



## Viva Mexico! Viva!

## Make the Most of Your Experience: Enjoy the taste of Mexican Food

Every **September 15th** Mexicans commemorate the war of **Independence** which was actually initiated in the small town of Dolores in Guanajuato on September 16, 1810. The largest Independence Day celebration takes place in Mexico City's Zocalo but also in Queretaro, Hidalgo and Guanajuato. There are many things that happen during the celebration, some of these things are music, dancing, eating spicy food, drinking strong drinks, bullfights, and fireworks. The celebrations continue on the **16th** with civic ceremonies and colorful parades.

Mexican families gather to celebrate and enjoy dishes such as "**Pozole**", "**Pambazos**" and of course "**Chiles en Nogada**", which is a traditional dish from Mexican cuisine. It consists of poblano chiles stuffed with a mixture of meat, dried fruits and spices covered in walnut sauce, and garnished with pomegranate seeds. It is said that this dish was invented by nuns in the town of Puebla to celebrate the country's independence granted in **1821**, and to entertain the emperor Augustin de Iturbide on his birthday. Since this dish contains ingredients that are the colors of Mexico's flag it is considered a very patriotic and festive dish.



Mexican food perfectly matches with traditional tequila-based cocktails. The most popular drinks are: the "Paloma", the "Vampiro" and "Margarita". The "**Margarita**" is a cocktail consisting of tequila mixed with lemon juice, often served with salt on the glass rim.

September is definitely the best month to enjoy the taste of **Mexican food**.

## Make the Most of Your Experience Spouse / Accompanying Programme

### Are you moving against your will?

If you're moving to follow a dream, you might feel excited and as if there are no limits. However, if you're moving because your partner is following his or her dream, you might have feelings of anger and frustration about your future. Badly, these feelings of hopelessness of your life overseas easily cause you to become homesick, isolated, and depressed.

So, what can you do? **MeetPoint** has some ideas to help you handle this negative mind-set and start creating a satisfying life.

**Cross-culture Coaching.** Consider utilizing coaching to help you make the positive changes that you need. Developing a good attitude is a key determinant to the level of happiness and satisfaction you'll enjoy while living abroad. MeetPoint offers **specialized workshops** that will help you to deal with anxiety, fears, stress management, culture shock and cultural adjustment.

**Relaxation techniques.** The best investment that you can make is in your own health and well being. Approaches that help to minimize anger, anxiety and fear and to maintain relaxation will be quite beneficial. MeetPoint introduces two forms of relaxation that will help you stay calm and balanced: **Naam Yoga** and **Harmonyum**.

**Keep healthy and active.** Make an effort to exercise regularly, moderate exercise such as walking, swimming, or bicycling. We have a good way to exercise while you meet people, try our **Salsa Dancing Lessons**.

**Business Start Up.** If your profession is not so easily transferable you can start your own business in Mexico. Being entrepreneur is a rewarding but engaging career and life choice. MeetPoint supports you from researching and writing a detailed business plan to trying to make money out of it. Try the **Get Started - Business Start Ups**.

You'll be happier when you take a proactive stance in making your life enjoyable. [Click here to start now!](#)

**Furnished Apartment for Rent or Sale - Interlomas**

Modern style. 90 m2, one room, terrace. Located in the commercial area of Interlomas. Security 24 hrs. 1 parking place. Common green area.

**Rent: \$16,600 MXN / Sale: \$2,000,000MXN.**

**Beautiful House for Rent or Sale – Edgar Allan Poe, Polanco**

218m2, 225m2 of construction, 70m2 of garden. Beautiful garden, 4 rooms, 4.5 bathrooms, fireplace, private security, 2 parking places.

**Rent: \$ 3,500 USD / Rent furnished: \$4,000 USD / Sale \$ 950,000 USD**

**Gorgeous House for Rent – Lomas, Sierra Gorda**

580m2 and 480m2 of construction. Beautiful garden and 2 terraces, modern style. Family room with fireplace. 4 rooms, 3 bathrooms. **Rent: \$5,500 USD**

**Amazing Apartment for Sale – Gómez Pedraza, Miguel Chapultepec**

110 m2, 2 rooms, 2 bathrooms, private roof garden. second level, 4 years old.

**Sale \$ 950,000 USD**

**Gorgeous House for Rent – Calacoaya, Estado de Mexico**

850m2, 480m2 of construction, 4 rooms 3 bathrooms. One level with wonderful garden, 3 parking places. **Rent: \$21,500 MX**

**Furnished New Apartment - Arquimedes, Polanco**

70m2, sun-oriented and with incredible view. 2 bedrooms, 1 bathroom, 2 parking places. **Rent: \$16.500MXN**



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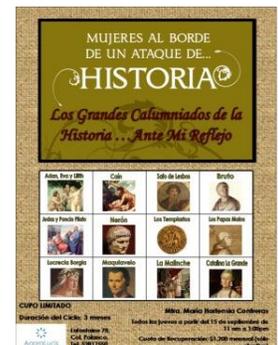
Contact [theexpert@meetpoint.com.mx](mailto:theexpert@meetpoint.com.mx).

**Event Calendar**

Reservations: [contact@meetpoint.com.mx](mailto:contact@meetpoint.com.mx)

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<b>CREATING MY NEW DESTINY</b>	<b>09 TO 11 SEP</b>
LEYENDAS TOUR	10, 17 & 24 SEP - \$256MX
LOS CALUMNIADOS DE LA HISTORIA	15,22,29 Sep - \$1,200 MXN
ZONA ARQUEOLÓGICA DE XOCHICALCO	11 SEP- \$599MX
ENTRE LA OBSIDIANA Y EL PULQUE	18 SEP- \$599MX
ZINAPECUARO – REINO DE ATZIMBA	24 SEP - \$599MX
FINCA FREIXENET Y PEÑA DE BENAL	25 SEP - \$599MX
<b>WALKING ON FIRE</b>	<b>23 OCT - \$650MX</b>



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