.gob.gt,	http://www.citaconsularguatemala.com/
Guatemalan Migration Institute	6ta Ave. 3-11, Zona 4, Guatemala	(502) 2411-2411	https://igm.gob.gt/
National Council for Attention to Migrants (Conamigua)			https://conamigua.gob.gt/
National Civil Registry (RENAP)	Calzada Roosevelt 13- 46, Zona 7	(502) 2416-1900	https://www.renap.gob.gt/
Secretary of Health of Guatemala (MSPAS)	6ta Ave. 3-45, Zona 11, Guatemala	(502) 2444-7474, consultas@mspas.gob.gt	https://www.mspas.gob.gt/
Ministry of Labor and Job Placement	7 Ave. 3-33, Zona 9, Edificio Torre Empresarial, Guatemala	(502) 2422-2501, Workplace Complaint Hotline: 1511	https://www.mintrabajo.gob.gt/
Guatemala Ministry of Education	6a. Calle 1-87 Zona 10, Guatemala	(502) 2411-9595	https://www.mineduc.gob.gt/portal/index.asp
Guatemala Tax Administration (SAT)			https://portal.sat.gob.gt/portal/
Guatemalan Online Resources			
Name	Address	Contact	Website
Spouses of Deportees Living in Guatemala- Facebook			https://web.facebook.com/groups/DeporteeSpousesLivinginGuatemala
The American Friends Service Committee			https://www.afsc.org/xs/guatemala
Description			
			Protection of Guatemalan citizens' rights while abroad.
			Migrant assistance, passports.
			Migrant assistance.
			Vital documents.
			Public hospitals and clinics, COVID-19 vaccine information.
			Job fairs, labor protection.
			Educational center directory, scholarships, diplomas, educational records.
			Tax administration.
Description			
			Detailed online reentry guide

Guatemalan Non-Profit Organizations

Name	Address	Contact	Website	Description
Guatemala Migrant House	15 Ave. 1-94 "A" Zona 1, Guatemala	(502) 2230-2781, camcs@itelgua.com	https://www.scalabriniquate.org/homepage/	Migrant shelter.
Tecún Umán Migrant House	0 Ave. "C" del Migrante 0-22, Col. Olguita de León, Tecún Umán, San Marcos	(502) 7776-8416, migrantotecun@yahoo.com.mx	https://www.scalabriniquate.org/casa-tecun-uman/	Migrant shelter.
International Organization for Migration	3ra Calle 4-44 Zona 10, FLACSO, Guatemala, Nivel 7, Oficina 7B	(502) 2414-7401/10, 502 2314-0061, iomguatemalaavrr@iom.int	https://www.iom.int/countries/guatemala	Psychological support, job training, material support.
Te Conecta	4ta. Avenida 15-70 Zona 10, 3ra Calle 4-44 Zona 10, FLACSO, Guatemala	(502) 2333-6891, (502) 3003-3422		Information for migrants, job placement.
Guatemalan Association of Returned People		(502) 2294-9217	http://www.arg.com.gt/	Information for deported including transportation help, clothing, emotional support.
Norwegian Refugee Council	Ciudad de Guatemala	nrc.ncaym@nrc.no	https://www.nrc.no/countries/south-america/north-central-america-and-mexico/	Information, counseling and legal assistance to deportees and families.
Pop No'j Association	3a Avenida 0-80, Colonia Bran, Zona 3, Ciudad de Guatemala y Kilómetro 287, Naranjales, Colotenango	(502) 2238-0905, (502) 2251-5716, info@arg.com.gt	https://www.asociacionpopnoj.org/	Guidance, support and resources for migrants.
Desgua	8 Ave. 5-19, Zona 1, Quetzaltenango, Guatemala 09001	DESGUAinfo@desgua.org	desgua.org	Educational and economic support for returned Guatemalans.
Brother Pedro's Works	6a. Calle Oriente No. 20, La Antigua Guatemala, Sacatepéquez	(502) 7931-2100	https://hermanopedrogt.org/	Free health clinic, drug and alcohol addiction services.

Deportation to Honduras

Maybe you haven't been to Honduras in many years or maybe you lived there recently. No matter your situation, deportation can be incredibly challenging and scary. Know that you are not alone. Others have traveled this road and offer their encouragement and advice. In this section, we'll offer specific information on deportation to Honduras, including what happens during and after deportation, and possible resources available to you after you arrive in Honduras.

For information on how to create a family plan in case of deportation see page 76.

Upon Arrival

When you are deported, you'll be flown to the Ramón Villeda Morales airport in San Pedro Sula. You may stop at other destinations in the US or in Central America before arriving.

When you arrive you'll be processed at the Centro de Atención al Migrante (CAMR). According to CAMR, they provide new arrivals with food, coffee, medical and/or psychological care, and access to a phone. You will also be given paperwork to fill out to prove your identity (constancia). They may also help you get important documents, including a document of "salvoconducta," which should allow you to travel through the country without issue. They sometimes issue personal hygiene kits.

While this is ideally what will happen to you, unfortunately, some deported people have had far different experiences. Alex V., who was deported in 2014, says that after he was offered food, he was told he could make a phone call outside the building. "Then they closed the door on me," he says, "and that was all the help I got." Be prepared for the possibility that you will not get as much help as you need.

According to the official process, you should be interviewed by a volunteer before leaving the center. If you need help, now is the time to let

them know. Sometimes there may be a volunteer from the Red Cross or from the Secretary of State who provides aid. CAMR volunteers can provide vouchers for the bus that will take you to your final destination. They don't offer these to everyone so you will need to let them know you have no money in order to get a voucher.

You should also be tested for COVID-19 before you leave. If you test positive you'll need to sign an affidavit that you'll stay home for 14 days.

It may be the case that you're afraid to return to your home community. If so, the volunteer may refer you to a representative from the Norwegian Refugee Council. The council representative will take you to a private room to get more information. If you are eligible, they will connect you to organizations that can provide protective services.

After your interview, you'll leave CAMR for your home destination. If you live in another part of the country, you'll be taken to Gran Central Metropolitana, where you can get a bus home. Some days, representatives of the Comisión de Acción Social Menonita will be at the station, where they offer small amounts of cash assistance to deportees.

Please be aware that not everyone has gotten the help they needed from the organizations discussed above. Alex V. says that he was not offered any help with transportation. Leaving the airport, a line of taxis charging enormous sums waited outside. "(The taxis) aren't safe because sometimes they are used for robbery or kidnapping. My family arranged for one taxi driver to take me across town to a hotel they reserved for me. He charged over \$50 US dollars for that short ride."



Whether you are staying in San Pedro Sula or passing through, be aware that certain neighborhoods of the city are very dangerous and violent. You'll need to be extra cautious while traveling through the city. Avoid eye contact and casual encounters with people you don't know. Cover any tattoos with long sleeves and pants, and stick close to friends you made on the bus. Do not use a cell phone other than your own to call your family.

When I finally got to my hotel, I was exhausted. I had been awake for close to 48 hours. I was traumatized and in shock. I just cried for an hour.

– Alex V.



After Arrival

If you do not have a current ID (cédula) get one as soon as possible. Your cédula is your national number in Honduras. You will need this for many things in the country, including to access public clinics and hospitals, purchase medicine, and travel outside of the country. With this ID you can enter other countries in Central America and bordering states of Mexico for up to nine days.

You can get your ID at your local municipal civil registry. If you don't have any documentation or proof of address you can bring two witnesses with you who will vouch for your identity as a Honduran. Getting an ID can take a while, but people deported to Honduras have stated that if they let the person processing the ID know the urgency and offering a "tip" for their trouble, it may be possible to get the ID back quickly.

Unfortunately, support for deportees is minimal in Honduras, with just a few, small programs. The government has established Unidades Municipales de Atención al Retornado (UMAR) in several municipalities. These institutions don't offer much on their own, but they can point you in the direction of local initiatives if any exist.

There is a public hospital in Tegucigalpa called Hospital Escuela. They can provide medical assistance as well as psychiatric evaluations if you are in need of one. You may also find that Catholic churches in your neighborhood provide support and assistance.

Tegucigalpa also houses a Doctors Without Borders clinic that provides comprehensive care to people who have experienced violence, especially sexual violence. They offer psychological counseling and STI treatment. Doctors Without Borders also operates a mother and child clinic in Choloma that offers family planning, assists with births and offers care for victims of sexual violence.

In San Pedro Sula there is a growing call center industry that employs individuals with English speaking skills and knowledge of computers.

Honduran Government Institutes			
Name	Address	Contact	Website
Honduran Consulate in Chicago	6200 N Hiawatha Ave Penthouse, Chicago, IL 60646	1 773-342-8281 consulchicago@gmail.com, juanmtmendez@gmail.com	http://www.citaconsular.com/
Returned Migrant Attention Center (CAMR)	Juan Ramón Molina, Antiguo Edificio del Banco Central, Tegucigalpa	(504) 2668-0264, (504) 2236-0200, (504) 2236- 0300, asesoriacamr@ hotmail.com, alhovoz@sre.gob.hn	https://conmigho.hn/centro-de-atencion-al-migrante-retornado-ornoa/
National Registry of Persons			https://rniipm6.1prd-aucrnph01.ccc.ocp.oraclecloud.com/site/HOME/
Secretary of Public Health	Barrio El Centro, Avenida Cervantes, Calle El Telegrafo, Contiguo Avenida Miguel Cervantes, Tegucigalpa	(504) 2222-5771	www.salud.gob.hn/
Secretary of Labor and Social Security	Cuerpo Bajo B, Centro Cívico Gubernamental José Cecilio del Valle, Boulevard Juan Pablo II., Tegucigalpa M.D.C.		http://www.trabajo.gob.hn/
Secretary of Education	Primera Avenida entre Segunda y Tercera calle, Comayagüela M.D.C.	(504) 2220-0622	https://www.se.gob.hn/
Honduras Tax Administration		(504) 2216-5800	https://www.sar.gob.hn/
Honduran Online Resources			
Name	Address	Contact	Website
The American Friends Service Committee			https://www.afsc.org/xs/honduras
			Description
			Detailed online reentry guide .

Honduran Non-Profit Organizations

Name	Address	Contact	Website	Description
Ocotepeque Migrant House	Basilica Nuestra Señora de Suyapa	(504) 2557-1651 Sister Lidia Mara Silva 2213-42-56, o 2257-1649, liflores@unicah.edu		Migrant shelter.
National Forum for Migration in Honduras	3ra Avenida #305, Col. Palmita, Tegucigalpa	(504) 2205-8396, fonamih@yahoo.com	www.fonamihn.org/	Association of organizations that work with migrants, Human rights defense.
Menonite Social Action Commission	Barrio Guadalupe, 21 y 22 Calle, 3. Ave. N.E. Case 2114, San Pedro Sula, Cortés	(504) 2553-5437, (504) 2552-9469-70, (504) 9460-0779, casm@casm.hn	https://casn.hn	Agricultural, health and education programs throughout the country.
International Organization for Migration (IOM)	3ra Ave. 3, Palmira, Tegucigalpa	(504) 2237-7460, iomtegucigalpa@iom.int	https://www.iom.int/countries/honduras	Psychological support, job training, material support.
Norwegian Refugee Council	Locations in Tegucigalpa, San Pedro Sula and Choloma	nrc.ncaym@nrc.no	https://www.nrc.no/countries/south-america/north-central-america-and-mexico//	Information, counseling and legal assistance to deportees and families.
Casa Alianza	Calle Morelos, Avenida Cervantes, Frente Optica Matamoros, Tegucigalpa, M.D.C.	(504) 2237-3623, (504) 2237-3556, contacto@casa-alianza.org.hn	http://casa-alianza.org.hn/new.casa-alianza.org.hn/?fbclid=IwAR34CAw8coipVnrJM9Jwk-8t0BanyW0EXGCMo2Edftcb3-C1P0sewIwD7I	Child/youth migrant shelter.
Red Cross	Ave 2, Barrio Concepción, Tegucigalpa	(504) 2237-1800		

Deportation to El Salvador

Often, returning to a country after deportation is a frightening, disorienting and lonely experience. You may feel anxious at the thought of traveling to a place where you know few people or where your family hasn't seen you for years.

Know that you are not alone. There are organizations and resources available to help you in your journey. In this guide, we'll provide information on the deportation process and suggestions for organizations that can offer support and assistance.

