

General tips

- 1 Be informed about the roads, means of transportation and places to stay before you travel. Know how to contact your country's consulates. Research round trip routes.
- 2 Share your travel plans with your family before you leave.
- 3 Throughout your transit, keep your family informed of where you are and who you are with. In an emergency this will make it easier to find you.



- 4 Do not trust strangers and never leave your children with someone you do not know.
- 5 Do not share details of your trip or family with strangers or tell them if you have family or friends in Mexico or the United States.
- 6 Carry a basic first-aid kit and oral rehydration salts.
- 7 Look after your belongings and make sure no one puts anything in them.
- 8 It is safer to travel in a group, this applies especially to women. Avoid travelling by sea, canal or river.

Staying in touch with your family

- 1 Memorize your family's and friends' telephone numbers and the area codes for calling home. Carry coins for public telephones.
- 2 Avoid using and dialing from other people's phones. Delete the number from the phone after making your call.
- 3 If you are travelling with someone who is detained, has disappeared, has an accident or has died, obtain their name and inform the Red Cross and their family, allowing them to know they are alive and of their whereabouts.



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- 4 Stay in touch with your family and close friends, especially before you cross the border. The Red Cross and other charities that run shelters often offer free phone calls.
- 5 Are you looking for a family member? Familylinks.icrc.org can provide information.

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- 6 When you end a call on a landline phone, dial a random number in order to mask your family's phone number.
- 7 It is a good idea to have a Facebook (or other social network) page that only you and your family can access.
- 8 It is important that your family know how to contact your doctor and dentist.
- 9 Let your family know when you reach your destination, even if you cannot keep in touch with them after your arrival.
- 10 Provide your family with documents that include a recent picture and your digital fingerprints.

Looking after your health

- 1 When resting, take off your shoes and socks (carry an extra pair) to prevent fungal and other infections. Do not wear wet socks and shoes to avoid getting blisters.



- 2 Carry clothing for cold weather (coat, gloves, thick socks) and hot weather (lightweight, cotton and light-colored).
- 3 Don't take off your clothes if it is hot out avoid getting dehydrated and badly sunburned.
- 4 The weather in Mexico varies between seasons
- 5 If it is cold or raining, cover your clothes with a plastic sheet to stay warm and dry.
- 6 If you have flu-like symptoms (fever), feel weak or have pain in your bones and joints, consult a doctor. You may have dengue fever, malaria or chikungunya –diseases you can catch in the region.

7 In Mexico, you are entitled to free emergency health care if your condition is life-threatening.



- 8 If you use contraceptives, do not forget to take them with you. Some Red Cross clinics or medical units will supply them for free.
- 9 If you are pregnant, stay hydrated, eat and seek medical attention. Avoid dangerous situations and taking the train.
- 10 If you have a chronic condition, take your medication and remember its name. If you are detained, tell the authorities about your condition and what medicine you need.

- 11 Always carry a bottle of water and drink regularly.
- 12 Avoid consuming food or liquids that are not fresh.
- 13 Avoid drinking stagnant or tap water. Carry and use water purification tablets.
- 14 Wash your hands regularly, especially before eating and after going to the toilet.
- 15 In hospitals and clinics you are entitled to know what your condition is and to request your medical report or file.
- 16 If you are Mexican you have the right to medical treatment even if you do not have health insurance.

Travelling by train or road

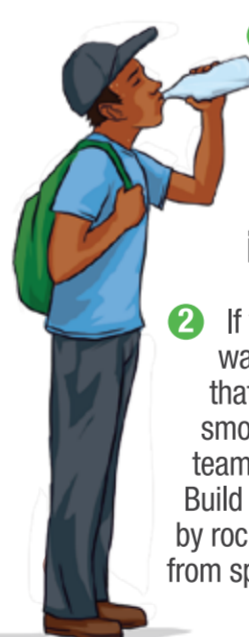
- 1 Avoid getting on or off a train if it is moving or it is raining. If you jump off a moving train, do not stop and keep moving to avoid having others fall on you.



