



## Make the Most of Your Experience

Learn Spanish while you learn about Mexico.

### San Juan Market

**It is said** that those who don't know their markets, don't know Mexico City. San Juan market is one of the oldest in the Mexican capital and is famous amongst culinary students and restaurant owners. It is located in **Ernesto Pugibet Street**, in what were the warehouses of **El Buen Tono**, a tobacco company.

There you can discover **fine and rare products** such as armadillo, iguana, skunk, venison; rabbit, mutton, tepezcuintle, ostrich, buffalo, crocodile and even breeding lion meat. In another section, next to the **chicken stand**, you can buy partridge, duck, pigeon, pheasant, goose, turkey, turtle dove and a variety of different bird eggs. In the **fish area**, European eels, stingrays and stone crab legs are just some of the seafood treats you'll come across. Also available for purchase are barnacle, cobia, Norwegian lobster, Alaskan crab, scallops, Spanish clams, New Zealand mussels, and Dorado fish.

There is no shortage of **pre-hispanic food**; there the buyer can confidently inquire about maguey worms, escamoles, chapulines and grasshoppers. The **fruit stands** are a rainbow of shapes and colors; cherry, raspberry, blueberry, carambola, passion fruit, lychee and persimmon. In another segment of the market **fresh vegetables** are beautifully displayed. You can buy European cucumber, French green beans, Korean and Italian lettuce, Chinese cabbage, saffron, curry, and several species of mushrooms.

In stands such as **La Catalana** you can buy **Spanish handmade cold cuts**. In grocery stores there are cans from Europe, several types of vinegar, good Italian pasta and the best olive oils. At some of the dairy stalls Spaniards, Italians, French and Dutch people pass by, searching for the best **European cheeses**. Yet more exotic is **Roberto León Castillo's stand**; his clients ask him in Chinese about the products they eat in their daily meals.

The clientele of this market are **selective people** who pay great attention to quality and dedicate time and money to eating well. Early in the morning the market is full of business men, politicians and artists coming in person to choose their food. The writer **Ernesto Sábato** gave a good definition of this market, saying it is a "**Feast of nature in the middle of the city**". San Juan Market is a food museum to be visited even only to explore their exotic goods. Text adapted and translated by **Con Acento Latino** from Mexico Desconocido.



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**Rent Unfurnished: \$6,000USD / Rent Furnished: \$7,000USD / Sale: \$970,000USD**

### Beautiful PH for Rent – San Miguel Chapultepec, General León

Level 4, 112 m2, 1 room + space for another, 2 bathrooms, private roof garden (112m2), modern kitchen. Security. Few blocks from Chapultepec. **Rent Unfurnished: \$23,500MXN**

### Gorgeous VIP PH for Rent– Polanco, Platon

Duplex PH, 360 m2, 30m2 of terrace, 3 rooms + family room, 3.5 bathrooms, studio, 3 parking spots. Spacious closets. Rooms with balconies. Building with only 4 levels. Security.

**Rent Unfurnished: \$5,500USD / Rent Furnished: \$6,000USD**

### Furnished Apartment for Rent– Polanco, Masaryk

Level 1, 150 m2, 2 rooms, 2 bathrooms, 1 parking spot + 1 optional. 2 small terraces.

**Rent Furnished: \$27,000MXN**

### Furnished Apartment for Rent – Fuentes de Molinos, Tecamachalco

143m2, 3 rooms, 2.5 bathrooms, 2 parking spots. Fully furnished and equipped. Amenities: pool, gym, garden. Located close to Palmas. **Rent Furnished: \$32,000MXN.**

### Gorgeous Apartment for Sale – Fuentes de Molinos, Tecamachalco

143m2, 2 rooms, 2.5 bathrooms, 3 parking spots. Security. Amenities: pool, gym, garden. Located close to Palmas. **Price: \$4,500,000MXN.**



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## Mexican Culinary Delights Walking Tour

Mexico is well-known for its food and culinary traditions. Experience them all with our Culinary Tour through the Historic Centre of Mexico City. Take full advantage of this great opportunity to discover the city's savory enclaves accompanied by a guide who will tell you exciting stories and interesting historic facts.

Get an exclusive taste of local food in one of the most prominent markets in Mexico. Be amazed by San Juan Market's variety of gourmet products and sample a baguette made of fresh ingredients. A feast for the senses!