For information on how to create a family plan in case of deportation see page 76.

Upon Arrival

You will most likely leave the US between Monday and Friday by plane and land in El Salvador at the Oscar Arnulfo Romero International Airport. There, personnel from the Directorate of Assistance to Migrants (DAMI) will receive you and take you in a bus to the DAMI headquarters in the city of San Salvador.

A word of caution: the DAMI headquarters is located next to an area known as the La Chacra gang domain. If you're unfamiliar with the area, ask DAMI for help with transport and directions.

Beware that coyotes and scammers may frequent the area around DAMI. They'll try to offer you fake accommodations and trips. Do not accept these offers or give them money.

At the DAMI offices, you'll wait in the reception room. DAMI follows a series of steps, and while you wait a DAMI representative will explain those steps. If you live outside San Salvador, you'll go first, followed by those who live in San Salvador.

Please note that the steps are listed here in no particular order. Everyone goes through them in a different order based on their situation.

The first step you'll complete is a short interview with the General Directorate of Migration and

Aliens. During this interview they'll ask for basic information including:

- Your name, age, and gender
- Reason you migrated to the US
- Length of time you were in the US
- Where you lived and worked
- If you still have family in the US
- If you experienced abuse during the deportation process
- Contact information in El Salvador, if you have it
- If your belongings were held during deportation, you can ask for them now

A second step is coordinated by the National Civil Police. If you have pending criminal charges in El Salvador, the police will legally process you now. You will also have the chance to file a complaint about any violent actions that led you to leave El Salvador, such as human trafficking.

The third step is medical attention from the Ministry of Health. You can refuse this service, but if you accept you'll receive a health check and physical and psychological diagnosis, as well as a referral to a health center near your home.

Next, you'll speak with the Ministry of Foreign Affairs about contacting your family members both inside and outside El Salvador. You can also ask for advice on claiming property and acquired rights (such as social benefits).

The fifth step is available to women who have experienced violence in El Salvador or in other countries. This step is run by the Salvadoran Institute for the Development of Women, and they will offer you legal assistance if you need it.

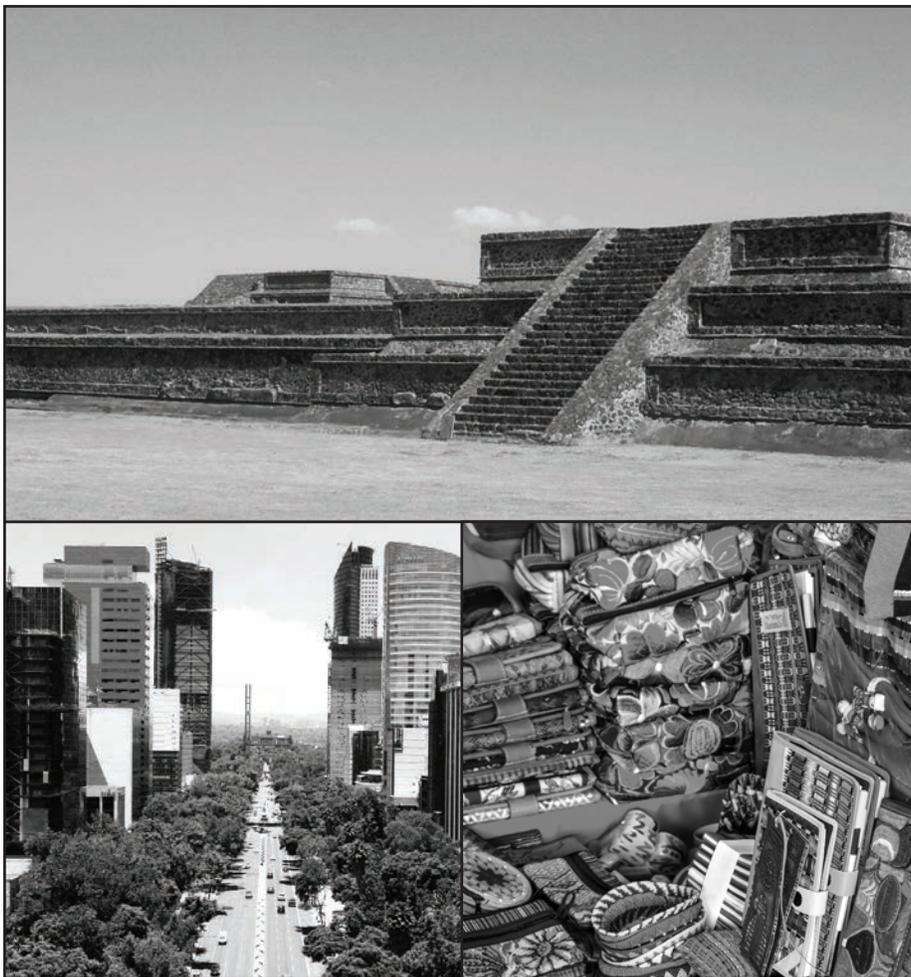
Finally, if you have lost your Unique Identity Document and would like to restore it, the National Registry of Natural Persons will be able to assist you.

Salvadoran Government Institutes			
Name	Address	Contact	Website
Consulate General of El Salvador in Chicago	177 N State St #2, Chicago, IL 60601	(312) 332-1393, jpaniagua@rree.gob.sv	http://www.rree.gob.sv/
Migrant Attention and Protection Office	9 Poniente y 15 Av. Norte, San Salvador	(503) 2213-7700, atencion.usuarios@seguridad.gob.sv	www.migracion.gob.sv/
National Council for the Protection and Development of Migrants (CONMIGRANTES)	El Pedregal, Ciudad Merliot, Antiguo Cuscatlán	(503) 2231-1184, proyectos.insami@gmail.com	www.rree.gob.sv/
Director General of Human Rights, Foreign Relations Ministry	El Pedregal Street, Blvd. Cancillería, Ciudad Merliot, Antiguo Cuscatlán	(503) 2231-1184	www.rree.gob.sv/
National Registry	Torre RNP, Colonia General Manuel José Arce, Calle Douglas Vladimir Varela y Ave. Caballería, San Salvador	(503) 2521-9300, info@rnpn.gob.sv	https://www.rnpn.gob.sv/
Foreign Relations Ministry	Blvd. Cancillería, Calle El Pedregal, Antiguo Cuscatlán, La Libertad	(503) 2231-1000	https://rree.gob.sv/
Health Ministry	Calle Arce No.827, San Salvador	(503) 2591-7000	www.salud.gob.sv/
Labor Ministry	Alameda Juan Pablo II y 17 Ave. Nte. Edificios 2, 3 y 4, Centro de Gobierno, San Salvador	(503) 2529-3700	https://www.mtps.gob.sv/
Education Ministry	Alameda Juan Pablo II y calle Guadalupe, Edificio A, San Salvador	(503) 2592-2000, educacion@mined.gob.sv	https://www.mined.gob.sv/
Salvadoran Online Resources			
Name	Address	Contact	Website
The American Friends Service Committee			https://www.afsc.org/xs/elsalvador
			Description
			Detailed online reentry guide.

Salvadoran Non-Profit Organizations

Name	Address	Contact	Website	Description
Scalabrini Migrant House	Colonia Muggdan 6ta., Avenida Norte, Passage Viaud 716 503, San Salvador	(503) 2221-9725, edgarvallecillo@yahoo.es	https://www.migrantes.com.mx/san-salvador	Migrant shelter.
International Organization for Migration	Las Azuleas 183, Maquillishuat, San Salvador	(503) 2521-0500, iomasansalv@iom.int	https://www.iom.int/el-salvador-0	Migrant worker protection.
Salvadoran Migrant Institute	41 Avenida Norte No. 221, Colonia Flor Blanca, San Salvador	(503) 2207-2331, esar.rios5@icloud.com	https://bit.ly/2Pp8UcX	Medical and psychological attention, job listings.
U.S. Committee for Refugees and Immigrants (USCRI)	Colonia San Francisco, Calle Los Bambués y Calle Los Abetos, 37-A y B, San Salvador	(503) 2526-9219, eolan@uscrica.org	http://refugees.org/field-office/central-america/	Connection to resources to meet basic needs, legal representation.
Norwegian Refugee Council	San Salvador	nrc.ncaym@nrc.no	https://www.nrc.no/countries/south-america/north-central-america-and-mexico/	Information, counseling and legal assistance to deportees and families.
Alliance of Returned Salvadorans (ALSARE)	Boulevard Los Héroes, Condominio Los Héroes, Séptimo Nivel, Apartamento No. 7-D 503, San Salvador	(503) 7934-5775, alsat.retornados16@gmail.com	https://www.iaf.gov/es/grants/el-salvador/2018-alsare/	Connection to resources to meet basic needs, psychological assistance.
The Association of the Committee of Families of Disappeared and Deceased Migrants of El Salvador (COFAMIDE)	Centro Histórico, San Salvador	(503) 7602-2625, cofamide.elsalvador@yahoo.com	https://martinbarofund.org/committee-for-families-of-deceased-and-disappeared-migrants-el-salvador/	Psychological support and advocacy.
Cáritas of El Salvador	Av. Olímpica y Pasaje 3, Casa No. 130, San Salvador	(503) 2511-4300, info@caritaselsalvador.org.sv	http://www.caritas.sv/	Social services, economic development.
Red Cross	Calle 2, Santa Lucía, San Salvador	(503) 2294-0969	https://cruzrojasal.org.sv/	Zika, dengue and chikungunya prevention.

Section 5:
Directory



Illinois Immigration Resources

Chicago Immigration Resources				
Name	Address	Contact	Website	Available in Spanish? Description
Centro Romero	6216 North Clark, Chicago, IL 60660	(773) 508-5300	centroromero.org/legal-services/	Latin American Legal Assistance Services Program provides direct service representation, immigration education and advocacy services to low-income Spanish-speaking immigrants community members.
National Immigrant Justice Center (Heartland Alliance)	224 S. Michigan Ave., Suite 600, Chicago, IL 60604	(312) 660-1370	immigrantjustice.org/	immigrantjustice.org/espanol General immigration services, asylum, detained immigrants, human trafficking, LGBTQ immigrant, immigration court help desk, services for unaccompanied immigrant children.
Chicago Legal Clinic	1914 S. Ashland Ave., Chicago, IL 60608	(312) 226-2669	clclaw.org	Legal assistance including filings with USCIS, representation before the immigration court, representation before the Board of Immigration Appeals (BIA), federal court appeals. Areas of legal assistance include adjustment of status, asylum applications, DACA, employment-based immigrant petitions.
Chicago Kent College of Law Immigration Clinic	565 W. Adams St., Suite 600, Chicago, IL 60661	(312) 906-5366	kentlaw.iit.edu/seeking-legal-help/immigration-law	Help completing forms, filings with USCIS, representation at asylum interviews, representation before immigration court and board of immigrant appeals.
DePaul University College of Law Asylum and Immigration Clinic	25 E. Jackson Blvd. Chicago, IL	(312) 362-8294	law.depaul.edu/academics/experiential-learning/legal-clinics/asylum-immigration	Help completing forms, filings with USCIS, representation at asylum interviews, representation before immigration court and board of immigrant appeals.
Northwestern School of Law--Bluhm Legal Clinic	375 E. Chicago Ave., Chicago, IL 60611	(312) 503-8576	law.northwestern.edu/legalclinic/	Help completing forms, filings with USCIS, representation at asylum interviews, representation before the Immigration Court, representation before the Board of Immigration Appeals (BIA).
RefugeeOne	5707 N. Lincoln Ave., Chicago, IL 60659	(773) 989-5647	refugeeone.org/	Help completing forms, filings with USCIS.
MII Mujeres Legal Services	310 S. Peoria St., Suite 400, Chicago, IL 60607	(312) 219-2031	milmujeres.org	https://en.milmujeres.org/ Services for victims of domestic violence, provides direct legal services in the area of immigration law for Spanish speakers.