- 2 Do not tie clothes around your waist as they could get caught and cause an accident.
- 3 Avoid traveling by train if you have not eaten or rested, reducing the risk of a fall. Take turns with your travel companions so you may rest and take care of yourself.
- 4 Do not take drugs, relaxants or flu remedies that make you drowsy.
- 5 If it rains, cover yourself with a plastic sheet. If it is very cold, avoid touching the train's freezing metalwork. To protect your hands, wear gloves or wrap them in a cloth.

- 6 Carry a cardboard to sit on and shield you from the sun.
- 7 It is best to travel sitting down. Pay attention to loose branches, electric cables and on-coming tunnels. Make sure you have something to hold on to.
- 8 Avoid traveling with children on a train.
- 9 Do not hide in vehicles or confined spaces where you could suffocate, choke or get locked in. Try to make sure you always have room to breathe.
- 10 Do not accept a free ride from a stranger.

Walking through forest, jungle or desert



- 1 Carry water, salt and lemons to drink. Rub garlic on your body as an insect repellent.

- 2 If you are lost or cannot walk anymore, light a fire that generates a lot of smoke to alert rescue teams of your location. Build it in a hole surrounded by rocks to prevent the fire from spreading.

- 3 Carry a lantern, matches or a lighter.



- 4 Learn how to navigate using the sun.
- 5 Watch out for ravines and wild animals.
- 6 Avoid walking alone and try to travel in a group.

- 7 Scorpion stings and snake bites can be deadly. Check and shake clothes, shoes and bedding before use. Do not stick your hands under rocks. Check the ground before sitting or lying down.
- 8 If an animal stings or bites you, seek medical attention. Avoid moving the infected area and rinse it with clean water. Do not suck or cut the affected area, as that may hurt you more and may increase the risk of infection.
- 9 Before you set off into the desert, turn off your mobile phone to preserve the battery. Only make essential calls.

- 10 Carry a change of clothes in a plastic bag. Avoid wearing damp clothes.
- 11 Keep calm if the authorities detain you.
- 12 Avoid crossing deep rivers or entering the ocean if you cannot swim. If you are using an object to help you float, make sure it can support your weight.

- 14 Protect your head with a hat or cap.
- 15 Keep your documents in a plastic bag to avoid losing them and to keep them dry.
- 16 Even if you know how to swim, do not do so alone or at night.

- 17 Carry enough water / saline solution. Drink small amounts regularly, preferably of saline solution or oral rehydration salts. Avoid alcoholic beverages.



Useful information

- Travelling through Mexico without legal documentation is not a crime. You cannot go to prison for not having it.
- If you do not have documents legalizing your stay in Mexico, officials from the National Migration Institute (INM) have to take you straight to a migrant holding center, where you are entitled to be treated with dignity and to contact your consulate. You can also call your family for free. Ask the center about the times and rules for making phone calls.
- If you are not Mexican and you have fled because of violence, persecution, threats, armed conflict or discrimination in your country and are afraid to return, you are entitled to submit a refugee status claim to the Mexican Commission for Assistance to Refugees (COMAR).

- Your passport and identity card belong to you and no one may keep them permanently or destroy them.
- If you have been the victim of or the witness to a crime in Mexico, you may go to the authorities and request a humanitarian visa that grants you permission to stay in Mexico.
- If you have an accident or fall sick in Mexico, look for members of the Beta Group (orange shirts). They will give you food, water and advice on how to obtain medical assistance.
- If you want to return to your country, call or go to the nearest branch of the National Migration Institute (INM) or Beta Group.
- If your life is in danger and you are in the United States, a 911 call will provide the authorities with your exact location and help them to come to your aid.

