DEAN MESSAGE

Dear UAG Student:

I extend a warm welcome to you on behalf of UAG School of Medicine. You are about to begin your education in one of the most honored professional fields. With this in mind, the School of Medicine has planned your orientation based upon a philosophy of humanism, and professionalism.

You will be introduced to the great variety of curricular and extra-curricular opportunities available at UAG. You will also meet and begin to develop relationships with classmates, faculty, and administrative staff.

During orientation week, you will not only feel prepared to make a smooth transition to your life at the UAG School of Medicine, but will also be excited to begin this next portion of your professional and personal development with us.

I look forward to meeting and getting to know you.

Sincerely,

Ricardo Del Castillo Ruano
Dean of the International Program
School of Medicine
<table>
<thead>
<tr>
<th>Table of Content</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation Checklist</td>
<td>3</td>
</tr>
<tr>
<td>Orientation Schedule</td>
<td>3</td>
</tr>
<tr>
<td>Helpful information</td>
<td>4</td>
</tr>
<tr>
<td>Dress Code</td>
<td>4</td>
</tr>
<tr>
<td>Medical Equipment Checklist</td>
<td>5</td>
</tr>
<tr>
<td>Immunization Information</td>
<td>6</td>
</tr>
<tr>
<td>Health Insurance</td>
<td>9</td>
</tr>
<tr>
<td>Immigration Information</td>
<td>10</td>
</tr>
<tr>
<td>Housing Information</td>
<td>12</td>
</tr>
<tr>
<td>Campus Map</td>
<td>13</td>
</tr>
</tbody>
</table>
ORIENTATION CHECKLIST

Before you attend Orientation, you must have all required items complete such as:

☐ MyUAG Portal
☐ Sign up for Orientation
☐ Financial Aid refund preferences
☐ Get student VISA (all Non-Mexican Citizen)
☐ Explore your options for housing

ORIENTATION SCHEDULE

Orientation Day

Orientation is designed to introduce our incoming class to the UAG community and get prepared for their first semester. During this day you'll be part of the following activities which will begin by registering, followed by a welcome message. You'll then be gathered for a class photo and students are to wear business attire; beards and goatees are not allowed for 1st day of orientation. Information about Immigration, Financial Aid will also be provided.

Family members of incoming student are welcome to join the School of Medicine for our Orientation Day. The White Coat Ceremony signifies the beginning of your career as a medical student. During the ceremony, you will be brought to the stage and “cloaked” in your first white coat in the presence of family, friends, and colleagues.

Registration Day

During this day you'll register for your classes, Financial Aid, Immigration process for all non-Mexican Citizens and meet with the admissions registrar office. You'll receive a handbook and class schedule.

Be sure to bring the following:
• Student Visa (all Non-Mexican Citizen)
• FMM Form (all Non-Mexican Citizen)
• Original Passport
• Immunization record copy
• It is always advisable to carry extra funds for unanticipated expenses.

The following fees are due at the time of registration.

Translation of official documents (mandatory/done through UAG): $80.00 usd aprox.

*Fees subject to change without previous notice*
HELPFUL INFORMATION

Admissions Registrar Office
This office is here to help you reach your educational goals. We support the academic mission of the university through services related to admissions, academic records, registration, enrollment, and graduation.

International Students Affairs Office - ISAO
International Student Affairs Office (in Spanish: Dirección de Asuntos Estudiantiles Internacionales. DAEI), located on the Main Campus on the lower level of the President's Building (Rectoría). This office encompasses a variety of student services designed to provide the necessary support and enrichment for the UAG student campus life:

- Enrollment Services
- Student Life Services
- Immigration issues and visa information
- Academic Services and Registrar office

It is highly recommended that all students report to ISAO a few days before Orientation between the hours of 8:30 a.m. to 3:00 p.m. This time is allocated to handle any immigration or academic issues that might arise prior to Orientation registration.

DRESS CODE

Tall and large sizes are difficult to find in Mexico - larger shoe sizes are also difficult to find. It is recommended that these items be purchased before leaving the U.S.

Since its establishment, UAG has stressed a specific dress code that is in agreement with its fundamental policies and rules. Therefore, our students should understand that as part of their integral medical education an appropriate way of dressing and personal appearance is not only of benefit to them, but also to their future training and to the care of patients.

Required clothing for courses:

All Medical Students must dress in all white in all Academic activities including exams. This includes white slacks, short white lab coats or “Filipina”, and white shoes with no logos (no tennis). For gross anatomy laboratory, students are required to wear a color surgical gown in place of the white top required above, and just during the anatomy laboratory. Also, in the Clinical area all students must dress in all white.
All medical students shall observe the following rules:

- Beards or goatees clean and trimmed. (during orientation, beards or goatees are not allowed)
- No shorts of any kind (this includes women)
- No sandals of any kind (including huaraches)
- No earrings on any visible part of the body for male students Female students may only wear earrings in their ears, not on any other visible part of the body.
- No pony tails and short haircut for males.
- No exposure of tattoos, in case that you have one, you need to cover during your stay at the facilities of the school at all times.

