Nahua People Cultural Exchange in Mexico

11-Day Guided Program with Community-driven Project

In Partnership Since 2003

Experience daily life in Mexico and learn about Nahua history and culture while staying at an eco-lodge run by an indigenous women’s cooperative. In partnership with cooperative leaders, contribute to a community project such as classroom construction, painting, or renovation. Deepen your understanding of Nahua culture by experiencing a traditional sweat lodge, exploring the Pre-Columbian Yohualichan ruins, marveling at the Danza de los Voladores ceremony, and participating in a Nahua weaving class. You’ll be accompanied by an Xperitas Team Leader, who will take care of logistics and facilitate daily group reflection and journal-writing.

Features & Inclusions

- ROUND-TRIP AIRFARE
- OVERNIGHT ACCOMMODATIONS
- IN-COUNTRY TRANSPORTATION
- INSURANCE
- 24/7 EMERGENCY SUPPORT WHILE ABROAD

“I will be forever grateful to the people of Xiloxochico for accepting us with open arms and showing us their culture. I have learned so much from the conversations and the interactions over the past 5 days and I can’t wait to take what I have learned here and share it.” — Student

“I wanted to learn about an indigenous culture and language and people and I feel like I accomplished that, especially through talking to Doña Juanita about the history of the women’s cooperative.” — Student

Visit xperitas.org for pricing and more information.
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About the Community
High in the Sierra Norte region of the state of Puebla in Mexico lies the market town of Cuetzalan. Cobble-stoned streets, colorful handicrafts, and the aroma of street tacos abound. This pueblo mágico is known for the cultural influence of Nahua people, descendants of the Aztecs and the largest indigenous group in present-day Mexico. Xperitas partners with an organization that brings together 100 indigenous Nahua women from 6 communities in the municipality of Cuetzalan and operates an eco-lodge with the mission of sustaining the organization, protecting indigenous culture and the environment.

DAY 1 | Departure
Welcome to Mexico! Your Xperitas Team Leader will greet you at the airport in Puebla. Transfer to your hotel and enjoy your first group dinner and team meeting. D

DAY 2 | Cuetzalan
Take a scenic ride from Puebla to Cuetzalan. Check in at an eco-lodge run by an indigenous women’s cooperative. Meet the Nahua women behind this impressive social enterprise and reflect on the day in a team meeting. B L D

DAYS 3-9 | Eco-lodge Stay
Under the leadership of the Nahua women’s cooperative, collaborate on a community project in one of their home communities in the outskirts of Cuetzalan such as classroom construction, painting, or renovation at a local school. Build relationships with community members by working alongside them on the project. Deepen your understanding of Nahua culture by experiencing a traditional sweat lodge (temazcal), exploring the Pre-Columbian Yohualichan ruins, marveling at the Danza de los Voladores ceremony, and participating in a Nahua weaving class. You’ll also visit the Cuetzalan market and take a dip in a nearby waterfall! Participate in additional community events by invitation, depending on the timing of your visit, such as soccer games with local youth or learning how to make typical foods. In the evenings, reflect on your experiences in team meetings and the group journal. On your last day, have a final celebration with community members. B L D

DAY 10 | Puebla
After breakfast, say goodbye to your new friends at the eco-lodge and transfer to Puebla. Explore Puebla before your team farewell dinner and final team meeting. B L D

DAY 11 | Return
Depart Puebla for your flight home. B

The order of this itinerary is subject to change.

The Community Stay Experience
We believe that spending time within a community, participating in their customs, and working alongside them is the best and most authentic way to experience another culture.

For almost 50 years we have been arranging programs that bring people of different ways of life together in respectful, mutually beneficial ways.

Non-Profit | Since 1972 | 100 Host Communities & Growing
Xperitas is a community of lifelong learners who believe in a world built on deeper understanding between cultures. Our values are reflected in our commitment to inspiring personal connections with diverse individuals, elevating relationships over projects and providing a channel for indigenous voices and perspectives. We are dedicated to promoting global citizenship through authentic immersion experiences.

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