Dial codes and emergency number

IN SOME STATES OF MEXICO THE EMERGENCY NUMBER IS 911

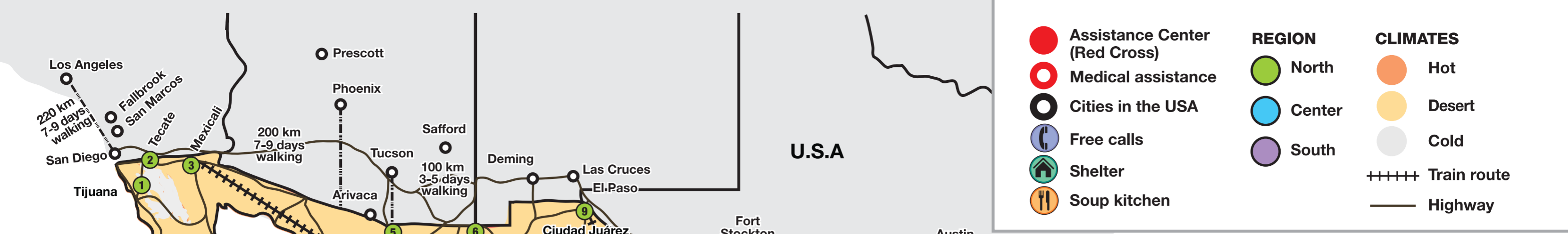
From Mexico to another city in the country: 01 + (City code) + phone number / From Mexico to the US or Canada: 001 + (City code) + phone number / from Mexico to Central America or anywhere in the world: 00 + country code + (City code) + phone number.
If you are Salvadorian: you can make free calls to your family from Mexico dialing from any phone booth (no need a card) to: 01 800 747 6117 / The emergency number in the US is: 911 / in Mexico it is: 066 (*144 from a cell phone in Mexico) / Emergency numbers in Mexico / Grupo Beta: 066*, only in Nogales, Sonora (Mexico) / Mexican Red Cross: 065 / Federal Police: 088 / Mexican Commission for Refugees in Mexico city (COMAR): 55 52 09 8800 (30133) / Consulate of Guatemala in Mexico: 55 20 6680 / Consulate of Honduras in Mexico: 55 15 66 89/5256 15 83 / Consulate of El Salvador in Mexico: 52 81 57 23/25 / Consulate of Nicaragua in Mexico: 55 40 56 25 / National Human Rights Commission (CNDH): 01 800 715 2000 / National Migration Institute (INM): 01 800 0046 264.



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SELF CARE MESSAGES



- UNITED STATES**
- Tucson, Arizona / Tucson Chapter / 5301 E Broadway Blvd.** (Red circle)
 - Tucson, Arizona / Catholic Charities / 140 W Speedway Blvd Ste 130.** (Blue telephone icon)
 - Arivaca, Arizona / Campamento No Más Muertes en el desierto.** (Blue telephone icon)
 - Phoenix, Arizona / Phoenix Chapter / 6135 N Black Canyon Hwy.** (Red circle)
 - McAllen, Texas / Sacred Heart / 306 S 15th St.** (Blue telephone icon)
 - El Paso, Texas / El Paso Chapter / 9211 Montana Ave.** (Red circle)
 - El Paso, Texas / Opportunity Center of El Paso / 8201 Lockheed Dr.** (Blue telephone icon)
 - San Antonio, Texas / San Antonio Chapter / 3642 E Houston St, San Antonio.** (Red circle)
 - San Antonio, Texas / Greyhound estación de autobuses / 500 N Saint Marys St.** (Blue telephone icon)
 - Austin, Texas / Austin Chapter / 2218 Pershing Dr, Austin.** (Red circle)
 - Houston, Texas / Houston Chapter / 2700 Southwest FWY Houston.** (Red circle)
 - Laredo, Texas / Laredo Office at the Holding Institute / 1102 Santa Maria Ave.** (Red circle)
 - Laredo, Texas / Catholic Charities of Laredo at the Holding Institute / 1102 Santa Maria Ave.** (Blue telephone icon)
 - Harlingen, Texas / Harlingen Chapter / 6914 W Expressway 83, Harlingen.** (Red circle)
 - Brownsville, Texas / Ozanam Center / 656 N Minnesota Ave.** (Blue telephone icon)

