

## Indigenous Social Activism in Chiapas | Study in Mexico on Spring Break

submitted by [romeroe@augsborg.edu](mailto:romeroe@augsborg.edu)

Spend your spring break in Mexico and earn 4 credits!!!

On the spring break program, Indigenous Social Activism in Chiapas, Mexico, you will meet with and learn about various Indigenous people's approaches to social activism, learn about Indigenous cosmology and spirituality, Indigenous sovereignty or autonomy, and Indigenous cooperative/businesses and educational systems.

You can choose one 4-credit course to take on this program:

AIS 305 – Indigenous Issues of the Americas (elective course)

AIS 490 – Indigenous Issues of the Americas (Keystone course)

CCS 295 – Topics: Global Crossroads & Indigenous Resistance in Chiapas, Mexico (meets requirement for CCS major of one travel seminar and an elective, OR general elective for non-majors)

SPA 495 – Topics: Global Crossroads & Indigenous Resistance in Chiapas, Mexico (meets requirement for one culture class or one elective (for the SPA major or minor))

This program also fulfills the Augsburg Experience requirement!

APPLICATIONS are DUE NOVEMBER 1. Visit the Study Abroad/Away office in the Christensen Center to learn more, or speak with an adviser. You can also visit our website for full program information, pricing, and to start an application.

[Get full program details and application information here!](#)

📅 October 26, 2017 / ✉ Email a correction for this post

## Register TODAY for Augsburg Total Wellness MÖVEember Steps Challenge

submitted by [peterlin@augsborg.edu](mailto:peterlin@augsborg.edu)

Augsburg Faculty and Staff,

Augsburg Total Wellness is excited to put a MÖVEember Steps Challenge to help keep us active in the month leading up to the holiday season!

Do you think you don't have time to exercise? Think again. Walking is one of the best forms of physical activity and it fits easily into most lifestyles. Get laced up and ready to hit the road, the street, or the hallways while walking your way to improved health. The MÖVEember Steps Challenge will help you get out of your seat and get moving as you increase your daily step count. So are you ready to walk your way to better health?

The challenge will run from November 1st through November 29th.

What: Steps Challenge, with a goal of 10,000 steps per day!

Who: Faculty and Staff

When: November 1st – November 29th

Where: Anywhere!

How: Walk. Move. Keep track of your steps. Convert movement into steps. Submit weekly totals to HR.

Need an extra incentive? Participants who report their points for all 4 weeks will be entered into a drawing for various prizes.

Join the fun—REGISTER by October 27th at the following link: <https://goo.gl/forms/Vwc0NdPOgW8Jj3z42>

\*Registration is required for participation. Challenges rules, details, and tracking tips will be sent to registered participants on November 1st. For questions, concerns, or requests for accommodation, please contact Nicole at [peterlin@augsborg.edu](mailto:peterlin@augsborg.edu).

📅 October 26, 2017 / ✉ Email a correction for this post