

# UNIVERSIDAD DE LAS AMÉRICAS PUEBLA

## Institutional Fact Sheet 2025-2026



Universidad de las Américas Puebla (UDLAP) is one of the most prestigious private universities in Mexico with an outstanding international recognition and tradition. As a space in which different cultural contexts merge, UDLAP provides students with a rich framework for freethinking and the best resources available so that students are able to successfully develop their professional aptitudes in their area of interest.

### UDLAP AT A GLANCE

- ✓ Excellence and prestige in a single-campus location
- ✓ Internationally accredited degrees
- ✓ SACSCOC Accredited (U.S.A.)
- ✓ 5 QS Stars in internationalization
- ✓ Ranked among the Top 10 Universities in Mexico (#5 Private HEI) and Top 58 Universities in Latin America in 2023 according to QS Ranking
- ✓ Diverse student community
- ✓ International students and faculty from over 30 countries
- ✓ On-campus housing available, and surrounded by multiple off-campus housing options
- ✓ 24/7 Security and Surveillance on campus and its perimeter
- ✓ Ideal location within Mexico, close to archeological sites and a metropolitan city
- ✓ Close to many main touristic destinations in Mexico
- ✓ Great variety of cultural and sport activities

### GENERAL INFORMATION

- ✓ Located in San Andrés Cholula, Puebla, México, 2.5 hours down south from Mexico City (<https://www.visitpuebla.mx/en/magical-towns/cholula-en>)
- ✓ City Population over 150,000 inhabitants
- ✓ Student Population of 9,000+
- ✓ International Students per year: 500+
- ✓ Student-to-Faculty Ratio: 20
- ✓ Class Size: 25-30 (on average)

### UDLAP MISSION

"To educate well informed, critical, creative and innovative professionals that are also highly skilled in technology, but above all, aware of their great social responsibility to ensure a fair distribution of the benefits of globalization".

### CONTACT INFORMATION

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<b>Edit Maupome</b>	<b>Migratory Services Coordinator</b>	<a href="mailto:migratory.services@udlap.mx">migratory.services@udlap.mx</a>

### CONTACT UDLAP

- ✓ Phone: +52 222 229 20 00 ext. 3168
- ✓ E-Mail: [recepcion.oi@udlap.mx](mailto:recepcion.oi@udlap.mx)
- ✓ UDLAP Homepage: [www.udlap.mx](http://www.udlap.mx)
- ✓ International Affairs website: [www.udlap.mx/internacional](http://www.udlap.mx/internacional)
- ✓ Facebook: [/udlapinternacionalstudents](https://www.facebook.com/udlapinternacionalstudents)
- ✓ [/udlapinternacional](https://www.facebook.com/udlapinternacional)
- ✓ Instagram: [udlap\\_internacional](https://www.instagram.com/udlap_internacional)
- ✓ **Virtual office (please use Chrome):**  
<https://www.udlap.mx/agendaticita/?idioma=2>

### MAILING ADDRESS

**Universidad de las Américas Puebla - UDLAP**  
*(Please insert the Contact Person's full name)*  
International Affairs Office  
Office HU 216  
Ex hacienda Sta. Catarina Mártir  
San Andrés Cholula  
72810, Puebla, México