- NORTHERN MEXICO**
- 1 Tijuana, Baja California / Albergue Ejército de Salvación / Av. Aquiles Serdán, # 11585 Col. Libertad parte Baja.** (Blue telephone icon)
 - 1 Tijuana, Baja California / Desayunador Salesiano Padre Chava / Av. Ocampo, # 700 Zona Centro.** (Orange fork and knife icon)
 - 1 Tijuana, Baja California / Casa YMCA / Blvd. Cuautémoc, # 3710 Col. Chula Vista.** (Green house icon)
 - 1 Tijuana, Baja California / Casa del Migrante / Calle Galileo, # 239 Col. Postal.** (Green house icon)
 - 1 Tijuana, Baja California / Instituto Madre Assunta / Calle Galileo, # 2305 Col. Postal.** (Green house icon)
 - 1 Tijuana, Baja California / Punto de asistencia Cruz Roja Mexicana en la Rumorosa / carretera libre Tijuana - Mexicali. Poblado de la Rumorosa, calle del Zorro.** (Red circle)
 - 2 Tecate, Baja California / Casa del Migrante Nuestra Señora de Guadalupe de Tecate / Misión de Santa Teresa, # 1400 Fracc. El Descanso.** (Green house icon)
 - 3 Mexicali, Baja California / Albergue Casa del Desierto / Avenida Carpinteros, # 1515 Col. Industrial.** (Green house icon)
 - 3 Mexicali, Baja California / Casa Maná / Calle J y Jesús García, # 1700 Col. Nacozaia.** (Green house icon)
 - 3 Mexicali, Baja California / Casa Betania / Calle Lago Hudson, # 2408.** (Green house icon)
 - 3 Mexicali, Baja California / Comedor "El Buen Samaritano" / Calle Sur y Av. Celaya Col. Bellavista.** (Orange fork and knife icon)
 - 4 Altar, Sonora / Centro de Atención al Migrante y Necesitado / Gonzalo Senday, # 79 Col. Buenos Aires.** (Green house icon)
 - 4 Altar, Sonora / Punto de asistencia Cruz Roja Mexicana / Calle Miguel Hidalgo, # 3 Doctor Godínez y Peñaloza, Col. Centro.** (Red circle)
 - 5 Mariposa, Sonora / Punto de asistencia Cruz Roja Mexicana / Periférico Luis Donaldo Colosio.** (Red circle)
 - 5 Nogales, Sonora / Casa Nazaret, Para Mujeres y Niños Deportados / Calle # 1 Edificio 4, Departamento 502.** (Green house icon)
 - 5 Nogales, Sonora / Comedor CAMDER, Centro de Atención al Migrante Deportado / Luis Donaldo Colosio, # 55 Col. Frente a Foviste II.** (Orange fork and knife icon)
 - 5 Nogales, Sonora / Albergue San Juan Bosco / Calle Montaña, # 1063.** (Green house icon)
 - 5 Nogales, Sonora / Punto de asistencia Cruz Roja Mexicana / Puerta internacional, Garita 1 Dennis Deconcini.** (Red circle)
 - 6 Agua Prieta, Sonora / Centro de Atención al Migrante Exodus / Calle 6 y Av. Anáhuac, s/n Col. Ferrocarril.** (Green house icon)