Statewide / Multiple Location Immigration Resources

Name	Address	Contact	Website	Available in Spanish?	Description
Spanish Community Center	309 N Eastern Ave., Joliet, IL 60432	(815) 727-3683	https://spanishcenter.org/		Help completing forms, filings with USCIS, representation at asylum interviews, representation before the immigration court, representation before the Board of Immigration Appeals (BIA), federal court appeals.
Esperanza Legal Assistance Center	335 5th Ave., Suite 208, Moline, IL 61265	(309) 732-0047	http://esperanzaqc.com/legal-assistance/		Help completing forms, filings with USCIS.
Alliance for Immigrant Neighbors	382 S. Mount Prospect Rd., Des Plaines, IL 60016 and 117 N. Cass Ave. Westmont, IL 60559	(224) 443-0113	allianceforimmigrants.org	https://www.allianceforimmigrants.org/spanish	Legal services including adjustment of status, consular processing, DACA, employment authorization, family-based petitions, naturalization/citizenship.
YMCA of the University of Illinois	1001 S Wright St., Champaign, IL 61820	(217) 417-5897	https://www.universityymca.org/welcome		Help completing forms, filings with USCIS.
Mexican Consulate in Chicago	204 S Ashland Ave., Chicago, IL 60607	(312) 738-2383	consulmex.sre.gob.mx/chicago/		
Northern Illinois Justice for our Neighbors	Multiple Locations (Chicago, Aurora, Rockford, Buffalo Grove, Crystal Lake)	(773) 609-4401	nijfon.org		Free high-quality legal services to low-income immigrants, engages in education and advocacy efforts. Staff and volunteers provide hospitality and childcare, assist with paperwork, and offer free legal consultations.
Catholic Charities-Immigration & Naturalization Services	Multiple Locations	(312) 427-7078	catholiccharities.net/GetHelp/OurServices/	https://www.catholiccharities.net/GetHelp/OurServices/	Adjustment of status, Consular processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, NACARA, Naturalization/Citizenship, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions.
Illinois Coalition for Immigrant and Refugee Rights	228 S. Wabash, Suite 800, Chicago, IL 60604	(312) 332-7360	icirr.org		Healthcare access, immigrant family resource program, family support network and hotline, education and advocacy initiatives.
The Immigration Project	211 Landmark Drive, Suite B3A, Normal, IL 61761 and 505 W. University Ave., Suite 214, Champaign, IL 61820	(309) 829-8703	http://www.immigrationproject.org		Help completing forms, filings with USCIS, representation at asylum interviews, representation before the Immigration Court, representation before the Board of Immigration Appeals (BIA).

Online Immigration Resources

Name	Address	Contact	Website	Available in Spanish?	Description
General directory of resources for immigrants			immigrationadvocates.org/nonprofit/legaldirectory		Search for immigration legal services providers by state, county or detention facility. Only nonprofit organizations that provide free or low-cost immigration legal services are included.
Legal Aid Online			illinoislegalaid.org/legal-information/us-citizenship	https://www.illinoislegalaid.org/es	Legal aid tools to address issues such as deportation, unemployment, abuse, eviction, divorce, and debt. Their Form Library generates free legal papers for those seeking solutions to their legal problems. Multilingual.

Mexican National Resources

Name	Contact	Website	Description
Suicide Hotline (International Bipolar Foundation)	(525) 510-2550	https://fbpf.org/resource/suicide-hotline-mexico/	Available 24 hours a day for help.
National Helpline (Fundación Origen)	(800) 051-1617 (55) 5520 4427 (55) 55 2001 555	www.origenac.org	Confidential psychological, medical and legal help. Hours: 8 AM- 10 PM.
National Life Hotline (Línea de la Vida)	(800)911-2000	https://www.gob.mx/salud/prensa/014-linea-de-la-vida-ayuda-profesional-para-personas-con-depresion?fbclid=IwAR017z9La6q403OLujrW5FJZMvIRKI4279CZKrZwVL4BmWQZHncVSeXIGAI	Psychological assistance to people suffering depression, who might be at risk for suicide.

Government Institutes

Name	Contact	Website	Description
Civil Registry		https://embamex.sre.gob.mx/argentina/images/consular/	Location of Registro Civil locations throughout Mexico. You can request birth, marriage and death certificates.
National Electoral Institute (INE)	(800) 433-2000	https://www.ine.mx/servicios-ine/	Where to go to get your national ID card (INE). You can make an appointment online.
Secretary of Exterior Relations (SRE)		https://www.gob.mx/sre/en	Where to go to get your passport. You can make an appointment online.
National Institute for Integral Family Development (DIF)	atencion_ciudadana@dif.gob.mx	https://www.gob.mx/difnacional	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids. (Services vary by location.)
Institute for Mexicans Abroad (IME)		https://www.gob.mx/ime	Mexican government agency that supports Mexican citizens and others of Mexican descent who live and work in other countries. Its primary focus is Mexican immigrants going to the United States.
Institute of Health for Well-being (INSABI)		https://www.gob.mx/insabi	Free health services through a network of hospitals and clinics.
Mexican Institute of Social Security (IMSS)	(800) 623-2323	http://www.imss.gob.mx/	Network of public hospitals for employees of private companies. Manages pensions.
The Institute for Social Security Services for the Workers of the State (ISSSTE)		https://www.gob.mx/issste	Network of public hospitals for public servants. Provides social security benefits such as pensions, housing and salary protection.
Secretary of Labor and Social Welfare (STPS)	(552) 000-5300	https://www.gob.mx/stps/	Job training and placement, worker protection.
Tax Administration Service (SAT)	(556) 272-2728	https://www.sat.gob.mx/home	Revenue service. Responsible for federal tax collection, new business registration.
Secretary of Public Education (SEP)		https://www.gob.mx/sep	Education at all levels, verification of US educational documents, English teacher positions.

Mexico City

Government Institutes				
Name	Address	Contact	Website	Description
Government of CDMX	Plaza de la Constitución 2, Alcaldía Cuauhtémoc, Centro, 06068		https://www.cdmx.gob.mx/	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Various locations	(55) 9179-6700	https://data.consejeria.cdmx.gob.mx/index.php/dgrc	Birth, marriage, and death certificates.
National Electoral Institute (INE)	Various locations	(800) 433-2000	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID Card (INE).
Secretary of Foreign Relations	Ave. Juárez 20, Col. Centro, Centro, Cuauhtémoc, 06010	(55) 3686-5100	https://www.gob.mx/sre	Passport.
National Institute for Integral Family Development (DIF)	Ave. San Francisco 1374, Col. Tlacoquemécatl, Alcaldía Benito Juárez, 03200		https://www.dif.cdmx.gob.mx/	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-Being (INSABI)			http://www.imss.gob.mx/directorio	List of public hospitals and clinics.
Hospital General Gregorio Salas Flores	Calle del Carmen 42, Centro, Cuauhtémoc, 06020	(55) 5702- 0372		Public hospital.
Hospital Juárez de México	Ave. Instituto Politécnico Nacional 5160, Magdalena de las Salinas, Gustavo A. Madero, 07760	(55) 5747-7560	https://www.gob.mx/salud/hjm	Public hospital .
Mexican Institute of Social Security (IMSS)	Prol. Lerdo 311, Tlatelolco, Cuauhtémoc, 06900		https://hospitales.covid19.cdmx.gob.mx/public/hospitales/EstatusHospitales.xhtml?tamizajeRealizado=true	Public hospital for workers at private companies.

Government Institutes			
Name	Address	Contact	Description
ISSSTE Hospital General Tacuba, The Institute for Social Security Services for the Workers of the State (ISSSTE)	Lago Ontario 36, Tacuba, Miguel Hidalgo, 11410	(55) 5399-6199 https://www.gob.mx/issste	Public hospital for public servants.
Tax Administration Service (SAT)	Félix Cuevas 301, Col. del Valle Sur, Benito Juárez, 03100	(55) 6272- 2728 https://citas.sat.gob.mx/	Federal tax collection, new business registration.
Secretary of Public Education	República de Argentina 28, Centro, 06020	(55) 3601-7599 https://www.gob.mx/sep	Education at all levels, verification of US educational documents, English teacher positions.
Secretary of Public Health (SEDESA)	Ave. Insurgentes Norte, Conjunto Urbano No. 423, Col. Nonoalco Tlatelolco, Alcaldía Cuauhtémoc, 06900	(55) 5132-1250 www.salud.cdmx.gob.mx	Health services, attention of gender violence.
Secretary of Inclusion and Social Welfare	Calle Plaza de la Constitución 1, Col. Centro, Alcaldía Cuauhtémoc, 06000	(55) 5345- 8265 https://www.secgob.cdmx.gob.mx/	Implementing programs and policies for social development.
Secretary of Labor and Employment (STPS)	José Antonio Torres Xocongo 58, Col. Tránsito, Delegación Cuauhtémoc, 06820	(55) 5709-3233 www.trabajo.cdmx.gob.mx	Employment, labor, social health services.
Office for Unemployment Services (STPS)	Calz. San Antonio Abad 32, Col. Tránsito, Cuauhtémoc City Hall, 06820	(55) 5709-3233 www.trabajo.cdmx.gob.mx	Employment, labor, social health services.
Comedor Comunitario CDMX	04369, Calle Llama 56, Pedregal de Santo Domingo, Coyoacán	https://sibiso.cdmx.gob.mx/programa-comedores-sociales	
Non-Profit Organizations			
Name	Address	Contact	Description
New Comienzos	Plaza de la Republica 9, 06030	(55) 7733-1436 / info@newcomienzos.org	Resources to reintegrate into society, such as shelter, psychological help, employment.
Tergar Meditation Community	Sultepec 35, Hipódromo, Cuauhtémoc, 06100	cdmx@tergar.org https://espanol.tergar.org/comunidades-y-grupos-de-practica/ciudad-de-mexico/	Meditation community.
Deportados Unidos en la Lucha		(55) 7828-3480, mx/	Referrals to community resources, accompaniment and orientation.

Matamoros, Tamaulipas

Government Institutes				
Name	Address	Contact	Website	Description
Government of Matamoros	Sexto S/N, González y Morelos, Centro Heroica	(868) 810-8000, contacto@matamoros.gob.mx	https://www.matamoros.gob.mx	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Calle Panamá 86, Modelo, 87360	(868) 812-3431	https://www.gob.mx/cms/uploads/attachment/data/file/548646/TAMAULIPAS_Directorio_oficial_as_del_Registro_Civil_Emergencia_por_COVID_CONAFREC.pdf	Birth, marriage, and death certificates.
National Electoral Institute (INE)	Ave. Pedro Cárdenas, INFONAVIT Buenavista, 87396	(800) 433-2000	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID Card (INE).
Tamaulipas State Government	15 y 16 Juárez-Palacio de Gobierno, 3er Piso Cd. Victoria, 87000	(834) 318-8000	https://www.tamaulipas.gob.mx	Driver's license.
Secretary of Foreign Relations	Calle Sexta y González S/N, Zona Centro, 87300	(868) 810-8000	https://www.tamaulipas.gob.mx	Passport.
National Institute for Integral Family Development (DIF)	Calle 4a. y Camilo Manzo S/N Col. Lucero, 87350	(868) 810-9550	https://www.difmatamoros.gob.mx	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-Being (INSABI)	Ave. Francisco I Madero Np. 414, Zona Centro, Ciudad Victoria, 87000	(834) 318-6300	https://www.tamaulipas.gob.mx/salud/infraestructura-en-salud/hospitales-generales/	List of public hospitals and clinics.
Hospital General Altamira	Carretera Tampico-Mante Km 27, 89603	(833) 331-9837		Public hospital.
Hospital General Mante	Calle Sabino 300 Ote. Col. Altavista, 89980	(831) 233-8160		Public hospital.
IMSS General Hospital of Zone 13, Mexican Institute of Social Security (IMSS)	Sexta Ocampo 800, Zona Centro, 87300	(868) 812-2391	http://www.imss.gob.mx	Public hospital for workers at private companies.