ACADEMIC INFORMATION AND REQUIREMENTS FOR EXCHANGE STUDENTS

<b>Nomination Deadlines</b>	<p><b>May 1</b>, for the Fall semester 2025 and Full Year 2025-2026  <b>April 17</b>, for the summer I &amp; summer II 2025  <b>October 1</b>, for the Spring semester 2026 and Full Year 2026</p>
<b>Application Deadlines</b>	<p><b>May 15</b>, for the Fall semester 2025 and Full Year 2025-2026  <b>April 17</b>, for the summer I &amp; summer II 2025  <b>October 15</b>, for the Spring semester 2026 and Full Year 2026</p>
<b>Required supporting documents with application</b>	<p><b>You will be required to handle specific documentation to be accepted at UDLAP</b>  Please follow this link to download up-to-date mobility forms and instructions: <a href="http://www.udlap.mx/international">www.udlap.mx/international</a>  Please note that all documents must be uploaded to the UDLAP incoming platform.</p>
<b>Spanish Proficiency Test</b>	<p>Undergraduate students interested in taking courses taught in Spanish, who come from a non-native Spanish speaking country are required to take the UDLAP Online Spanish Proficiency Test.</p>
<b>Spanish language coordination</b>	<p><b>Myrna Elizabeth Iglesias Barron, PhD.</b>  Spanish Language Coordinator  Phone number: +52 222 229 20 00 ext. 3124  e-mail: <a href="mailto:myrna.iglesias@udlap.mx">myrna.iglesias@udlap.mx</a>  Office location: Humanities Building, HU303-I</p>
<b>Courses available for exchange students</b>	<p><b>All courses in the catalogue are available for international students (some exceptions apply), as long as all course prerequisites are met and a minimum B2 Spanish level can be proven.</b>  Please consult the Institutional Course Catalog in <a href="https://online.udlap.mx/inscripciones/default.aspx#catalogoCursos">https://online.udlap.mx/inscripciones/default.aspx#catalogoCursos</a></p> <p><b>Some disciplinary courses in each School are taught in English and are available for international students.</b>  Please contact the incoming coordinator in order to have the list of courses taught in English.</p> <p>Courses related to Hotels and Restaurants, Medicine, Nutrition and Culinary Arts must be previously authorized, since they only admit students from fields related to the area of study and with a certain academic progress.</p> <p>Spanish courses for foreigners are aimed at students who wish to improve their level of proficiency in the language, starting from a level B1 - B2. The student who wishes to take this course must previously pass the UDLAP Spanish exam.</p> <p>Undergraduate students with a fluent level of Spanish Proficiency are entitled to enroll in English, French, Italian and/or German language courses.</p> <p><b>IMPORTANT:</b> The courses' availability is subject to demand. Therefore, the International Affairs Office cannot guarantee a spot in the student's selected courses.</p>
<b>Courses description/ Course system</b>	<p><b>Please check the academic undergraduate and graduate level programs at:</b>  <a href="https://www.udlap.mx/ofertaacademica/mapaoferta.aspx?idioma=2">https://www.udlap.mx/ofertaacademica/mapaoferta.aspx?idioma=2</a></p>
<b>Credit system</b>	<p><b>Undergraduate-level students may enroll up to 5 courses per semester (30 credits).</b>  <b>Graduate-level (Master) students may enroll up to 2 courses per trimester (12 credits).</b>  All courses are 6 UDLAP Academic units (equivalent to 6 ECTS), which include weekly guided instruction and independent study hours for the entire duration of the 16-week semester or 10-week trimester. The total duration of each course is 48 guided hours and 48 independent study hours.</p>
<b>Grading system</b>	<p><b>The minimum passing grade at the undergraduate level (Bachelor) is 7.5 on a 0.0-10.0 scale</b>  <b>The minimum passing grade at the Graduate level (Master) is 8.0 on a 0.0-10.0 scale.</b>  At the end of the student's stay, the International Affairs Office will send the digital official transcript to the student's home university.</p>
<b>Academic Calendar</b>	<p>Academic Calendars are available here:  <a href="https://www.udlap.mx/web/comunidad/calendario-escolar.aspx?idioma=2">https://www.udlap.mx/web/comunidad/calendario-escolar.aspx?idioma=2</a></p>
<b>Arrival at UDLAP</b>	<p><b>Coming to Mexico from the main global destinations is very easy, either through Mexico City or Puebla City.</b>  The <b>Amigos Internacionales</b>, a group of volunteer students, will be waiting for International Students at the Benito Juárez International Airport (MEX) in Mexico City on the first day of Orientation Week (students will be notified of orientation week dates via e-mail upon being accepted at UDLAP).</p>

<b>Online Orientation Program</b>	<b>International Students are offered an Online Orientation Program prior their travel to Mexico.</b> During the Online Orientation Program, students will have a welcoming session to inform them about their mobility program, living in Puebla and UDLAP, institutional services, cultural shock, payments, visas, internship and course enrollment, among others. *Compulsory attendance
<b>Accommodation</b>	<b>Accommodation options in Cholula are vast, either on campus (Residential Colleges) or off campus (private housing).</b> Accommodation at UDLAP Residential Colleges may be consulted at <a href="http://www.udlap.mx/colegios/?idioma=2">www.udlap.mx/colegios/?idioma=2</a>  <b>Note:</b> Accommodation is subject to availability and the Residential Colleges' Rules and Regulations. During the Online Orientation Program, the Amigos Internacionales will support international students that opt to stay on external facilities for finding proper accommodation.
<b>Workshops</b>	<b>UDLAP offers a variety of cultural, sports and artistic workshops throughout the semester.</b> Please consult the following link for more information: <a href="http://www.udlap.mx/talleres">www.udlap.mx/talleres</a>
<b>Weekend trips</b>	<b>Explore Mexico through the exciting and enriching travel opportunities offered by the Office of Student Life</b> Please consult the following link for more information <a href="https://www.udlap.mx/web/vidaestudiantil/cineclub.aspx">https://www.udlap.mx/web/vidaestudiantil/cineclub.aspx</a>
<b>Student Associations</b>	<b>There are many academic, sport, cultural, and lifestyle organizations created and directed by students.</b> Being part of an organization offers international students the possibility to develop new skills and an increased social awareness. Organizations may be consulted at: <a href="https://www.udlap.mx/web/vidaestudiantil/organizacionesestudiantiles.aspx?idioma=2">https://www.udlap.mx/web/vidaestudiantil/organizacionesestudiantiles.aspx?idioma=2</a>