 - 6 Agua Prieta, Sonora / Centro de Atención al Migrante y Necesitado / Calle Zaragoza, # 1 Col. Centro.** (Green house icon)
 - 6 Agua Prieta, Sonora / Módulo de Atención a los Deportados / Calle Int Av. 3 Col. Centro 84020.** (Orange fork and knife icon)
 - 7 Hermosillo, Sonora / Comedor San Luis Gonzaga / Calle Cayaco, # 12 Ejido La Victoria.** (Blue telephone icon)
 - 8 Cuahutémoc, Chihuahua / Desayunador Madre Teresa / Vicente Guerrero, # 406 entre 4ta y 6ta. Col. Centro.** (Orange fork and knife icon)
 - 9 Ciudad Juárez, Chihuahua / Casa del Migrante en Juárez / Calle Neptuno, # 1855 Col. Satélite.** (Green house icon)
 - 9 Ciudad Juárez, Chihuahua / Casa YMCA / Calle Mariona Varela, # 191 Esquina con Av. 5 de Febrero. Col. Chaveña.** (Green house icon)
 - 10 Acuña, Coahuila / Casa del Migrante Emaús / Antigua Escuela Miguel Hidalgo Calle Victoria y Dr. Coss, # 47 Zona Centro.** (Green house icon)
 - 11 Piedras Negras, Coahuila / Casa del Peregrino/ Frontera Digna / Calle Anáhuac, # 605 Norte Col. Centro.** (Green house icon)
 - 12 Nuevo Laredo, Tamaulipas / Casa del Migrante Nazaret / Calle Madero, # 350 Col. Viveros.** (Green house icon)
 - 13 Reynosa, Tamaulipas / Centro de Apoyo a Migrantes y Deportados Senda de Vida / Calle Bordo de Protección, # 5 Col. 21 de Marzo.** (Green house icon)
 - 13 Reynosa, Tamaulipas / Albergue de Nuestra Señora de Guadalupe / María J González, # 501, Col. Aquiles Serdán.** (Green house icon)
 - 14 Matamoros, Tamaulipas / Casa San Juan Diego y San Francisco de Asis / Golfo de México, # 49 Col. Ampliación Solidaridad.** (Green house icon)
 - 15 Guadalupe Nuevo León, Nuevo León / Casa del Migrante "Casa Nicolás" / Emiliano Zapata, # 4417 Esquina con Serafín Peña, Col. Guadalupe Victoria.** (Green house icon)
 - 16 Monterrey, Nuevo León / Casa del Forastero Santa Martha / Calle Villagrán, # 1833, Col.Industrial.** (Green house icon)
 - 17 Saltillo, Coahuila / Casa del Migrante Saltillo / Calle Juan De Erbaez, # 2406, Col. Landín.** (Green house icon)
 - 18 Torreón, Coahuila / Cáritas / Av. La Paz, # 300 Esquina con Bahía de Guadalupe Col. Nueva California.** (Green house icon)
 - 18 Torreón, Coahuila / Centro de día para migrantes "Jesús Torres" / Calle Yucatán, # 171 Col. Las Julietas.** (Green house icon)
 - 18 Torreón, Coahuila / Centro Juan Gerardi, Parroquia de San Judas Tadeo / Torre de Cristo, # 333 Col. Las Torres.** (Green house icon)