*No food, beverages or smoking are allowed in the classroom or laboratories*

**MEDICAL EQUIPMENT CHECKLIST**

All items may be purchased in Guadalajara. We advise you do not ship any of these items.

- White lab coat (short or long) - Bata
- White pants and/or skirt - Pantalón y/o falda
- Comfortable white shoes with no logos - Calzado blanco formal
- Clinical Instruction Manual (UAG bookstore) - Manual de Instrucciones Clinicas
- Stethoscope (good quality) - Estetoscopio
- Diagnosis Kit (Ophthalmoscope, Otoscope, Rhinoscope) - Estuche de Diagnóstico
- Blood Pressure Gauge and multiple cuffs - Esfigmomanómetro
- Reflex Hammer (w/ rubber head) - Martillo de Reflejos
- Clinical Thermometer (digital) - Termómetro Clínico
- Pen Light - Lámpara de Bolsillo
- Tuning Fork (over 500 decibels recommended) - Diapasón
- Metric Measuring Tape (soft) - Cinta Métrica

The following links may be helpful in pricing equipment:

- http://www.jascouniform.com
- http://www.otoscopes.us/
**IMMUNIZATION INFORMATION**

Universidad Autónoma de Guadalajara (UAG) advises all medical students to ensure their immunization record is up to date.

Medical Regulations provided in Mexico by Secretaría de Salubridad y Asistencia (SSA) and in USA by OSHA requires all medical students to submit proof of their immunization status during participation in clinical practice and enrollment in most hospitals in Mexico, USA and Puerto Rico.

* Immunizations should be done before arriving to Mexico. If done in Mexico, it’s up to the student to find a hospital or public clinic to obtain the immunizations before orientation. Cost of vaccination in Guadalajara is approximately $50 dollars a shot*

<table>
<thead>
<tr>
<th>VACCINES</th>
<th>Mandatory of Enrollment</th>
<th>Recommended for travelers</th>
<th>Booster for Health workers</th>
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</thead>
<tbody>
<tr>
<td>Hepatitis B (HVB)</td>
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<td>Pneumonia PCV-13)</td>
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<td>Meningitis type B (Hi-B)</td>
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<td>Measles, Mumps, Rubella (MMR)</td>
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<td>Diphtheria, Tetanus, Pertussis (DTPa)</td>
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<td>Chickenpox (HZV)</td>
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<td>Once a year during medical practice or hospital enrollment</td>
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<td>Mantoux Test (5 U Tuberculin) (PPD)</td>
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<tr>
<td>Hepatitis A (HVA)</td>
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<td>Seasonal &amp; H1N1 Flu</td>
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<td>Yellow Fever</td>
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<td>Human Papilloma Virus (HPV)</td>
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<tr>
<td>Meningitis Type A, B, C &amp; W (Meningococca I)</td>
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Vaccine Specifications:

**Mandatory Shots**

**HVB:** Second generation synthetic vaccine has been available since 1996. SSA and OSHA recommend a primary series of three shots at 0, 1 and 6 months to produce protective antibody levels higher than 10mIU/mL. Each dose of 20 ug is applied intramuscularly in the deltoid muscle. Side effects include local pain, soreness, fatigue, etc. After primary series of HVB, it is recommended that a Booster shot be taken every five years.

**MMR:** Measles, Mumps and Rubella viral attenuated vaccine. If you were born after 1957, at least two shots of the MMR vaccine are required. The last shots must have been within the past ten years. Dose of 0.6 mL is required. Side effects include local pain, malaise and fatigue.

**DT or DTPa:** Diphtheria and Tetanus are bacterial polysaccharide derivates and are recommended to avoid respiratory tract infections and Tetanus disease by contaminated wounds. It is necessary to have one booster shot of 0.5 mL intramuscular every ten years. It can produce local soreness and rash. Adolescents & young patients can receive Boostrix -DTPa-.

**HZV:** Chickenpox vaccine is a viral derivate shot recommended for the non-immune person, high risk contact or to improve immunological titers. It is applied intradermal and produces fatigue, malaise and in less than 1% it produces non-effecting skin rashes. Several universities in the US and the New York Medical College do not accept medical records as proof of immunization. They only accept serological titers or vaccination with (chickenpox) varicella zoster shots.