### VISA INFORMATION

International students coming to UDLAP must take into account the following information according to their nationality and duration of their studies in Mexico.

#### FOR 1 SEMESTER OF STUDY ONLY "VISITORS WITHOUT PERMISSION TO PERFORM PAID ACTIVITIES"

To participate in an academic program at UDLAP with a duration of up to 180 days (1 semester or 2 trimesters), students are entitled to travel to our country as a **Visitor** (previously known as *Tourist*) if they are citizens of a country that has no visa restrictions in Mexico. This condition of stay authorizes students to remain in Mexican territory uninterruptedly for up to 180 days from the date of entry, **without permission to engage in remunerated activities**. Foreigners who come to Mexico as Visitors without permission to perform remunerated activities cannot change their migratory status and will have to leave the country by the end of the authorized period of stay.

**EXCEPTION:** If the student is a citizen of a country with visa restrictions in Mexico, he/she will need to request a **Temporary Resident Visa-Student** at the nearest Embassy or Consulate of Mexico, as he/she will not be able to enter the country as a visitor.

#### FOR 2 OR MORE SEMESTERS OF STUDY "TEMPORARY RESIDENT VISA – STUDENT"

To participate in an academic program at UDLAP for a period that is longer than 180 days (2 semesters or more), it is necessary to request a **Temporary Resident Visa – Student**. Students in this case will need to complete a 3-step process:

1. Request for a visa at the nearest Mexican Embassy or Consulate. The visa will be originally issued for 180 days, valid for a single entry to Mexico during this period.
2. When students enter Mexico, they will be provided a "**Forma Migratoria Múltiple (FMM)**". They will need to present this FMM to the "**Instituto Nacional de Migración (INAMI)**" once they are in Mexico to get the **Temporary Residence Permit**.
3. This **Temporary Residence Permit** must be requested from the INAMI within the first 30 calendar days from the date of entry into Mexico. This card will be valid for one year and allows multiple entries to the country. If this procedure is not completed within the designated time, the student will be subject to pay a fine to the INAMI.

UDLAP will provide migratory support for all international students, especially for those coming from a visa-restricted country or for those students coming for two or more semesters, but it is the student's own responsibility to fulfill the INAMI's requirements and to abide by the Mexican Government Laws.

Students coming from visa-restricted countries must request such permit before traveling to Mexico. The UDLAP International Office will send an Acceptance Letter to the Home University or to the Mexican Embassy/Consulate in such country in order for students to process a student visa, if necessary.

**To verify if a country requires a visa or not to travel to Mexico, please consult the following web sites:**

1. Countries and regions that require a VISA to travel to MEXICO: <https://www.inm.gob.mx/gobmx/word/index.php/paises-requieren-visa-para-mexico/>
2. Countries and regions that do not require a VISA to travel to MEXICO: <https://www.inm.gob.mx/gobmx/word/index.php/paises-no-requieren-visa-para-mexico/>

All Visas (either "Visitor without permission to perform paid activities" and/or "Temporary Resident – Student") are issued in the Student's country of origin by an Embassy or Consulate of Mexico, and cannot be obtained at their arrival in our country. Please check the location of the Mexican Embassy or Consulate that is closest to the Student or the Home University:

1. **EMBASSIES:** <https://portales.sre.gob.mx/directorio/embajadas-de-mexico-en-el-exterior>
2. **CONSULATES:** <https://portales.sre.gob.mx/directorio/consulados-de-mexico-en-el-exterior>

Once in Mexico, students must register their stay at the Migratory Services Office at UDLAP. This shall be done during the Online Orientation Program.