- CENTRAL MEXICO**
- 19 Mazatlán, Sinaloa / Albergue "Una Gota en el Océano" / Bahía de Cochinos y Bahía Magdalena Col. Rincón de Urias.** (Green house icon)
 - 19 Mazatlán, Sinaloa / Cáritas Mazatlán / Toma de Celaya, # 86, Col. Francisco Villa.** (Green house icon)
 - 20 Tampico, Tamaulipas / Casa del Migrante Emmaus / Calle Camboya, entre Luxemburgo y Ghana, Col. Solidaridad, Voluntad y Trabajo.** (Green house icon)
 - 21 San Luis Potosí, San Luis Potosí / Casa de la Caridad "Hogar del Migrante" / Juan Álvarez, # 210 Esquina con Vías México-Laredo, Barrio de Tlaxcala.** (Green house icon)
 - 22 Aguascalientes, Aguascalientes / Casa Migrante "Camino a la Vida" / José Guadalupe Posada, # 828 Barrio de Guadalupe (Junto al Panteón de La Cruz).** (Green house icon)
 - 23 Tepic, Nayarit / Cruz Roja Mexicana / Carr. Tepic-Guadalajara Avenida de los Insurgentes y Rey Nayar, Ciudad del Valle.** (Red circle)
 - 23 Tepic, Nayarit / La Casa de la Esperanza San José / Padre Enrique Mejía Esquina con Vicente Guerrero.** (Green house icon)
 - 24 Guadalajara, Jalisco / FM4 / Calderón de la Barca, # 468 Arcos.** (Blue telephone icon)
 - 25 Ocotlán, Jalisco / Cruz Roja Mexicana / Morelos y Oxnard, # 249 Col. Centro.** (Red circle)
 - 26 Lagos de Moreno, Jalisco / Casa del Migrante Santo Toribio Romo / Hernando de Martel, # 14-A Col. La Luz.** (Green house icon)
 - 27 Irapuato, Guanajuato / Cruz Roja Mexicana / Calle Av. Casimiro Liceaga, Las Misiones.** (Red circle)
 - 27 Irapuato, Guanajuato / Casa del Migrante San Juan de Dios / Río Balsas Esquina con Río Silao, # 1867 Col. La Pradera.** (Green house icon)
 - 28 Celaya, Guanajuato / Casa del Migrante, ABBA / Eufemio Zapata, # 216 Col. Emiliano Zapata.** (Green house icon)
 - 28 Celaya, Guanajuato / Cruz Roja Mexicana / Av. Constituyentes, s/n Rosa Linda.** (Red circle)
 - 28 Celaya, Guanajuato / Albergue "Manos Extendidas a los Necesitados" / 16 de Septiembre, # 430-A Col. El Zapote.** (Green house icon)
 - 29 Salamanca, Guanajuato / Casa del Migrante San Carlos Borromeo / Segunda Privada de Morelón, # 107 Col. Guanajuato.** (Green house icon)
 - 29 Salamanca, Guanajuato / Cruz Roja Mexicana / Boulevard Faja de Oro, s/n Bellavista.** (Red circle)
 - 30 Querétaro, Querétaro / Casa del Migrante "Peñuelas" / Privada Campesinos, # 1 Col. San Pedrito Peñuelas.** (Green house icon)
 - 30 Querétaro, Querétaro / Cruz Roja Mexicana / Av. Balastradas, S/N Centro Sur.** (Red circle)
 - 30 Querétaro, Querétaro / Centro de Apoyo Marista al Migrante (CAMMI) / Marte, # 2 Esquina con Av. Universidad Col. Centro.** (Blue telephone icon)
 - 31 San Juan del Río, Querétaro / "Estación del Migrante González Y Martínez" / San Juan Del Río.** (Orange fork and knife icon)
 - 32 Huichapan, Hidalgo / Casa de Peregrino Migrante / Conocido Manez, s/n Junto a Planta Cemex.** (Green house icon)
 - 33 Atitalaquia, Hidalgo / Casa del Migrante "El Samaritano" / Col. Bojay, Municipio de Atitalaquia.** (Blue telephone icon)
 - 34 Huehuetoca, México / Albergue "San Juan Diego" / Andador del Ferrocarril, s/n Col. Barrio San Bartolo.** (Red circle)
 - 35 México, Ciudad de México / Albergue "Ejército de Salvación" / Calle Labradores # 85, Col. Morelos.** (Green house icon)
 - 35 México, Ciudad de México / Comisión Pastoral de Migrantes y Movilidad Humana / Durango # 90, Col. Roma Delegación Cuahutémoc.** (Blue telephone icon)
 - 35 México, Ciudad de México / SMR Scalabrinianas, Misión con Migrantes y Refugiados / Constantino, # 251 Col. Vallejo, Delegación Gustavo A. Madero.** (Green house icon)
 - 35 México, Ciudad de México / Comité de Solidaridad y Derechos Humanos Monseñor Romero-Albergue Tochán / Calle Pavorreal entre 40 y 41, Col. Pino Suárez, Delegación Álvaro Obregón.** (Blue telephone icon)