Discover a popular sweet secret, Churrería El Moro. Enjoy their long, slender deep-fried churros (doughnut-like fritters), just made to be dipped in thick hot chocolate. Immerse in the sweet passions, visit the Ideal Bakery and the candy store Toledo, famous for their mouth-watering marzipans. During the tour, we'll visit El Gallo de Oro cantina to savor a delicious buffet lunch. Cantinas are a cornerstone of Mexican cultural heritage.

Tours offered every **Saturday** and **Sunday**. Price **\$399MXN** per person. This **5-hour** pedestrian tour includes certified guide, samplings of baguette snack, hot chocolate, churros and buffet lunch at the Gallo de Oro Cantina. Drinks and tips not included. For further information [click here](#) or [contact@meetpoint.com.mx](mailto:contact@meetpoint.com.mx) to secure your place.



## Getaway of the Month

## Relocating in Mexico with Babies

It is never easy to move to a **new country**, but relocating with a **baby** can be challenging and an overwhelming experience for all parties involved. If you have babies or toddlers, be prepared to minimize any additional stresses. Below is a list of tips to help you easily **relocate** with newborns:

### Moving Day– Part II

- The baby requires constant attention and you will be performing million tasks to make sure that the move goes off without any problem. **Have someone else look after your baby** on moving day, preferably someone that your baby knows well and make sure that your baby will have a good time.
- **Pack a special "handy pack"** for the baby, and carry this with you all the time until your arrival. Include diapers, changing mat, wet wipes, towels, change of clothes, bottles, snacks, formula, and plastic bags (for diapers and clothes). Take any extra items you can manage, and be prepared for possible delays. Also, keep the stroller with you on the plane, so that you are ready to move around with your baby as soon as you arrive at your new city.
- **Be prepared for emergencies.** Before leaving home, it's a good idea to make up a sort First Aid Kit. Include medications and baby products with which you are already familiar. This is far better than trying to source foreign equivalents at the last minute.
- Make sure you take toys, lots and lots of toys that can distract fussy babies. **Familiar items**, like their blanket or teddy can make babies feel more comfortable and will help them adjust more quickly when moving in.
- One of the best ways to pacify your baby is to **play comforting sounds**, whether it's classical music or anything that puts them at ease. Record some relaxing and soothing music and play it on when your infant gets nervous.

Hopefully these tips can make your **transition** smoother with babies. Let **Meetpoint Expat Services** take care of your relocation, while you are taking care of your baby. [Contact@meetpoint.com.mx](mailto:Contact@meetpoint.com.mx) to make sure your move is as organized and stress-free as possible.

Article by Meetpoint Expat Services. This is the first of a three-part article. [Click here](#) to read the full article.

### Event Calendar

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GRUTAS DE CACAHUAMILPA Y TAXCO	04 MAY - \$699MXN
CHIGNAHUAPAN	05 MAY - \$699MXN
XOCHICALCO Y BARRANCA DE AMANALCO	05 MAY - \$699MXN
<b>AMERICAN SOCIETY OF MEXICO</b>	<b>06 MAY - \$150MXN</b>
PUEBLA ESPLENDOROSA	11 MAY - \$699MXN
<b>RUTA DEL VINO Y EL QUESO</b>	<b>12 MAY - \$699MXN</b>
<b>CONVERSATION CLUB – MEXICO VS FRANCE</b>	15 MAY - \$200MXN
RUTA DE LOS CONVENTOS	18 MAY - \$699MXN
TLAXCALA PREHISPÁNICA Y COLONIAL	19 MAY - \$699MXN
VALLE DE BRAVO	19 MAY - \$699MXN
<b>MEZCAL TASTING EVENT</b>	23 MAY - \$500MXN
ZACATLÁN Y VALLE DE PIEDRAS ENCIMADAS	25 MAY - \$699MXN
RUTA DE ZAPATA	26 MAY - \$699MXN
REAL DEL MONTE Y PRISMAS BASÁLTICOS	26 MAY - \$699MXN
<b>MEXICAN CULINARY TOUR</b>	<b>FRI, SAT &amp; SUN - \$399MXN</b>
<b>AFTERWORK - RSVP</b>	<b>EVERY WEDNESDAY</b>



### Mexico - France Stereotypes



WEDNESDAY 15 MAY 13

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