**PPD Test:** Tuberculosis intradermal skin test uses 5 UT (Mantoux test) for screening of TB contacts. Skin reaction higher than 13 mm is positive. PPD + or BCG vaccinated student requires a Chest-X Ray report. This test is valid for one year. It does not produce important side effects.

**Pneumonia:** a new Polysaccharide Streptococcal vaccine 13-strain (Prevenar®) includes emergent strains 19a and 16. It is useful to avoid respiratory tract infections while working in pediatric and internal medicine areas, nurseries or non-immune competent patients that may be susceptible to conditions such as Asthma, COPD. A worldwide consensus recommended bringing at least one Prevenar® shot in adolescent and mature people to enhance pathologic strain protection. Later it is recommended a 0.5 mL intramuscular shot be taken every five years.
**Meningitis type B:** A Haemophilus influenza-B derivate vaccine booster is recommended in pediatric clinics to improve titter and avoid carriers of the disease. A single intramuscular 0.5 mL dose is required. Local side effects include pain and soreness. CCINES Mandatory

**Meningitis C** is available for U.S. residencies - New York State and many other U.S. states require meningitis (Menactra®) shot during internship. Meningococcal Vaccine: Tetravalent polysaccharide vaccine against bacterial meningitis and sepsis - commonly seen in young people living in dormitories or residencies during internship or postgraduate courses. APA recommended booster before this period.

**Polio:** Intramuscular polio strain is required within childhood immunizations and for travelers in endemic area.

**Recommended shots**
 **HVA:** Hepatitis A. Viral attenuated shot is recommended for people who travel, live or work in endemic areas more than three months. Avoid serious disease and carrier personnel in hospital practice. It is applied intramuscularly alone or together with HVB (Twinrix R). A single dose of 1,440 EU is recommended at arrival to endemic area or during epidemic seasons. HVA/HVB combination is available to reduce number of shots in travelers.

**Typhoid:** Synthetic VI Antigen is recommended to avoid systemic disease produced by Salmonella infection in traveling, living or working in endemic areas for more than three months. A dose of 0.5 mL Subdermal is required every three years. Produces local pain and soreness. Booster is recommended every three years.

**HSV-1:** Herpes-I shot is available for medical staff in order to produce immunity.

**HPV:** Human Papilloma Vaccine is available to meet U.S. government requirements for American citizens.

**Flu-shot:** The Health Department requires that all health workers be protected before engaging in their professional activities for both Seasonal and Swine Flu. Our health system will provide the specified vaccine to high risk individuals such as health workers, expectant mothers, obese individuals, heavy smokers, elderly, etc. Please contact local Health Department for further information.

**Others** - Yellow Fever are required by some universities to avoid spread of infection or presence of carriers in returning travelers. At UAG, these are recommended to avoid the disease. The Yellow fever is 0.5 mL of a viral attenuated strain applied intramuscularly two weeks before exposure in endemic areas.
HEALTH INSURANCE

Insurance is not provided by UAG. UAG represents 3rd party insurance company.

Policy Holders: $500,000 Mexican Pesos
Deductible: $4,000 Mexican Pesos

Important points:

• Insurance doesn't cover all medical expenses and waiting periods for some issues are needed.
• Waiting period issues examples are: 10 months for childbirth, 2 years for circumcision, nose, knee, hemorrhoids, tonsils and adenoids among others. 4 years for AIDS as long as the virus incubates after this period.
• Reimbursements and direct payments can be made directly to schedule a surgery by filing the required paperwork with the insurance UAG office.
• Does not include eye or dentist coverage, annual checkups, cosmetic surgeries or previous medical issues.
• Covers all Mexican Republic and Urgent Care in the United States.

*More detailed information will be given at Orientation*

CAS Corporación de asesores de seguros (UAG)
Phone: 01152 (33) 3648-8824 ext. 32860
Email: rebek.q@hotmail.com or asistentecasuag@outlook.com
IMMIGRATION INFORMATION

Student Visa (all Non-Mexican Citizen)

UAG is proud to have an Immigration Department which serves as a valuable liaison between students and the Instituto Nacional de Migración (INM), which is the government agency that regulates the immigration status of all foreigners while in Mexico.

While the Immigration Department at UAG is a facilitator between students and the INM, it is up to the students to ensure their immigration status is current and correct while they are studying at UAG. To guarantee avoiding fines and loss of valuable time, the Immigration Department requires the full cooperation of each student.

1. Obtaining Your Temporary Student Visa:

The Mexican Immigration Department requires that all Non-Mexican applicants request a student VISA (TEMPORARY VISA).

It is necessary that the student acquires his/her student VISA through any Mexican Consulate office in their country prior to arriving to Guadalajara.