- SOUTHERN MEXICO**
- 36 Apizaco, Tlaxcala / Casa del Migrante "La Sagrada Familia" / Tercera Privada de Alvaro Obregón, s/n Col. Ferrocarrilera.** (Green house icon)
 - 37 Ciudad Serdán, Puebla / Punto de asistencia Cruz Roja Mexicana en Ciudad Serdán / Rancho Nuevo, Ciudad Serdán (a un costado de las vías del tren).** (Blue telephone icon)
 - 37 Puebla, Puebla / Parroquia de la Asunción, "Ayuda Humanitaria a Migrantes en Tránsito" / Calle 45 Norte, # 206 Col. Aquiles Serdán.** (Green house icon)
 - 37 Puebla, Puebla / Iglesia El Calvario "Casa del Migrante y Peregrinos Mambre" / Calle 14 Norte, # 2207 Atrás de la Cruz Roja Barrio del Alto.** (Green house icon)
 - 37 Puebla, Puebla / Casa del migrante de la Parroquia de Nuestra Señora de los Desamparados / Calle 24 A Poniente, # 3127 Col. Nueva Aurora atrás de la Central de Autobuses de Puebla.** (Green house icon)
 - 38 Xalapa, Veracruz / Albergue "María Auxiliadora" / Carranza y Zaragoza, s/n Centro.** (Green house icon)
 - 39 Amatlán de los Reyes, Veracruz / Comedor "La Patrona" / Av.14, s/n La Patrona.** (Orange fork and knife icon)
 - 40 Veracruz, Veracruz / Casa de la Caridad / Av. Venustiano Carranza, # 745 entre Altamirano y Juan Enriquez, Col. Zaragoza.** (Green house icon)
 - 41 Acayucan, Veracruz / Albergue Mons. Guillermo Ranzahuer "Portada del Peregrino" / Calle Melchor Ocampo Norte # 86, Parroquia de Nuestra Señora de Guadalupe.** (Green house icon)
 - 42 Tierra Blanca, Veracruz / Albergue Decanal Guadalupano / Aldama, # 50 Entre Tuxpan y la Fragua, Tierra Blanca El Viejo.** (Green house icon)
 - 43 Medias Aguas, Veracruz / Comedor de Medias Aguas / Primera entrada a Medias Aguas.** (Orange fork and knife icon)
 - 44 Oaxaca, Oaxaca / Casa del Buen Samaritano / Callejón Guadalupe Victoria, s/n Col. Centro (Atrás de Soriana Madero).** (Green house icon)
 - 45 Matías Romero, Oaxaca / Casa del Migrante "Ruchagalú" / Calle 1º de Mayo, # 1110 Col. Rincón Viejo.** (Green house icon)
 - 46 Ixtepec, Oaxaca / Albergue "Hermanos en el camino" / Av. Ferrocarril Poniente, # 60 Barrio de la Soledad.** (Green house icon)
 - 47 Chahuites, Oaxaca / Centro de Ayuda Humanitaria "Chahuites" / Calle 20 de noviembre Sur Poniente, # 12, Barrio El Morro.** (Green house icon)
 - 48 Arriaga, Chiapas / Punto de asistencia Cruz Roja Mexicana en Arriaga / A un costado de las vías del tren.** (Blue telephone icon)
 - 48 Arriaga, Chiapas / Hogar de la Misericordia / Calle Quinta Sur, # 1420 Col. Playa Fina.** (Green house icon)
 - 49 Mapastepec, Chiapas / Casa del Migrante "San Pedro Apóstol" / 3a Av. Sur, s/n entre 2a y 4a Oriente, Barrio Centro.** (Green house icon)
 - 50 Tuxtla, Chiapas / Casa del Migrante "Jesús Esperanza en el Camino" / 1º Poniente Sur, # 1664, esquina con 16 Sur Poniente, Barrio San Francisco.** (Green house icon)