Government Institutes			
Name	Address	Contact	Website
ISSSTE Clinic, The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle Canales 103, Lázaro Cárdenas, 87410	(868) 812-4150	https://www.gob.mx/issste
Tax Administration Service (SAT)	Prol. C. Calixto Ayala 202, Industrial, 87350	(868) 811-0200	https://www.sat.gob.mx/home
Secretary of Labor and Social Welfare			https://www.tamaulipas.gob.mx/trabajo/#
Secretary of Public Education (SEP)	Calz. Gral. Luis Caballero S/N, Fracc. Las Flores, Cd. Victoria, 87078	(834) 318-6600	https://www.tamaulipas.gob.mx/educacion/search
Tamaulipas Institute for Migrants	Calle Bravo 2123, Sector Centro, Nuevo Laredo, 88000	(867) 712-3380, (867) 712-1979	https://www.tamaulipas.gob.mx/migrantes/
Tamaulipeca Women's Institute	Ave. Constitución S/N	(868) 812-5140	https://www.tamaulipas.gob.mx/en/mujeres/cobertura/

Non-Profit Organizations			
Name	Address	Contact	Website
San Juan Diego and Francisco de Asis Shelter	Ave. Golfo de Mexico 48, Col. Ampliación Solidaridad, 87456	(868) 822-2213 (868) 822-4689	https://redes.dh.tamu.edu/node/56

Reynosa, Tamaulipas

Government Institutes			
Name	Address	Contact	Website
Government of Reynosa	Morelos 645, Entre Hidalgo y Juárez, 88500		https://www.reynosa.gob.mx
Civil Registry	Various locations		https://www.gob.mx/cms/uploads/attachment/file/548646/TAMAUlipas_Directorio_oficial_as_del_Registro_Civil_Emergencia_por_COVID_CONAFREC_.pdf

Government Institutes

Name	Address	Contact	Website	Description
National Electoral Institute (INE)	Various locations	(800) 433-2000	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID card (INE).
Tamaulipas state government	15 y 16 Juárez, Palacio de Gobierno, 3er Piso, Cd. Victoria, 87000	(834) 318-8000	https://www.tamaulipas.gob.mx	Driver's license.
Secretary of Foreign Relations	Calle Zaragoza 496, Esquina con Ocampo, Zona Centro	(899) 922-0922	https://www.reynosa.gob.mx/tramites-y-servicios/Pasaporte-Renovacion-mayor-de-edad.html	Passport.
National Institute for Integral Family Development (DIF)	Morelos 645, Entre Hidalgo y Juárez, 88500		http://www.difreynosa.gob.mx	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-Being (INSABI)			https://www.tamaulipas.gob.mx/salud/infraestructura-en-salud/hospitales-generales/	List of public hospitals and clinics.
Mexican Institute of Social Security (IMSS)	Various locations		http://www.imss.gob.mx/directorio/?page=730	List of public hospitals for workers at private companies.
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle Nicolás Bravo S/N, Ferrocarril, Zona Centro, 88500	(899) 922-2690	https://www.gob.mx/issste	Public hospital for state workers.
Tax Administration Service (SAT)	José María Morelos S/N, Rodríguez, 88631	(55) 6272-2728	https://www.sat.gob.mx/home	Federal tax collection, new business registration.
Secretary of Public Education (SEP)	Calz. Gral. Luis Caballero S/N, Fracc. Las Flores, 87078	(834) 3180-6600	https://www.tamaulipas.gob.mx/educacion/	Education at all levels, verifications of US educational documents, English teacher positions.

Non-Profit Organizations

Name	Address	Contact	Website	Description
Casa del migrante	Nogal-aldama 501, Col. Aquiles Serdan I, 88520	(899) 922-4268	https://www.facebook.com/Casa-Del-Migrante-de-Nuestra-Señora-de-Guadalupe-1608050076131147/	Migrant shelter.

Ciudad Juárez, Chihuahua

Government Institutes				
Name	Address	Contact	Website	Description
Government of Ciudad Juárez	Ave. Francisco Villa 950 N., Centro, 32000	(656) 737-0000	http://www.juarez.gob.mx/	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Various locations		http://edo.chihuahua.gob.mx/registrocivil	Birth, marriage, and death certificates.
National Electoral Institute (INE)	Ave. Tecnológico 4902, Abraham González, 31104	(614) 440-0809	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID card (INE).
Chihuahua state government			http://www.chihuahua.gob.mx	Driver's license.
Secretary of Foreign Relations (SRE)	Eje Vial Juan Gabriel 109		https://www.gob.mx/sre	Passport.
National Institute for Integral Family Development (DIF)	Ave. Tecnológico 2903, Col. Magisterial Chihuahua, 31310	(614) 214-4000	https://difchihuahua.gob.mx	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Hospital General Ciudad Juárez, Institute of Health for Well-Being (INSABI)	Ave. Paseo Triunfo de la República 2404, Partido Escobedo, 32330	(656) 173-0700		Public hospital.
Central Hospital Universitario	Calle Antonio Rosales 33000, Obrera, 31350	(614) 180-0800		Public hospital.
Mexican Institute of Social Security (IMSS)			http://www.imss.gob.mx/directorio/?page=474	Public hospital for workers at private companies.
Hospital General de zona ISSSTE, The Institute for Social Security Services for the Workers of the State (ISSSTE)	Anillo Envolvente del Pronaf, Zona Pronaf Condominio La Plata, 32315	(656) 613-0081	https://www.gob.mx/issste	Public hospital for public servants.
Tax Administration Service (SAT)	Ave. Teófilo Borunda 8670-A, Partido Iglesias, 32528	(55) 6272-2728	https://citas.sat.gob.mx/	Federal tax collection, new business registration.
Secretary of Public Education (SEP)	José Luis Revilla 440, Constitución, 32260	(656) 629-3300	http://educacion.chihuahua.gob.mx/secciones/juarez	Education at all levels, verifications of US educational documents, English teacher positions.

Non-Profit Organizations			
Name	Address	Contact	Website
Soup Kitchen	Calle Garambullo 7130, Héroes de la Revolución, 32696	(656) 667-7184	
Casa del Migrante en Juárez, A.C.	Calle Neptuno 1855, Col.Satelite, 32540	(656) 687-0676, (656) 687-0677	https://m.facebook.com/CasaDelMigranteEnJuarezAC/
Uno de Siete Migrando (Casa del Migrante Chihuahua)	Calle Ciudad Camargo 101, Col. Revolución, 31135	(614) 688-2842	http://www.unodesietemigrando.org.mx
<h2 style="text-align: center;">Tijuana, Baja California</h2>			
Government Institutes			
Name	Address	Contact	Website
Government of Tijuana	Ave. Independencia 1350, Zona Urbana Río, 22010	(664) 973-7000	https://www.tijuana.gob.mx/
Civil Registry	Various Locations	(664) 973-7000	https://www.tijuana.gob.mx/dependencias/RegistroCivil/index.aspx
National Electoral Institute	Various Locations	(800) 433-2000	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac
Baja California State Government	Vía Oriente 10252, Zona del Río, 22320	(664) 624-2000	https://www.bajacalifornia.gob.mx/
Secretary of Foreign Relations	Ave. Paseo de los Héroes 9111, 1er. Piso Centro Comercial Pavillion, Plaza Tijuana, Esq. Ave. Gral. M Márquez de León, Zona Centro, 22010	(664) 215 99 50	https://citas.sre.gob.mx/
National Institute for Integral Family Development (DIF)	Bldv. Insurgentes No. 1760-8, Fracc. Los Alamos, 22110	(664) 608-8200	https://dif.tijuana.gob.mx/#
Institute of Health for Well-Being (INSABI)			https://www.saludbc.gob.mx/pages/pdf/directorio.pdf
Name	Address	Contact	Description
			Job fairs, COVID-19 vaccine information, property tax payment.
			Birth, marriage, and death certificates.
			Driver's license.
			Passport.
			Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
			List of public hospitals and clinics.

Government Institutes			
Name	Address	Contact	Website
Hospital General de Tijuana	Ave. Centenario 10851, Zona Urbana Río, Tijuana, 22010	(664) 684-0325	
Mexican Institute of Social Security (IMSS), Subdelegación IMSS de Tijuana	Bldv. Agua Caliente 10610, Aviación, 22420	(664) 629-6300	http://www.imss.gob.mx/
The Institute for Social Security Services for the Workers of the State (ISSSTE), ISSSTE Hospital General Fray Junipero Serra	Ave. las Palmas 4141, 20 de Noviembre, 22100	(664) 681-4386	https://www.gob.mx/issste
Tax Administration Service (SAT)	Fuerza Aerea Mexicana S/N, primera sur Edificio, Centro Urbano 70-76, 22410	(55) 6272-2728	https://citas.sat.gob.mx/
Secretary of Public Education (SEP)	Ave. Independencia 1350, Zona Urbana Río, 22010	(664) 973-7000	https://sepem.tijuana.gob.mx/
Description			
			Public hospital.
			Public hospital for workers at private companies.
			Public hospital for state workers.
			Federal tax collection, new business registration.
			Education at all levels, verifications of US educational documents, English teacher positions/.
Non-Profit Organizations			
Name	Address	Contact	Website
Casa del Migrante en Tijuana	Galileo 239, Col. Postal 22416	(664) 682-5180, assunta_tj@yahoo.com	www.migrante.com.mx
Casa Madre Assunta	Galileo 2305, Col. Postal	(664) 683-0575,	http://institutomadreasunta.com.mx/
Enclave Caracol (The Snail Collective)	Calle Primera 8250, Entre Ave. Revolución y Ave. Francisco I. Madero, 22000	enclavecaracol@gmail.com	www.enclavecaracol.wordpress.com
Espacio Migrante (Migrant Space)	Calle Aldrete 911, Col. Zona Norte		www.espaciomigrante.org
Dreamers' Moms	Juan Álvarez 1821, Fracc. Tomás Aquino	(625) 569-5491,	https://web.facebook.com/DREAMersMoms
Deported Veterans Support House	Calle Calzada Tecnológico near El Colejito Tecnológico, Calle Juan Alvarez 1821, Fracc. Thomas Aquino	(664) 504-7592,	https://www.deportedveteranssupporthouse.net/
			Shelter for migrants.
			Shelter for migrants.

Nogales, Sonora

Government Institutes				
Name	Address	Contact	Website	Description
Government of Nogales	Ave. Obregón No. 339, Col. Centro	(631) 162-5000	https://nogalessonora.gob.mx	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Various locations		https://www.registrolegal.es/registro-civil/nogales	Birth, marriage, and death certificates.
National Electoral Institute (INE)	Various locations		https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID Card (INE).
Sonora state government	Ave. Calzada Industrial, Nuevo Nogales, No. 190 Loc B-1 Plaza Comercial Puerta del Sur, Parque Industrial, 84092	(631) 320-8042	https://www.sonora.gob.mx	Driver's license.
Secretary of Foreign Relations (SRE)				Passport.
National Institute for Integral Family Development (DIF)	Bldv. El Greco S/N, El Greco, 84066	(631) 162-3210	https://www.facebook.com/DIFNogalesSonora/	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-Being (INSABI)			http://salud.sonora.gob.mx/acerca-de/Unidades-medicas.html	Public hospitals and clinics.
Hospital General Nogales	Dr. Francisco Arreola 1277, Moderna, 84055	(631) 313-3465		Public hospital.
Mexican Institute of Social Security (IMSS)			http://www.imss.gob.mx/directorio/?page=672	Public hospital for workers at private companies.
ISSSTE Clinica Hospital Nogales, The Institute for Social Security Services for the Workers of the State (ISSSTE)	Bldv. del Ensueño, Lomas de Fátima, 84020	(631) 299-9888	https://www.gob.mx/issste	Public hospital for state workers.
Tax Administration Service (SAT)	Avr. Nuevo Nogales 2587, Industrial, 84094	(631) 311-0302	https://www.sat.gob.mx/home	Federal tax collection, new business registration.
Secretary of Public Education (SEP)	Paseo Real del Arco y Paseo Alegre S/N, Fracc. Paseo del Sol, 83246	delegacion.son@nube.sep.gob.mx	https://www.gob.mx/sep/acciones-y-programas/sonora-79625	Education at all levels, verifications of US educational documents, English teacher positions.

Non-Profit Organizations

Name	Address	Contact	Website	Description
KINO Border Initiative	Edificio 3, Dept. 401 Col. Fovissste II, 84020	(631) 316-2086	www.kinoborderinitiative.org/es/	Migrant Shelter.

Hermosillo, Sonora

Government Institutes

Name	Address	Contact	Website	Description
Government of Hermosillo	Blvd. Hidalgo y Comonfort, Col. Centenario, 83260	(662) 289-3000	https://www.hermosillo.gob.mx	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Various Locations		http://www.registrocivil.sonoragob.mx	Birth, marriage, and death certificates.
National Electoral Institute (INE)	Various Locations	(662) 289-7365	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID Card (INE).
Sonora state government				Driver's license.
Secretary of Foreign Relations (SRE)		(662) 207-4052		Passport.
National Institute for Integral Family Development (DIF)	Blvd. Hidalgo y Comonfort, Col. Centenario, 83260	(662) 254-5412	https://www.hermosillo.gob.mx/entidades/?id=24	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-Being (INSABI)				List of public hospitals and clinics.
Hospital General del Estado de Sonora, Mexican Institute of Social Security (IMSS)	Blvd. Luis Encinas J. S/N, San Benito, 83000	(662) 259-2500	http://hge.saludsonora.gob.mx/quienes-somos/valores.html	Public hospital.
IMSS Hospital General Zona 2 Hermosillo, The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle Benito Juárez 206, Modelo, 83190	(662) 214-1415	http://www.imss.gob.mx/directorio/?page=672	Public hospital for workers at private companies.