Requirements on obtaining a Student Visa can vary from one Mexican Consulate to another; however, most Consulates will require an Original Economic Solvency Letter and Original Letter of Acceptance. In hopes of making the process easier, we are providing the following guidelines:

- Contact your local Mexican Consulate ahead of time to obtain all the requirements for a Student Visa.
- Ask if you have to provide original documents.
- If you need to obtain an Original Economic Solvency Letter, contact our San Antonio Office. You will need to complete all of your financial aid documentation and then submit a written request to fin_aid@uag.edu (Copy of the letter will be sent to you via email).
- Schedule an appointment with the Mexican Consulate.
- This VISA should be attached to your passport indicating validity for 180 days.

2. Entering Mexico:

Once you arrive to Mexico, officers from Immigration and Customs will review your documents at the port of entry before they allow you to enter the country.

Have the following documents ready for Immigration and Customs to review:

- Valid passport
- Forma Migratoria Multiple (FMM).
- Customs Declaration form

Forma Migratoria Multiple (FMM) – This is a card that will be given to you on your flight to México. Please complete it and give it to the Immigration Officer at the Immigration check point.

Customs Declaration form – This is a card that will be given to you on your flight to México. Please complete it and give it to the Custom Officer during the customs inspection.
It is very important that you show the INM Agent at the border or airport your sticker VISA, given to you by the consulate, in your passport upon arriving in Mexico. Students should ensure that the date of entry stamped on the form is correct and that you have been documented as a student (NOT TOURIST) and it has been marked in your FMM with CANJE and 30 days.

DO NOT leave the immigration counter if you have been marked as a tourist. PAY ATTENTION: If your FMM form says “180 days”, then they marked you as a tourist. You will know you were documented correctly (as a student) when your FMM form says “30 days”.

If you are traveling with any family members that will be in the country for more than 6 months, they must apply for the correct VISA at the Mexican Consulate office in their country prior to arriving to Guadalajara.

3. Obtaining your Student Visa Card:
This FMM document must be kept in good condition and in a safe place, as it will be required for all your immigration process. Remember that you will have a period of 30 days after you enter the country to begin the process of obtaining your student visa card.
Please approach the UAG Immigration Department to learn about the process and the documents needed (ISAO office – Main Campus).

It is important that you maintain a valid passport from your country of origin and should be valid for a minimum of 4 years.

Failure to comply with the terms provided by the Mexican Government for immigration procedures could result in fines and/or cancellation of your immigration status and you will have to leave the country.

TIPS
• We recommend you to notarize a copy of your immigration form and carry it always with you all times.
• Only use your original visa card in required situations such as your entry and exit of the country at the airport, when on a road trip, etc.
• Save a scanned copy of your immigration form in your computer, or keep it in a safe place.
• Do not modify or change your immigration form, since it won't be valid if any modification has been made.

Traveling with Pets
Before you travel, you must check with your veterinary and obtain a health certificate and proof of vaccines. On arrival at the port of entry (land, sea or air), take your pet(s) to the zoo sanitary kiosk (look for the acronym SAGARPA/SENSAICA, which is the Ministry responsible for this process) at the port of entry and present the documentation to facilitate your pet's entry into Mexico. Airlines may have separate and additional requirements. Check with your airline to determine what requirements they may have, if any.

Vehicle Importation
If you are planning to take your car, take into consideration the cost and regulations for a Temporary Vehicle Importation Permit:
http://www.sat.gob.mx/bienvenidoamexico/paginas/permiso_vehiculo_eng.html
HOUSING INFORMATION

Getting a place to live is as important as your registration for school. The UAG School of Medicine helps our first semester students find housing through Real Estate Agencies or a useful International housing website that helps you rent a place fast and easy. The following links will help you accomplish this step toward organizing your new life in Guadalajara and get yourself ready to focus on the primary goal: your classes!

The international student housing platform:
https://housinganywhere.com/

Real Estate Agencies:
http://www.ampiguadalajara.com.mx/

Host Families:
http://alumno.uag.mx/ca/PgIngresoExt.asp

The following addresses will be helpful in your search for housing:

INSTITUTO DE CIENCIAS BIOLÓGICAS (ICB) - Classes first two years
Privada Dr. Fernando Banda 26, Lomas del Valle
Guadalajara, Jalisco, México.
Ph. 01152(33) 3648-8824

MAIN CAMPUS (CIUDAD UNIVERSITARIA) - ISAO Office
Av. Patria 1201, Lomas del Valle 3a. Sección,
Z.C. 45129, Apartado Postal 1-440,
Zapopan Jalisco, México.
Ph. 01152(33) 3648-8824
WELCOME TO UNIVERSIDAD AUTONOMA DE GUADALAJARA!
School of Medicine