 - 51 Salto del Agua, Chiapas / Capilla Santa Martha / Estación del Ferrocarril, Col. Santa Martha.** (Green house icon)
 - 52 Palenque, Chiapas / Casa "El caminante J'tatic Samuel Ruiz García" / Col. Pakahná, s/n Barrio San Francisco.** (Green house icon)
 - 53 San Cristóbal, Chiapas / Albergue "Servicio Pastoral a migrantes San Martín de Porres" / Prolongación Insurgentes, # 87 Barrio de San Diego.** (Green house icon)
 - 54 Frontera Comalapa, Chiapas / Comedor para migrantes y transeúntes "Papa Francisco" / 2ª Av. Poniente entre Central Poniente y 1ª Calle Sur Poniente.** (Orange fork and knife icon)
 - 55 Tapachula, Chiapas / Albergue Belén / Av. Hidalgo, # 2 Col. San Antonio Cahoacán. Apartado 87.** (Green house icon)
 - 55 Tapachula, Chiapas / Albergue "Jesús El Buen Pastor" / Entronque a Carretera Raymundo Enriquez.** (Green house icon)
 - 56 Tenosique, Tabasco / Punto de asistencia Cruz Roja Mexicana en Tenosique / Afuera del Albergue La 72.** (Blue telephone icon)
 - 56 Tenosique, Tabasco / Casa del Migrante "Hogar refugio La 72" / Domicilio Conocido, s/n Col. La Estación Nueva.** (Green house icon)
 - 57 Tacaná, Tacaná / Centro de Atención a las Personas Migrantes / Parroquia Nuestra Señora de la Asunción, Diócesis de San Marcos.** (Green house icon)
 - 58 Tecún Umán, San Marcos / Centro de Recepción de Deportados / Calle por Cooperativa s/n.** (Blue telephone icon)
 - 58 Tecún Umán, San Marcos / Casa del Migrante Tecún Umán / Avenida del migrante 0-22, Col. Olguita De León.** (Green house icon)
 - 59 Ciudad de Guatemala, Guatemala / Casa del Migrante Ciudad de Guatemala / 15 avenida 1-92, zona 1.** (Blue telephone icon)
 - 60 Las Cruces, Petén / Módulo de apoyo a migrantes La Técnica / Cooperativa La Técnica. A un costado de oficina de servicios turísticos.** (Red circle)
 - 61 Flores, Petén / Módulo de apoyo a migrantes Santa Elena / 6ta avenida entre primera y segunda calle.** (Red circle)
 - 62 Puerto Barrios, Izabal / Casa del Migrante del Vicariato Apostólico de Izabal / Kilómetro 283, aldea Entre Ríos, frente a Parroquia Nuestra Señora de Fátima.** (Green house icon)
 - 63 Omoa, Cortés / Centro de Atención al Migrante Retornado en Omoa / Milla 4, Omoa, Kilómetro 21 CA-13.** (Blue telephone icon)
 - 64 San Pedro Sula, Cortés / Fundación Teletón-San Pedro Sula / Col. la Gran Vía, 16-17 avenida, 9 calle A-B, sureste.** (Blue telephone icon)
 - 64 San Pedro Sula, Cortés / Centro de Atención para la Niñez y Familias Migrantes Belén / Barrio Medina, 13 calle, 8 avenida.** (Blue telephone icon)
 - 65 Choluteca, Choluteca / Fundación Vida Nueva / De Gasolinera Dippsa-Cabañas. Tres cuadras al sur, calle al Goretti.** (Blue telephone icon)