Government Institutes			
Name	Address	Contact	Website
Family Medicine Clinic ISSSTE	Blvd. Morelos y, Ave. Cuatro S/N, 83140	(662) 211- 2732	https://www.gob.mx/issste
Tax Administration Service (SAT)	Paseo Río Sonora Sur S/N, Villa de Serís, 83280	(55) 6272-2728	https://www.gob.mx/issste
Secretary of Public Education (SPE)	Blvd. Luis Donaldo Colosío, Col. Las Quintas, 83240	(662) 289-7601	http://www.sec.gob.mx/portal/index.php

Cancún, Quintana Roo

Government Institutes			
Name	Address	Contact	Website
Cancun City Government	Palacio Municipal, Ave. Tulum No. 5 Sm. 5, Benito Juárez, 77500	(998) 881-2800	https://cancun.gob.mx/
Civil Registry	Margaritas 31, 22, 77500		
National Electoral Institute (INE)	Lombardo Toledano, 37, Benito Juárez	(800) 433-2000	www.ine.mx/
Secretaria Municipal de Seguridad Pública y Tránsito	Ave. Xcaret con Ave. La Costa, Sm. 21, Mz. 8, lote 13, 77500	(998) 898-1576, (998) 283-2070, transito@msspyt.cancun.gob.mx	
Secretary of Foreign Relations (SRE)	Ave. Carlos J. Mader SM. 5 Mz.8 Lt.2, Centro, 77500	(331) 816-9003	https://citas.sre.gob.mx/
National Institute for Integral Family Development (DIF)	Calle 44 Pte, Manzana 76, Reg. 94	(998) 888-8921	http://difbenitojuarez.gob.mx/
Institute of Health for Well-being (INSABI)			
Caises San Miguel de Allende			

Government Institutes			
Name	Address	Contact	Website
Hospital General San Miguel de Allende "Felipe G. Dobarganes"			
			Public hospital.
Mexican Institute of Social Security (IMSS)	Coba 20, Centro, 77500	(998) 884-9096	www.imss.gob.mx
			Public hospital for workers at private companies.
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle 93 1, Región 93, 77500	(998) 888-7261	https://www.gob.mx/issste
			Public hospital for public servants.
Tax Administration Service (SAT)			https://citas.sat.gob.mx/
			Federal tax collection, new business registration.
Secretary of Public Education (SEP)	Bonampak 31, 77500		www.stps.gob.mx
			Education at all levels, verification of US educational documents, English teacher positions.
Secretary of Labor and Employment	Carlos J. Nader 36, 77500		www.stps.gob.mx
			Job training and placement, worker protection.

San Miguel de Allende, Guanajuato

Government Institutes			
Name	Address	Contact	Website
San Miguel de Allende City Government			https://sanmigueldeallende.gob.mx/
			Job fairs, COVID-19 vaccine information, property tax payment, COVID-19 small business relief program.
Civil Registry	Bld. de la Conspiración Local AB-17 PA, Real del Conde, Centro, 37740	(415) 152-2042	https://sgg.jalisco.gob.mx/acerca/areas-de-la-secretaria/registro-civil
			Birth, marriage and death certificates.
National Electoral Institute (INE)	Plaza Real del Conde, Paseo de los Conspiradores 2, Local 19 AB, Zona Centro, 37700		https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac
			National ID card (INE).
Guanajuato State Government	Bld. Euquerio Guerrero S/N, Col. Yerbabuena, 36250	(800) 623-0237	http://sg.guanajuato.gob.mx/index.php/movilidad/licencia-de-conducir/
			Driver's license.
Secretary of Foreign Relations (SRE)	Bld. de la Conspiración 130, Colonia, 37748	(415) 110-3017	https://delegacion.com.mx/citas/sanmiguel-de-allende/sre
			Passport.

Government Institutes			
Name	Address	Contact	Website
National Institute for Integral Family Development (DIF)	San Antonio Abad S/N, Zona Centro, 37700	(415) 152-0910	http://difsanmigueldeallende.gob.mx/programas-2/alimentario/
Institute of Health for Well-being (INSABI)			https://salud.guanajuato.gob.mx/Directorio-Unidades-Medicas.php
Caises San Miguel de Allende	Arociris S/N, Fracc. La Lejona, 37736	(415) 152-6210	
Hospital General San Miguel de Allende "Felipe G. Dobarganes"	Ave. Iro. de Mayo 37, Fracc. Ignacio Ramírez, 37645	(415) 412-0476	
Mexican Institute of Social Security (IMSS)	Calz. de La Aurora S/N, Aurora, 37715	(415) 152-0699	
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Francisco José de Landeta 1	(415) 152-5181	
Tax Administration Service (SAT)	Ave. de la Conspiración 302, Local BB03 y BB04, Col. El Deportivo, 37748	(55) 627 22 728	https://citas.sat.gob.mx/
Secretary of Public Education (SEP)			https://www.gob.mx/sep

Non-Profit Organizations

Name	Address	Contact	Website	Description
Caminamos Juntos		(415) 167-1896, cjsma@gmail.com	https://en.cjsma.org/	Education at all levels, verification of US educational documents, English teacher positions.

Leon, Guanajuato

Government Institutes				
Name	Address	Contact	Website	Description
Government of León	Plaza Principal S/N, Centro		https://www.leon.gob.mx/	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Carretera Guanajuato-Juventino Rosas Km. 9.5, Complejo Administrativo Yerbabuena, 36250	(473) 102-2000	https://sg.guanajuato.gob.mx/index.php/registro-civil/	Birth, marriage, and death certificates.
National Electoral Institute (INE)	Ave. del Astillero 148, Centro Bodeguero las Trojes, 37227	(477) 776-5900	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID Card (INE).
Guanajuato State Government	Paseo de la Presa 103, Centro, 36000	800-465-2486, contacto@guanajuato.gob.mx	https://www.guanajuato.gob.mx/	Driver's license.
Secretary of Foreign Relations (SRE)	Plaza Galería Las Torres, Blvd. Juan Alonso de Torres Oriente 1315, Col. San José del Consuelo, 37200	(477) 215-0203	https://directorio.sre.gob.mx/index.php/delegaciones/delegacion-guanajuato	Passport.
National Institute for Integral Family Development (DIF)	Plaza Revolución 107, Col. San Juan de Dios	contacto@difleon.gob.mx	https://dif.leon.gob.mx/	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-Being (INSABI)		(477) 719-7400	https://salud.guanajuato.gob.mx	Public hospital, Psychological assistance hotline: 800 290 0024.
Nuevo Hospital General de León	Blvd. Milenio 1001, San Carlos	(477) 719-7400	https://salud.guanajuato.gob.mx	Public hospital.
Hospital Angeles León	Ave. Cerro Gordo, Lomas de Campestre, 37150	(477) 788-5600	https://hospitalesangeles.com/leon/	Public hospital.
State Delegation of the IMSS in Guanajuato, Mexican Institute of Social Security (IMSS)	Blvd. Adolfo López Mateos S/N, Los Paraísos, 37320	(477) 717- 4000	http://www.imss.gob.mx/directorio/?page=556	Public hospital for workers at private companies.
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle Cholula 305, Azteca, 37520	(477) 711-537	https://www.gob.mx/issste	Public hospital for public servants.

Government Institutes			
Name	Address	Contact	Website
Tax Administration Service (SAT)	Bldv. Campestre 55, Col. La Florida, 37190	(55) 6272-2728	https:// citas.sat.gob.mx/
Secretary of Labor and Social Welfare		(800) 465-2486	http://sg.guanajuato.gob.mx/sstps/
Secretary of Public Education (SEP)	Conjunto Administrativo, Pozuelos S/N	(473) 735-1000	https://www.seg.guanajuato.gob.mx/SitePages/Home.aspx
Soup Kitchen	Almuerzo Tofito, Blvd. Adolfo López Mateos, Los Paraísos, 37320	(477) 848-1677	
DIF Comedor Comunitario	Madre Selva 201, Diez de Mayo, 37549	(477) 424-4163	
Non-Profit Organizations			
Name	Address	Contact	Website
Casa del Migrante Manos Extendidas	16 de Septiembre 430A, Celaya, 38057	(461) 215-0761	https://www.manosexte ndidasalosnecesitados.
Fundación León	Bldv. Mariano Escobedo 5604 A Pte., Across from Escuela Técnica 53	(477) 762-1749	http://www.fundacionleon.org.mx/en-us/home.aspx
Casa del Migrante Galilea	Calle Independencia 878, Esquina con Calle Río Balsas, Col. Barrio de San Miguel	(477) 639 3575, casa.migrante.galilea@gmail.com	https://casagalileamigrante.godaddy.com/
			Migrant shelter.
			Community center.
			Migrant shelter.

Cabo San Lucas, Baja California Sur

Government Institutes			
Name	Address	Contact	Website
Cabo San Lucas City Government	Bldv. Mijares 1413, Entre Calle Zaragoza y Manuel Doblado, Col. Centro	(624) 146-7600	https://www.loscabos.gob.mx/
Civil Registry	Various locations		https://www.gob.mx/cms/uploads/attachment/file/639265/BAJA_CALIFORNIA_SUR_Directorio_de_Oficial_as_del_Registro_Civil_Emergencia_por_COVID_CONAFREC_.pdf
			Job fairs, COVID-19 vaccine information, property tax payment.
			Birth, marriage and death certificates.
National Electoral Institute (INE)	Calle San Antonio 8, Lomas Altas, Colonia El Progreso, 23474	(800) 433 2000	www.ine.mx
			National ID card (INE).

Government Institutes				
Name	Address	Contact	Website	Description
Director of Municipal Transit	Carretera Transpeninsular Km.34, Col. Guaymitas	(624) 142-0361	http://transparencialoscabos.gob.mx/documentos/transparencia/fraccion-18/tramites/transito/expedicion-licencia-automovilista.pdf	Driver's license.
Secretary of Foreign Relations (SRE)		(800) 801-0773	https://citas.sre.gob.mx/	Passport.
National Institute for Integral Family Development (DIF)	Playa Caracoles, Jacarandas, 23473	(624) 172-5600	https://www.loscabos.gob.mx/ante-la-nueva-normalidad-el-sistema-dif-en-cabo-san-lucas-atendera-a-la-ciudadania-a-traves-de-citas/	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-being (INSABI)	Various locations		https://www.gob.mx/cms/uploads/attachment/data/file/512008/Baja_California_Sur.pdf	List of public hospitals and clinics.
Mexican Institute of Social Security (IMSS)	Various locations		http://www.imss.gob.mx/directorio/?page=589	Public hospital for workers at private companies.
The Institute for Social Security Services for the Workers of the State (ISSSTE)	Calle Ignacio Zaragoza, Entre Alikan, 12 de Octubre y, Ildefonso Green, 23470		www.issste.gob.mx	Public hospital for state workers.
Tax Administration Service (SAT)	Calle Adolfo Lopez, 206 Matamoros, 23470	(800) 286-3133	https://citas.sat.gob.mx/	Federal tax collection, new business registration.
Secretary of Public Education (SEP)			http://www.sepbcs.gob.mx/	Education at all levels, verification of US educational documents, English teacher positions.

