

SOL AZTECA

PROJECTS ABROAD MEXICO NEWSLETTER



VOLUNTEER UPDATE

Clara Thorboll /Kresten Nielsen - Care

DESTINATION

Maruata

MEXICAN CUISINE

Molletes

Editor's Notes:

Hello everyone and welcome to the sixth issue of the year!

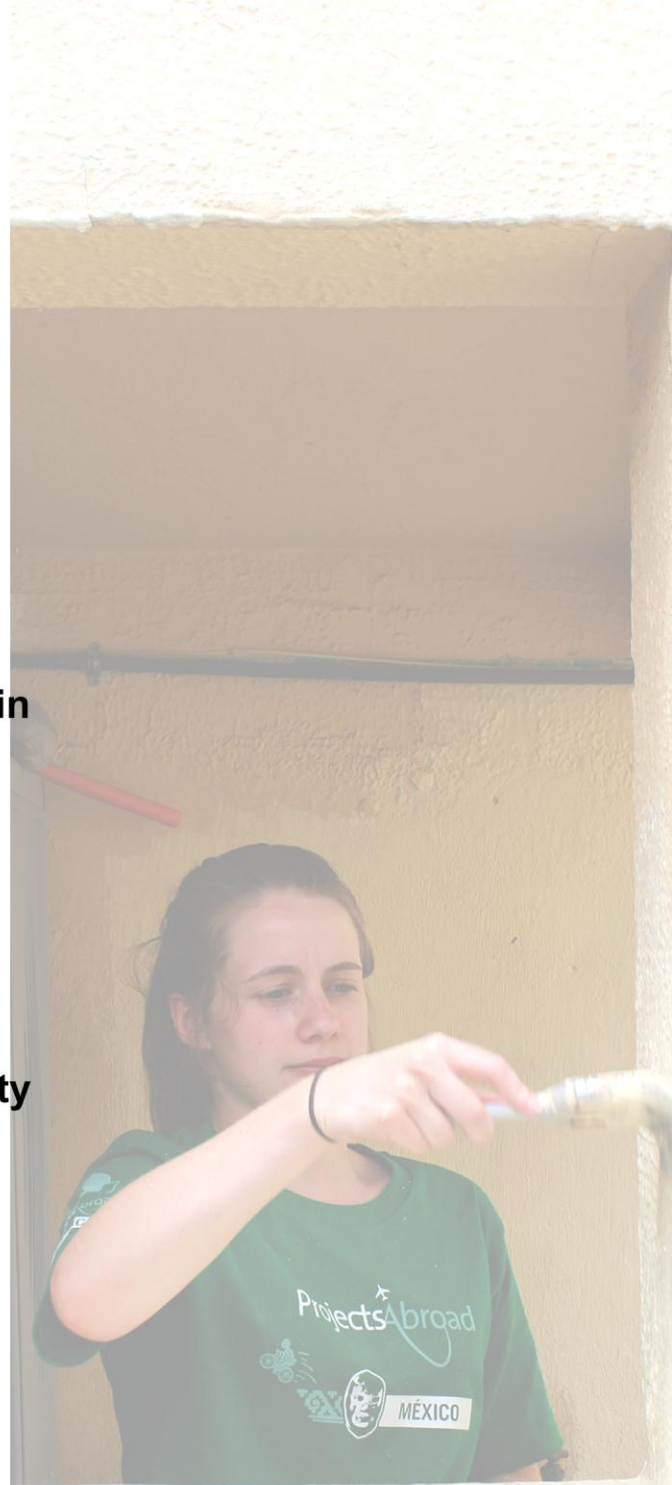
It's incredible how fast the first half of the year is gone, all the volunteers who worked hard at their placements and the ones about to come for the second half of the year. We are very excited here in Projects Abroad Mexico to have them.

This time I would like to thank Clara Thorboll and Kresten Nielsen for their volunteer story

Also, Jonatan Arriaga for his article about our Dirty Day at 'Grandes Chicos'

Hope you enjoy it!

Cheers!



Jorge Aguayo
Social Manager
Projects Abroad Mexico

Volunteer Story

According to our tourist visas we had already stayed in Mexico for respectively one and two months, when we arrived to Guadalajara Airport. We had both stayed in Playa del Carmen for a longer time and we actually thought that this was Mexico. But we were terribly wrong. After a good period of time in Ciudad Guzman, where we are the only non-Mexican people, we have now without any doubts experienced the real Mexico.