### INTERNATIONAL MEDICAL INSURANCE INFORMATION

**Medical Insurance is Mandatory to come to UDLAP.** Without exception, all International students are required to have health insurance coverage at their own expense that meets all the international coverage requirements (it must include COVID-19, full repatriation of remains and sanitary or emergency evacuation, as a minimum) necessary to cover them during the entire duration of their stay in Mexico. The students must upload a copy of their medical insurance policy to the UDLAP incoming platform as a requirement to complete their registration process. This policy has to contain the following information:

1. Student's name
2. Insurance company name
3. Insurance policy number
4. Insurance company's emergency telephone
5. Insurance coverage dates
6. Main coverage details (repatriation of remain + emergency or sanitary evacuation must be clearly identifiable + COVID-19)

UDLAP provides all international students with free **Medical Services (basic care)** on campus. Students can access these services by appointment or by arriving at the Health Services Clinic (CL 104) during office hours. Further information may be consulted at [www.udlap.mx/serviciosmedicos/contacto.aspx?idioma=2](http://www.udlap.mx/serviciosmedicos/contacto.aspx?idioma=2)

**Psychological support and counseling** are also available under request at the Student Center. Please visit:

### COSTS AND FEES

All courses at UDLAP (Undergraduate and Graduate level) are 6 UDLAP Units (equivalent to 6 ECTS). The cost for each **academic unit for spring and summer 2025** are:

- \$3,590.00 Mexican Pesos for Undergraduate level courses; and
- \$4,440.00\* Mexican pesos for graduate-level courses.

As part of a bilateral agreement, **exchange students** are entitled to enroll up to five courses per semester, at the undergraduate level. In the case of Master level courses it is two per trimester (unless otherwise agreed with specific institutions). Additional courses may be taken by covering the corresponding costs attached to the extra courses enrolled.

**Visiting students** should cover the total cost of the courses enrolled, plus a 2-unit administrative fee. The minimum number of courses to enroll under this scheme is three per semester, unless otherwise agreed.

All other services are included for international students so no additional fees need to be considered (i.e. gym, library, medical services, Wi-Fi, etc.). Costs related to extra-curricular activities are additional and need to be covered by the participating students.

Please note that these costs are subject to change without notice.

*\*To be confirmed*

### ESTIMATION OF LIVING EXPENSES

Living in Mexico, and in particular in Puebla is quite affordable. Accommodation options are very ample on campus and off campus, as close as crossing the street. The average cost of living for an international student will depend on their particular lifestyle, but some estimations can be exemplified as follows:

- On-Campus Housing** \$30,180.00 to \$45,200.00 Mexican Pesos per semester, depending on room selection and additional amenities. No meals included.\*  
Please note that when housing is not included in the bilateral agreement, the students who choose on-campus accommodation must pay the full cost of the selected dormitory prior to their arrival at UDLAP.  
On-Campus housing for graduate students is not available unless they enroll 400-level courses only (considered Undergraduate level courses at UDLAP).  
There is a strict age restriction for students applying to Residential Colleges: they must be over 18 and under 24 years of age.
- Off-Campus Housing** Similar costs, depending on the type of accommodation.
- Meals** \$10,000.000 to \$12,000.00 Mexican Pesos per month.
- Local Transportation** \$10.00 Mexican Pesos on public bus, \$12.00 Mexican Pesos on UDLAP bus  
Taxi, Uber, or DiDi is available at very affordable rates.
- Academic expenses** \$2,000.00 to \$3,000.00 Mexican Pesos per semester.  
Textbooks may cost between \$500.00 and \$1,000.00 Mexican Pesos depending on the discipline.
- Personal expenses** Movie theater tickets cost between \$80.00 and \$180.00 Mexican Pesos.  
A night out at a club may cost up to \$550.00 Mexican Pesos
- Bank Information** Students are advised to bring an international credit or debit card. There are several ATMs located on campus and throughout the city.  
It is not possible to open a bank account in Mexico while on exchange so it is recommended that students handle their finances through their home bank.
- Cell Phone** All International students are required to have a **Mexican phone number** during their stay in Mexico.  
A SIM card may be easily acquired at many shops and convenience stores throughout the country.  
International students **MUST** provide their Mexican phone number to the International Affairs Office to be contacted in case of emergency.  
\*To be confirmed.

Last Update: Jan, 2025