Puebla, Puebla

Government Institutes				
Name	Address	Contact	Website	Description
Puebla City Government	Ave. 2 Pte. 107	(222) 309-4300	https://www.pueblacapital.gob.mx/	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Various locations		https://puebla.gob.mx/index.php/tramites-y-servicios?title=Registro%20Civil&cid=161	Birth, marriage and death certificates.
National Electoral Institute (INE)	Various locations	(222) 264-6729, (800) 433-2000	www.ine.mx	National ID card (INE).
Secretary of Infrastructure, Mobility and Transport	Various locations		https://citasenlinea.puebla.gob.mx/Default.aspx	Driver's license.
Secretary of Foreign Relations (SRE)	Vía Atlixayotl 1101, Centro Integral De Servicios (CIS), Edificio Norte, Planta Baja, Col. Villas De Atlixco, 72190	(222) 467-1251	https://citas.sre.gob.mx/	Passport.
National Institute for Integral Family Development (DIF)	Calle Cinco de Mayo 1606, Centro Histórico, 72000	(222) 229-5200, sedifestatal@puebla.gob.mx	http://difestatal.puebla.gob.mx/	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-being (INSABI)	Calle 15 Sur 302, Barrio de San Sebastián, 72090	(222) 229-8300	http://ss.puebla.gob.mx/servicios/directorio-hospitales-y-c-de-salud	List of public hospitals and clinics.
Mexican Institute of Social Security (IMSS)	4 Norte 2055, Centro, 72000	(222) 246-3931	www.imss.gob.mx	Public hospital for workers at private companies.
The Institute for Social Security Services for the Workers of the State (ISSSTE)	3 Poniente 1906, Amor, 72140 Puebla	(222) 232-7994	www.issste.gob.mx	Public hospital for state workers.
Tax Administration Service (SAT)	Various locations		https://citas.sat.gob.mx/	Federal tax collection, new business registration.
Secretary of Public Education (SEP)			http://sep.puebla.gob.mx/	Education at all levels, verification of US educational documents, English teacher positions.
Secretary of Labor and Employment (STPS)	31 Poniente 2904, El Vergel, 72400 Puebla	(222) 230-1670	www.stps.gob.mx	Job training and placement, worker protection.

Online Support

Name	Website
Migrant Services Directory	https://cdhpuebla.org.mx/v1/images/cartillas/8-DirectorioAtencionMigrantes2018.pdf

Guadalajara, Jalisco

Government Institutes			
Name	Address	Contact	Description
Government of Guadalajara	Hidalgo 400, Col. Centro, 44100	contacto@guadalajara.gob.mx	https://guadalajara.gob.mx
Civil Registry	Ave. Prolongación Alcalde 1855, Col. Miraflores, 44270, Planta Baja	enrique.cardenas@jalisco.gob.mx	https://guadalajara.gob.mx
National Electoral Institute (INE)	Calle Francisco Rojas González 131, Ladrón De Guevara, 44130	https://app-inter.ife.org.mx/siac2011/citas_initCapturaCitas.siac	National ID card (INE).
Jalisco State Government	Ave. Fray Antonio Alcalde 1221, Col. Miraflores	(33) 3818-2800	https://www.jalisco.gob.mx
National Employment Service (SNE) Job Bank		(800) 841 2020	https://www.jalisco.gob.mx/es/temas/portal-del-empleo
Secretary of Foreign Relations (SRE)	Villa Santa Rita, Ave. México 3370, Villas de San Javier, 44690	(33) 1816-9003	https://guadalajara.gob.mx/tags/citas-pasaporte-guadalajara
National Institute for Integral Family Development (DIF)	Calle Gral. Eulogio Parra 2539, Col. Lomas de Guevara	(33) 3848-5000, contacto@difgdl.gob.mx	https://difgdl.gob.mx
Institute of Health for Well-Being (INSABI)	Dr. Baeza Alzaga 107, Col. Centro		https://ssj.jalisco.gob.mx
Centro de Salud ACATIC	General Pablo Rodríguez 195, 45470	ssjitepa@prodigy.net.mx	https://ssj.jalisco.gob.mx
Centro de Salud El Chico	Francisco I Madero 37, Col. Centro, 48948	(33) 3030-5000, regionautlan@gmail.com	https://ssj.jalisco.gob.mx

Government Institutes			
Name	Address	Contact	Website
Mexican Institute of Social Security (IMSS), HGR 45 Guadalajara Hospital	Calle San Felipe 1014 Guadalajara, Col. Centro, 44100	(33) 3825-0700	http://www.imss.gob.mx/
The Institute for Social Security Services for the State Workers of the State (ISSSTE), Hospital Regional Dr. Valentín Gómez Farias ISSSTE	Ave. Soledad Orozco 203, El Capullo, 45100, Zapopan	(33) 3836 0650	https://www.gob.mx/issste?fbclid=IwAR2mediatoz2c-gNBfoFa1qok2TzI3T50CLeBuu_hbWUN45bHxdJ2HAra0u0
Tax Administration Service (SAT)	Calz. Lázaro Cárdenas 2305, Las Torres, 44920	(33) 3880-9700	https://citas.sat.gob.mx/
Secretary of Labor and Social Welfare	Calz. de las Palmas No. 96, Col. La Aurora, 44460	(33) 3030-1000	https://stps.jalisco.gob.mx/
Secretary of Public Education (SEP)	Ave. Alcalde 1351, Magisterio, Col. Miraflores	(33) 3819-2713	https://se.jalisco.gob.mx/
COVID-19 hotline		(33) 3823-3220	

Non-Profit Organizations			
Name	Address	Contact	Website
Justice Center for Women (Centro de Justicia para las Mujeres)	Álvaro Alcázar 5869, Entre Ignacio Ramos y Circunvalación, Col. Jardines Alcalde	(33) 3030-5450	https://fge.jalisco.gob.mx/content/centro-de-justicia-para-las-mujeres
The Rhizome Center for Migrants: Mexico Project			https://www.rhizomecenter.org/es/
Refugio Casa del Migrante	Constitución 300, Cerro del Cuatro, San Pedro Tlaquepaque, 45599	(33) 3675-1475	https://www.elrefugiogdl.org.mx/
FM4 Paso Libre	Calderón de la Barca 468-A, Col. Arcos Vallarta, 44150	(33) 3330-0306	http://www.fm4pasolibre.org/
Casa Scalabrini's shelter		(33) 3811-3342	https://www.migrantes.com.mx/guadalajara

Non-Profit Organizations

Name	Address	Contact	Website	Description
Soup Kitchens (Comedores Comunitarios, DIF)		(33) 3836-3444	https://difgdl.gob.mx/comedores.php	Food banks and soup kitchens operated throughout the city.

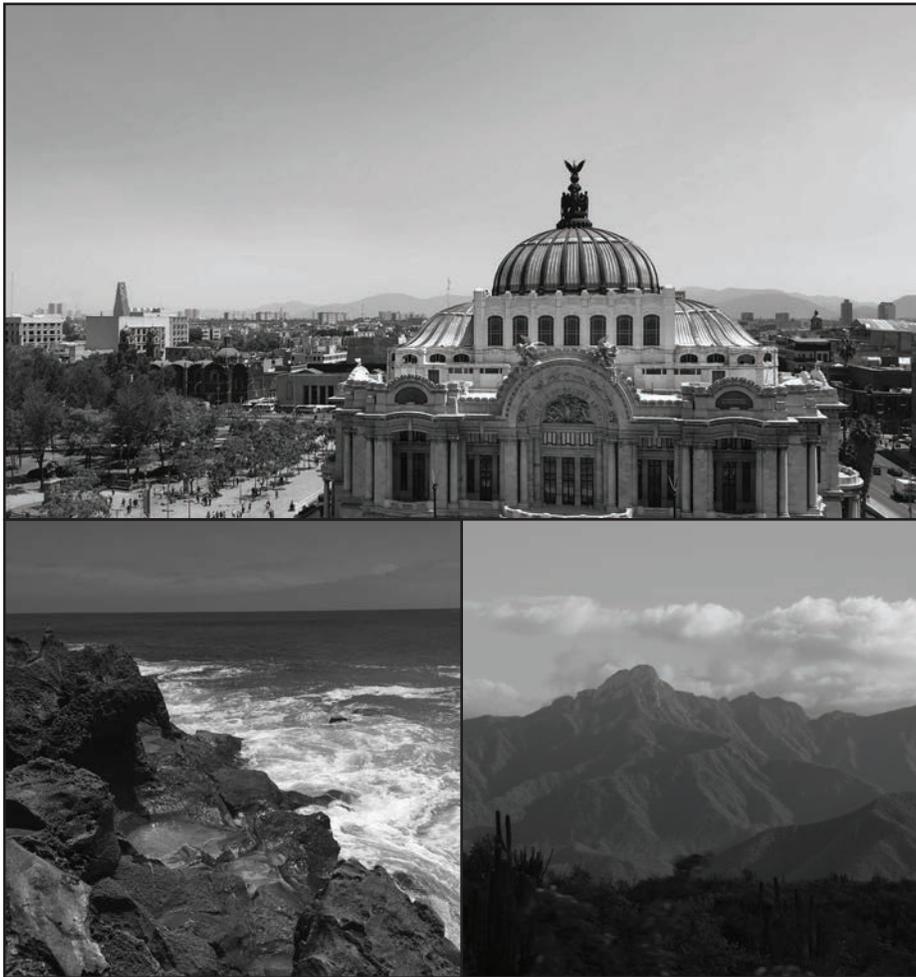
Monterrey, Nuevo Leon

Government Institutes

Name	Address	Contact	Website	Description
Monterrey City Government	Palacio Municipal de Monterrey, Zaragoza y Ocampo S/N, Zona Centro, 64000	(818) 130-6565	http://www.monterrey.gob.mx/oficial/	Job fairs, COVID-19 vaccine information, property tax payment.
Civil Registry	Various locations		https://www.nl.gob.mx/oficialsderregistrocivil	Birth, marriage and death certificates.
National Electoral Institute (INE)	Various locations	(818) 345-8711, (800) 433-2000	www.ine.mx	National ID card (INE).
Delegation of Vehicle Control Institute	Various locations		http://retys.nl.gob.mx/servicios/licencia-de-conducir-para-automovilista-chofer-o-motociclista-expedicion	Driver's license.
Secretary of Foreign Relations (SRE)	Ave. Eugenio Garza Sada Sur 2411, Roma, 64700	(812) 090-2501	https://citas.sre.gob.mx/	Passport.
National Institute for Integral Family Development (DIF)			https://www.facebook.com/DIF-Monterrey-221260114722610/	Food assistance (soup kitchen and food pantry), psychological assistance, legal support, home building materials, older adult community activities, community development support, stipends for people with disabilities, hearing aids (Services vary by location.)
Institute of Health for Well-being (INSABI)				List of public hospitals and clinics.
Mexican Institute of Social Security (IMSS)	Manuel L. Barragán 4850, Hogares Ferrocarrileros, 64260	(81) 8351-5194	www.imss.gob.mx	Public hospital for workers at private companies.
The Institute for Social Security Workers for the State (ISSSTE)	Degollado Sur 734, Obispedo, 64060	(800) 400-1000	www.issste.gob.mx	Public hospital for state workers.

Government Institutes				
Name	Address	Contact	Website	Description
Tax Administration Service (SAT)	Various locations		https://ciatas.sat.gob.mx/	Federal tax collection, new business registration.
Secretary of Public Education (SEP)	José Benítez 2531, Obispaño, 64060	(81) 8347-9432		Education at all levels, verification of US educational documents, English teacher positions.
Secretary of Labor and Employment (STPS)	General Lázaro Cárdenas 500, Mirador de La Silla, 67170 Guadalupe	(81) 2020-2907	www.stps.gob.mx	Job training and placement, worker protection.
Non-Profit Organizations				
Name	Address	Contact	Website	Description
"Comedor de Los Pobres" Soup Kitchen	Calle 5 de Mayo S/N, Centro Monterrey, 64000	(818) 375-1163	http://www.comedordeiosobres.org/	Serves food and basic supplies to Mexican and other migrants in transit. Limited access available for use of toilet and shower facilities.

Section 6:
Additional Resources



MigrantApp, a Great Tool for Your Return

The MigrantApp, developed by the International Organization for Migrants (IOM), a UN Migration Agency, includes a number of features that may be of use to you:

- **Protection and Assistance Information:** Simplified access to information on health centers, consulates and embassies, migration offices, human rights protection centers, and shelters. The App also includes information on training and employment, and on assistance for particularly vulnerable groups, including victims of human trafficking.
- **Migration Information:** Information on the requirements for entering Mexico and Central American countries for 27 nationalities.
- **Remittances:** Allows you to compare the costs of available options for sending money.
- **My Route:** Allows you to privately share your location in real-time.
- **News:** Up-to-date, country-specific migration news and alerts in case of emergencies such as hurricanes and epidemics.

Your personal information is confidential, but you can also deactivate the GPS feature on your mobile device.