As a volunteer in Guzman you live at a local, Mexican host family. Entering the daily life of Mexicans has been a part of this great experience. We now eat, sleep, talk, work and almost behave like Mexicans. Another part of this adventure is of course our project. We both work at a local center for boys who have been used to living on the street and been addicted to drugs.

As volunteers at the center we help them in school, do sports and just hang out talking. It has been an eye opener for us to see how many miserable things even the youngest boys have been through in a lifetime.

It has changed our view of life. Without owing anything but the clothes they wear, the boys still manage to smile, to play football, and to be optimistic about their further lives. They know that the inner values are more important than all the materialistic things.



Even a 16 year old boy from the center, who has not got an education, home or any family at all, still believes in a bright future even though it might look hopeless sometimes. We have the greatest respect for him and all the other boys at the center.

We are the ones to teach but they have toughed us a lot and therefore we will never complain about the missing Wi-Fi, a broken hairdryer, not having any food in the refrigerator or our homework again.



Living on the street has made all of the boys very tough, but as you get to know them they become your friends and we know that it will be difficult to say goodbye.

Working for Projects Abroad has been a lifetime experience. We will encourage everybody who wants to make a difference to come to Guzman because it is defiantly worth it.



See you soon, Ciudad Guzman
Best wishes,
Kresten Lune Nielsen and Clara Thorboell
from Denmark

Dirty day at 'Grandes Chicos'

Another dirty day has come! And the turn was for the orphanage 'Grandes Chicos' a placement in Guadalajara, Mexico. Grandes Chicos is looking after kids that have no shelter and they take full responsibility on their well-being and their education.

We arranged this day to help this placement get a better appearance, as some painting in the walls was needed in the playground area.



Meeting was at 9 am in the office and from there we went straight to put hands on this task. We arrived into the orphanage and we started painting all the areas that needed it.

At the end we were satisfied with the result, the walls in the place looked much better and hopefully it will remain for a while. After this long day of work, we headed towards the office to enjoy of a meal together!



Thank you to all the volunteers that helped us in this dirty Day! Florence, Ingrid, Gabrielle, Brenda and Felix!

Where to go ...

Maruata Beach

Hidden along the Michoacan coast, lies the small town of Maruata. It's relative obscurity and lack of mainstream accommodations leaves it to those of a more adventurous spirit. A favorite of backpackers, campers and Mexican students, Maruata caters to a younger, adventurous group.

Maruata has two main beaches, the main sheltered beach that looks out onto a small bay, and a smaller beach surrounded by weathered rock monoliths. The latter beach has no breakwater for the large pacific rollers, which break directly on the beach.



Picture by Esparta Palma: <https://www.flickr.com/photos/esparta/>. Creative Commons license.

The main beach is a famed Sea Turtle nesting site. Indeed, there is a turtle sanctuary that is adjacent to the tiny town, about 2 miles down the beach. The sanctuary works to prevent the poaching of turtle eggs. There are palapas with beds available, but only a few. Otherwise, camping is the next form of accommodation.

There is a convenience store that sells some food items, but don't rely on it for anything specific. Much of the food spoils rapidly in the warm, humid climate. There are a few beach "restaurants" that offer tortillas, beans and fried fish, as well as a wide selection of drinks.

There is no direct bus service to Maruata. One must take the bus to Lazaro Cardenas and inform the driver that you wish to stop at Maruata. From there, you must then take a short walk (less than a mile) to the beach, passing through town and through the small stream.



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Mexican Kitchen

Molletes

Molletes are one of the easiest-to-prepare dishes from Mexico. If you don't want to spend too much time in the kitchen this is a great option.

Ingredients:

- 3 cups cooked pinto beans (Frijoles de la Olla, recipe follows)
- 2 tablespoons olive or canola oil
- 1 garlic clove, minced
- ½ cup chopped onion
- 4 bolillos or other crusty oval-shaped roll, split in ½ lengthwise
- 1 ½ cups shredded white cheese

Directions:

Preheat a broiler

Drain the beans in a colander set over a bowl. Save the bean liquid

Heat the oil in a heavy skillet over medium heat. Add the garlic and onion and sauté until the onion is soft, for about 5 minutes. Add the drained beans. Using a potato masher, mash the beans until they become a spreadable mixture; add extra bean liquid if needed.

Put the rolls on a baking sheet and broil until lightly golden, for about 3 minutes. Spread each half of the rolls with about ½ cup of the fried beans. Top with shredded cheese. Return to the oven and broil until the cheese is melted and starting to bubble. Transfer the rolls a serving tray and serve.



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