Congrats for choosing to study abroad in Mexico! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Mexico, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.
Public Transportation

Merida’s public transportation is somewhat limited, and it has a bus system operated by three separate companies. Despite this, once you understand the system, using the bus is easy. This link here can help explain how to get around. Merida is in a grid system, so walking around the city is not too confusing.

Food Options

Mercado San Benito has locally sourced produce and locally made products. Mercado Lucas de Galvez is also a local market which has produce, meats, and goods.

Volunteering

Merida has many volunteering needs and organizations are always looking for helpers that want to give back to the community. Senior centers, soup kitchens, animal shelters, and English-teaching programs are always looking for volunteers, and many specifically look for English speakers and foreigners.

Recycling and Thrifting

If you are staying with a homestay, there might not be recycling provided. However, there are multiple recycling points around the city. Here is a link for how to recycle in Merida. Recycling trucks will also drive around town and announce when to drop off recycling. There are numerous thrift and second hand stores, and flea markets are good options as well.