You can download the MigrantApp for Apple (iOS) or Samsung (Android).

Additional information on the MigrantApp is available on IOM's Mesoamerica Programme website:

<https://www.programamesoamerica.iom.int/es/migapp>

Common reasons documents do not receive certification:

- Incorrect fees.
- Lack of notarization or certification by the proper official.
- Name of country where the document will be used not specified.
- Problem with notarization (i.e., notary did not sign the document or did not affix rubber stamp seal).
- Rubber stamp seal has incorrect commission date of the notary.
- Notary signature or stamp does not match the way the notary has been appointed.
- School diplomas and transcripts not originally signed and notarized.

Please note:

- A notary cannot certify copies of documents or signatures.
- All documents must be originals.
- The Index Department cannot certify out-of-state officials.

For more information, please contact:

Secretary of State Index Department

Chicago Office

17 N. State St., Rm. 1010

Chicago, IL 60602

312-814-2067 • 312-793-2556

Review of documents 8 a.m. - 4:30 p.m.

Monday — Friday

8 a.m. - 4:00 p.m.

Walk-In Services

or

Springfield Office

111 E. Monroe St.

Springfield, IL 62756

217-782-7017 • 217-782-7018

Monday — Friday

8 a.m. - 4:00 p.m.

Walk-In Services Only

Certifying Official Documents for Foreign Use



Jesse White
Secretary of State

Printed by authority of the State of Illinois. August 2020 – 1 – I 177.5

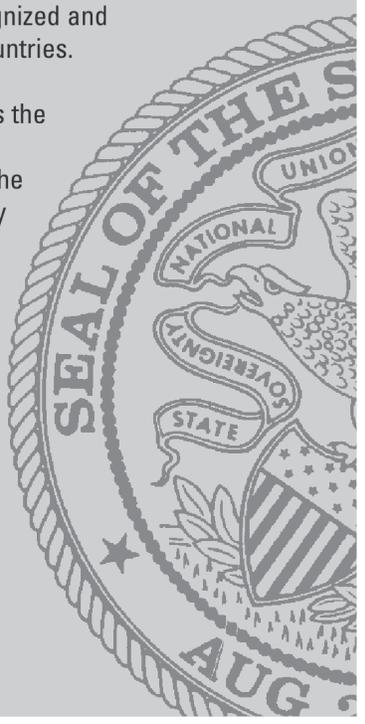
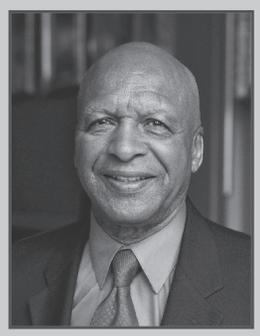
The Secretary of State's Index Department is authorized to certify and process documents for foreign use.

The department certifies that the official who signs a particular document is authorized to do so. As an authorizing agent, my office will affix the Great Seal of the State of Illinois to your documents, which allows them to be recognized and accepted by foreign countries.

This brochure describes the types of certificates available and explains the certification process. By familiarizing yourself with this process, the Index Department can better expedite your documents.

I look forward to serving you.

Jesse White
Jesse White
Secretary of State



Documents needed to obtain one of these Certificates:

Any document that has been notarized or certified must be submitted to the Secretary of State Index Department. Some documents require certification by the official who has custody of the original document or by the office that officially filed the document. Documents other than those listed below must be notarized by an Illinois notary public.

Documents in custody of public official:

Birth certificate — Must be a certified copy from the county clerk, local registrar or Illinois Department of Public Health.

Marriage license — Must be a certified copy from the county clerk.

Divorce decree — Must be a certified copy from the circuit clerk.

Requesting a Certificate:

Submit the application for authentication request by mail to the Index Department in Chicago, along with the following:

- original document(s) to be certified, signed by the appropriate official.
- name of country where the document(s) will be used.
- \$2 fee per document payable to Secretary of State.
- self-addressed, stamped envelope. Prepaid Express Mail, Priority Mail, Federal Express, UPS or Airborne Express envelopes also are accepted. The envelope may be addressed to a third party.

Submitting documents:

Documents to be certified for foreign use may be submitted via Express Mail, Priority Mail, Federal Express, UPS or Airborne Express. Documents also may be submitted in person at the Index Department in Chicago. Address and hours are listed on the back of this brochure.

Normal processing time of documents received by mail in the Chicago office is 7-10 business days.

Application for Authentication or Apostille Certifying Documents for Foreign Use

Secretary of State Index Department



WALK IN

MAIL IN

TN# _____

17 N. State Street Ste. 1010, Chicago, IL 60602
312-814-8218 • 312-793-3959
www.cyberdriveillinois.com

Date Stamp
For office use only.

Time In _____	For Office Use Only
Time Out _____	\$ _____ Submitted
	()CA ()CK ()MO ()CC
No.# _____	

Prior to submitting documents to be certified for foreign use, please ensure they have been notarized by an Illinois Notary Public or certified by the proper official.

- **Birth Certificates, Death Certificates, Marriage Certificates** – Must be certified by the County Clerk or local registrar where the birth, death, or marriage occurred.
- **Divorce Decree** – Must be certified by the Circuit Clerk of the Court that filed the decree.
- **Diplomas and Transcripts** – Must contain an original signature of a school official and be notarized by an Illinois Notary Public. (Include a statement of acknowledgment.)

FEE: \$2 per document payable to the Secretary of State.

Customer Name (please print): _____

Street Address: _____

City, State, ZIP: _____

Telephone Number: _____ Email: _____

Country or Countries you need the documents(s) certified for: _____

#	TYPE	AMOUNT
	AP	
	CA	
	CI	
	CL	
	TOTALS	

PLEASE DO NOT WRITE BELOW THIS LINE—OFFICE USE ONLY



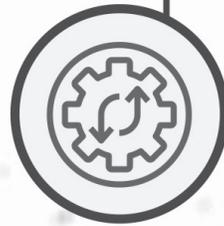
Objetivo: Asistir a los connacionales repatriados de forma segura, ordenada y con respeto a los derechos humanos en su retorno al país y facilitar la reinserción de la población mexicana repatriada y en retorno, a través de la coordinación con los tres órdenes de gobierno, la sociedad civil y la iniciativa privada.



PROCESOS DE REPATRIACIÓN:



TOTAL DE REPATRIACIONES:



TOTAL DE REPATRIACIONES:



DIRECTORIO ENLACES REPATRIACIÓN

Oficina de Representación	Nombre	Cargo	Teléfono	Ext.	Correo	Domicilio
Aguascalientes	Rodolfo Romo Magdaleno	Enlace de Repatriación	(449) 915 6069	207	rromom@inami.gob.mx	Paseo de los Chichahuales No. 2790 int. 15, Col. Corral de Barrancos, C.P. 20900, Jesus María, Aguascalientes.
Baja California	Aidé Nereida Rosales Márquez	Subdirectora de Protección al Migrante	(664) 682 4038	-	arosales@inami.gob.mx	José María Larroque s/n, Col. Empleados Federales, C.P. 22430, Tijuana, Baja California.
Baja California Sur	Lic. Margarita Medina Mendoza	Jefe de Departamento	(624) 12301 35	203	mmedinam@inami.gob.mx	Boulevard Lázaro Cárdenas No. 1625, Col. Centro, C.P. 22430, Cabo San Lucas, Baja California Sur.
Campeche	Matisse Geovana Alcalá Ortiz	Subdelegada Local en Campeche	(981) 816 2868	215	malcala@inami.gob.mx	Av. 16 de Septiembre s/n, Palacio Federal, Planta Baja, Col. Centro, C.P. 24000, San Francisco de Campeche, Campeche.
Chiapas	María Verónica Judith Brindis Ordaz	Jefa del Departamento de Control Migratorio	(961) 614 3288 al 91	60416	vbrindis@inami.gob.mx	Libramiento Norte Oriente s/n, costado de la Universidad Pablo Guardado Chávez, Col. Las Palmas, C.P. 29040, Tuxtla Gutiérrez, Chiapas.
Chihuahua	Melisa Cárdenas Baeza	Jefa del Módulo de Repatriación Humana Cd. Juárez	(656) 615 9858 (656) 612 3534	14180 14181	mcardenas@inami.gob.mx	Puente Internacional Paso del Norte, Col. Centro, C.P. 32000, Cd. Juárez, Chihuahua.
Ciudad de México	Alejandrina Ortega Pichardo	Jefe de Departamento de Repatriación Humana	(55) 53 87 24 00	18584 18101	attrepatriadascdmx@inami.gob.mx	Av. Homero 1832, Piso 18, Col. Los Morales Polanco, Miguel Hidalgo, C.P. 11510, Ciudad de México, CDMX.
Coahuila	María del Carmen Ramos Cruz	Jefa del Departamento de Informática y Estadística	(844) 416 1676 (844) 416 3827	222	mramos@inami.gob.mx	Colima No. 213, esquina con Torreón, Col. República Oriente, C.P. 25280, Saltillo, Coahuila.



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INSTITUTO NACIONAL DE MIGRACIÓN



REPATRIACIÓN
MÉXICO ESTÁ CONTIGO



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Oficina de Representación	Nombre	Cargo	Teléfono	Ext.	Correo	Domicilio
Colima	Ana Elizabeth Delgado Rivera	Coordinador de Unidad en Áreas de Servicios Migratorios	(314) 332 1844 y 314-332-1730	226	edelgado@inami.gob.mx	Av. Teniente Azueta s/n, Edificio Federal Portuario, 2do. Piso, Col. Burócrata, C.P. 28200, Manzanillo, Colima.
Durango	Claudia Azucena Carrola Cervantes	Jefa de Departamento del Programa Paisano	(618) 825 0914	1	ccarrola@inami.gob.mx	Av. Belisario Domínguez No.134, entre Blvd. Dolores del Río y Calle Volantín, Barrio de Analco, C.P. 34138, Durango, Durango.
Estado de México	Azalia Catalina Camacho Guadarrama	Jefa de Departamento del Programa Paisano	(722) 215 5880	220	acamacho@inami.gob.mx	Independencia No. 335, Cacalomacan, C.P. 50266, Toluca, Estado de México.
Guanajuato	Francisco Antonio Camacho Rodríguez	Jefe de Departamento de Programa Paisano y Repatriación	(477) 713 55 90 (477) 713 55 92 (477) 716 93 52	61606	fcamacho@inami.gob.mx	Bldv. Aeropuerto No. 849, Col. Centro Comercial San Martín, Locales 106 E al 109 E, León, Guanajuato, C.P. 37545
Guerrero	Eva Lucrecia Agatón Catalán	Jefe de Departamento	(744) 435 0102	222	eagaton@inami.gob.mx	Juan Sebastian Elcano, No. 1, Fraccionamiento Costa Azul, C.P. 39850, Acapulco, Guerrero.
Hidalgo	Héctor de Jesús Rodríguez de la Garza	Jefe de Departamento del Programa Paisano	(771) 719 1374 (771) 714 5533 (771) 719 3764	210 234	hrodriguez@inami.gob.mx	Bldv. Ramón G. Bonfil No. 318, Col. Parque de Poblamiento, C.P. 42032, Pachuca de Soto, Hidalgo.
Jalisco	Eugenia Vignon Castrejón	Jefa de Departamento	(33) 3942 0290	207, 219 y 245	evignon@inami.gob.mx	Alcalde No. 500, 1er. piso, Edif. Palacio Federal, Col. Centro, Palacio Federal, C.P. 44280, Guadalajara, Jalisco.
Michoacán	Karina Hernández Cortés	Delegada Local en el Aeropuerto de la Ciudad de Morelia	(443) 3 171845	-	khernandezc@inami.gob.mx	Av. Camelinas No. 2309, Fracc. Camelinas, C. P. 58290, Morelia, Michoacán



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Oficina de Representación	Nombre	Cargo	Teléfono	Ext.	Correo	Domicilio
Morelos	Miguel Ángel Becerra García	Jefe de Departamento de Programación, Informática y Estadística	(777) 315 7464 (777) 315 9610	212	mabecerra@inami.gob.mx	Av. San Diego No. 101, esquina con Florencia, Col. Delicias, C.P. 62330, Cuernavaca, Morelos.
Nayarit	Beatriz Orozco Torres	Coordinadora de Unidad Especializada en Servicios Migratorios	(311) 210 0773 (311) 213 1720	272	borozcot@inami.gob.mx	Av. Rey Nayar No. 171 esquina con Calle Miguel Lebrija, Col. Aviación, C.P. 63190, Tepic, Nayarit.
Nuevo León	Yolanda Álvarez Valdivia	Jefe de Departamento	(81) 8486 1574 al 77	229	yalvarez@inami.gob.mx	Av. Lázaro Cárdenas No. 1817, Fracc. Jardín de las Torres 1er. Sector, C.P. 64754, Monterrey, Nuevo León.
Oaxaca	Gladys Hernández Hernández	Enlace del Programa Paisano y Repatriación	(951) 502 0004	212	ghernandezh@inami.gob.mx	Avenida de la Independencia No. 709, Palacio Federal, Col. Centro, C.P. 68000, Oaxaca de Juárez, Oaxaca.
Puebla	Humberto Garzón Gil	Jefe de Departamento de Programa Paisano	(222) 211 0690	8510 251	hgarzon@inami.gob.mx	Av. Reforma, No. 1905 y 1907, Barrio San Matías, C.P. 72090, Puebla, Puebla.
Querétaro	Laura Itzigueri Ortega Gómez	Coordinadora de Profesiones Especializadas en Servicio Migratorios	(442) 214 1538 (442) 214 2712	204	lortega@inami.gob.mx	Prolongación Pino Suárez No. 479, Col. Isidro Modelo C.P. 76177 Querétaro, Qro.
Quintana Roo	Verónica Clemente Aguirre	Jefa de Departamento de Operación, Seguridad y Custodia en Estación Migratoria	(998) 881 3560	284	vclemente@inami.gob.mx	Av. Carlos Nader esquina con Av. Uxmal, Lote 1, Supermanzana 5, Col. Centro, C.P. 77500, Cancún, Quintana Roo.
San Luis Potosí	César Ricardo Soto Guzmán	Jefe de Departamento de Paisano y Enlace de Repatriación	(444) 833 2481	222	csoto@inami.gob.mx	Av. Muñoz No. 362, Col. Los Reyes, C.P. 78165, San Luis Potosí, San Luis Potosí.



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Oficina de Representación	Nombre	Cargo	Teléfono	Ext.	Correo	Domicilio
Sinaloa	María Soledad García Zúñiga	Enlace de Comunicación Social	(669) 982 3904	224	msgarciaz@inami.gob.mx	Prol. Aquiles Serdán s/n, esq. con Playas Gemelas, Fracc. Playa Sur, C.P. 82040, Mazatlán, Sinaloa.
Sonora	Jesús Ortiz García / Jesús Israel Ríos García	Jefe de Departamento	(631)31-25836	-	jortizg@inami.gob.mx / jrrios@inami.gob.mx"	Av. López Mateos S/N, Edif. Los Arcos, Puerta México, C.P. 84000, Nogales, Sonora.
Tabasco	Vidaura Magaña García	Jefa de Departamento	(993) 313 6105	241	vmagana@inami.gob.mx	Retorno Vía 5 No. 104, Planta Baja, Col. Tabasco 2000, C.P. 86035, Villahermosa, Tabasco.
Tamaulipas	Daniela Franco Vázquez	Subdirectora de Atención al Migrante	(867) 712 3147 (867) 712 8393 (867) 712 1177	251 y 200 / 14437 y 14411	dfranco@inami.gob.mx	Av. Carlos César López de Lara, s/n, Col. Centro, C.P. 88000, Módulo Migración CITEV, Nuevo Laredo, Tamaulipas.
Tlaxcala	Ricardo Huerta González	Jefe de Departamento de Programación, Informática y Estadística	(246) 464 0827 (246) 464 0599	212 214	rihuerta@inami.gob.mx	Santos Degollado No. 62 en San Pablo Apetatitlán, C.P. 90600, Tlaxcala, Tlaxcala.
Veracruz	Saribel del Carmen Muñoz Pérez	Coordinadora de Unidad en Áreas de Servicios Migratorios	(229) 989 7250	223	smunoz@inami.gob.mx	Miguel Lerdo No. 311, esq. 5 de Mayo, Col. Centro, C.P. 91700, Veracruz, Veracruz.
Yucatán	Virginia Alicia Franco Pérez	Coordinadora de Profesionales Especializados en Servicios Migratorios	(999) 925 5009	246	vfranco@inami.gob.mx	Calle 31 No. 94 entre 16 y 20, Col. México, C.P. 97125, Mérida, Yucatán
Zacatecas	Alma Carolina Gálvez de Ávila	Jefa de Departamento del Programa Paisano	(492) 925 0057 al 59	200	acgalvez@inami.gob.mx	Av. Universidad No. 321-B Col. La Loma, C.P. 98068, Zacatecas, Zacatecas.



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Currículum Vitae

Nacido en los Estados Unidos Mexicanos el 14 de mayo de 1981
Avenida Hermanos Serdan 2390, Col. Centro
Puebla, Puebla, C.P. 72139
222-544-0928
RaulNavarro3@gmail.com

RAUL NAVARRO

RESUMEN DE EXPERIENCIA PROFESIONAL

Hablante nativo de inglés y español. Tengo cuatro años de experiencia enseñando inglés y un año de experiencia de asistente voluntario de enseñanza de matemáticas. Tengo experiencia aplicando diversas estrategias educativas en todos niveles.

EDUCACIÓN

Diplomado en ciencias, el arte y la educación general
Carl Sandburg Community College Galesburg, IL
Año: 2009

EXPERIENCIA PROFESIONAL DOCENTE

Universidad de Illinois Urbana-Champaign , Programa de socios de lengua
Funciones: Maestro de inglés como segundo idioma (ESL), tutor de estudiantes
Año: Agosto de 2014- Abril de 2016

VOLUNTARIADO

Danville Area Community College Danville, IL
Funciones: Asistente voluntario de enseñanza de matemáticas, tutor de estudiantes
Año: Julio de 2016- abril de 2018

IDIOMAS

Inglés lengua materna
Español lengua materna

HONORES

Premio de liderazgo de John Dewey, Universidad de Illinois, Urbana-Champaign
Año: 2014

CONOCIMIENTOS TECNOLÓGICOS

Microsoft Office: Word, PowerPoint, Excel

Verónica Gonzalez

123 First Street
City, ST 20202
(447) 298-0909
VeroGonz12@gmail.com

10 de Diciembre de 2021

María Gutiérrez
Avenida de la República
Xalapa, Veracruz, 91000

Dear Ms. Gutiérrez,

I am writing to inquire about possible openings at ABC Company for a research assistant. I am interested in a senior level position offering the opportunity for travel and advanced research assignments.

As a professional administrative assistant with excellent research skills, I am eager to contribute my abilities and experience to ABC Company. Given my extensive training and background, I believe I can help ABC Company meet its goal of providing only the most accurate and timely information to its clients.

Please find enclosed my resume and a list of my references. Feel free to call me at 100.200.3000 to arrange a time to meet. I look forward to hearing from you.

Sincerely,

Verónica Gonzalez

<h1>Solicitud de Empleo</h1>	Fecha	
	Sueldo Mensual Deseado	
	Sueldo Mensual Aprobado	
	Fecha de Contratación	
Puesto que Solicita		
Toda información aquí proporcionada debe ser tratada confidencialmente.		

Datos Personales			
Apellido Paterno	Apellido Materno	Nombre(s)	Edad Años
Domicilio	Colonia	Código Postal	Telefono
Ciudad, Estado	Lugar de Nacimiento	Fecha de Nacimiento	Nacionalidad
Vive con		Estatura	
<input type="checkbox"/> Sus Padres	<input type="checkbox"/> Su Familia	<input type="checkbox"/> Parientes	<input type="checkbox"/> Solo
Personas que dependen de usted		Estado Civil	
<input type="checkbox"/> Hijos	<input type="checkbox"/> Cónyuge	<input type="checkbox"/> Padres	<input type="checkbox"/> Otros
		<input type="checkbox"/> Soltero	<input type="checkbox"/> Casado
		<input type="checkbox"/>	<input type="checkbox"/> Otro

Documentación			
Clave Única de Registro de Población		Afore	
Reg. Fed. De Contribuyentes	Numero de Seguridad Social	Cartilla de Servicio Militar No.	Pasaporte No.
Tiene licencia de manejo	Clase y Número de Licencia	Siendo extranjero que documentos le permiten trabajar en el país	
<input type="checkbox"/> No	<input type="checkbox"/> Si		

Estado de Salud y Hábitos Personales			
¿Como considera su estado de salud actual?		¿Padece alguna enfermedad crónica?	
<input type="checkbox"/> Bueno	<input type="checkbox"/> Regular	<input type="checkbox"/> Malo	<input type="checkbox"/> No
		<input type="checkbox"/> Si (Explique)	
¿Práctica Ud. Algún Deporte?		¿Pertenece a un Club Social o Deportivo?	¿Cuál es su pasatiempo favorito?
¿Cuál es su meta en la vida?			

Datos Familiares			
Nombre	Vive	Fin	Ocupación
Padre			
Madre			
Esposa (o)			
Nombre y Edades de los hijos			

Escolaridad					
Nombre	Dirección	De	A	Años	Título Recibido
Primaria					
Secundaria o Prevocacional					
Preparatoria o Vocacional					
Profesional					
Comercial u Otras					
Estudios que esta cursando en la actualidad					
Escuela:	Horario:	Curso o Carrera:		Grado:	

ClubEmpleos. La forma más fácil de buscar y ofrecer empleos. www.clubempleos.com

Conocimientos Generales	
¿Que idiomas habla?	(Nivel 50%, 75%, 100%)
Funciones de oficina que domina	

Maquina de Oficina o taller que sepa manejar	Software que conoce
Otros trabajos o funciones que domina	

Empleo Actual y Anteriores				
Concepto	Actual o último	Anterior	Anterior	Anterior
Tiempo que presto sus servicios	De a	De a	De a	De a
Nombre de la Compañía				
Dirección				
Teléfono				
Puesto desempeñado				
Sueldos Mensual				
Motivo de separación				
Nombre de su jefe directo				
Puesto de de jefe directo				
Podemos solicitar informes de usted	Comentarios de sus jefes			
<input type="checkbox"/> Si				
<input type="checkbox"/> No (Razones)				

Referencias Personales (Favor de no incluir a jefes anteriores)				
Nombre	Domicilio	Telefono	Ocupación	Tiempo de conocerlo

Datos Generales		Datos Económicos		
¿Como supo de este empleo? <input type="checkbox"/> Anuncio <input type="checkbox"/> Otro medio (anótelo)		¿Tiene usted otros ingresos? <input type="checkbox"/> No <input type="checkbox"/> Sí (describalos)	Importe mensual	
¿Tiene parientes trabajando en esta Empresa? <input type="checkbox"/> No <input type="checkbox"/> Sí (nómbrelos)		¿Su cónyuge trabaja? <input type="checkbox"/> No <input type="checkbox"/> Sí (¿dónde?)	Salario mensual	
¿Ha estado afianzado? <input type="checkbox"/> No <input type="checkbox"/> Sí (nombre de la Cia.)		¿Vive en casa propia? <input type="checkbox"/> No <input type="checkbox"/> Sí	Valor aproximado	
¿Ha estado afiliado a algún sindicato? <input type="checkbox"/> No <input type="checkbox"/> Sí (¿a Cuál?)		¿Paga renta? <input type="checkbox"/> No <input type="checkbox"/> Sí	Renta mensual	
¿Tiene seguro de vida? <input type="checkbox"/> No <input type="checkbox"/> Sí (nombre de la Cia.)		¿Tiene automóvil propio? <input type="checkbox"/> No <input type="checkbox"/> Sí	Marca	Modelo
¿Puede viajar? <input type="checkbox"/> Si <input type="checkbox"/> No (razones)		¿Tiene deudas? <input type="checkbox"/> No <input type="checkbox"/> Sí (¿con quién?)	Importe	
¿Esta dispuesto a cambia de lugar de residencia? <input type="checkbox"/> Si <input type="checkbox"/> No (razones)		¿Cuanto abona mensualmente?		
Fecha en que podría presentarse a trabajar		¿A cuánto ascienden sus gastos mensuales?		

Comentarios del Entrevistador y Firma	Hago constar que mis respuestas son verdaderas
	Firma _____



EDUCATION JUSTICE PROJECT
Una Iniciativa de Educación en Illinois