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TRAVEL



CULTURE



FOOD



TRANSPORTATION



SECURITY

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# Sample Pages

**World Travel™**  
Mexico City (Mexico)

10:03:36 am 4/17/20 18° C / 65° F Broken Clouds, W, NW 1 km/h / 1 mph

### Cuisine Overview

Mexican cuisine has a long history, stretching back to the country's ancient cultures. Native ingredients were used in a wide variety of ways, among them avocados, corn, cacao, beans, chilies, papaya, and tomato. These ingredients remain essential to today's Mexican cuisine. As with other large countries, Mexico has regional recipes that feature local ingredients. For example, the Yucatan Peninsula's cuisine uses tropical fruits throughout, and the western region prefers stewed goat or sheep in the dish *carne asada*. Additionally, those living along the country's extensive coastline have access to a wealth of fresh seafood.

To truly understand what constitutes Mexican cuisine, however, no ingredient is more important to the culture than corn. Domesticated in central Mexico about 10,000 years ago, corn—also known as maize—was processed into a nutritious and versatile dough called masa. Without masa, there would be no tortillas at every meal, some wrapped around fillings to become enchiladas, both of which are traditional foods. Tamales, popular at celebrations, are masa dough wrapped around various fillings, while the savory soup, *pozole*, is incomplete without hominy. These enlarged corn kernels are derived through a process called nixtamalization, which soaks the corn in a lye or lime solution to soften the outer hull so that it can be removed. Corn on the cob becomes the ubiquitous snack *elote*, enjoyed with a generous spread of Mexican cheese, chili powder, and lime. From tacos and tostitos to chilaquiles (breakfast nachos), all these dishes highlight the importance of corn to Mexican cuisine.

Other ingredients infused into Mexican fare are chiles and cacao. Cacao was a highly valued ingredient among the Olmecs, Mayans, and Aztecs, enjoyed as both a food and beverage as well as having ceremonial importance and symbolic ties. One of the country's national dishes, *mole*, is a complex sauce with an average of 20 ingredients—including chiles and often chocolate—that comes in countless varieties and is time-consuming to make. For this reason, *mole* is usually saved for special occasions, served over meats including poultry and pork, and sometimes fish and vegetables. Chiles, which come in many varieties and heat levels, infuse Mexican dishes like salsas, soups, and sauces with their complex flavor. Smoke-dried jalapeños become *chipotle* peppers—widely used in recipes—while tomatoes and their green cousin, tomatillos, also are essential to salsas and sauces.

Other popular ingredients include garlic, onions, cilantro, oregano, and cumin. Squashes, including *cuchini*, are found in many dishes and a wide array of beans are enjoyed, prepared mashed or served whole in flavorful sauces for hearty side dishes. When Spaniards arrived in Mexico so did rice, cheese, pork, and beef, all of which are firmly entwined throughout the cuisine. Tender, marinated beef becomes *carne asada*, a staple in the north, while rice becomes the puddling *arroz con leche*. Other common flavors are cinnamon and clove, which season pastries called *pan dulce*, while salt tamarind and lime add a bright taste. Tropical fruits include mango, guava, prickly pear, and pineapple, popular eaten as snacks—often sprinkled with chili powder and lime—or used to sweeten desserts and drinks.

With its rich history and flavor, Mexican food is loved throughout the world, both for its vast assortment of recipes as well as its adaptability to personal preferences.

**World Travel™**  
Shenzhen (China)

11:07:10 pm 4/17/20 24° C / 76° F Overcast, W, SW 7 km/h / 4 mph

### Video Dictionary

INTERFACE LANGUAGE: English (American)  
LANGUAGE OF STUDY: Chinese (Mandarin)  
GLOSSARIES: Greetings

TERMS  
你好 (Hello)  
早上好 (Good morning)  
下午好 (Good afternoon)  
晚上好 (Good evening)  
晚安 (Good night)  
再见 (Goodbye)  
你好吗 (Hello me)  
对不起 (Excuse me)

**World Travel™**  
Córdoba (Argentina)

5:08:29 pm 4/17/20 31° C / 88° F Overcast, S, S 13 km/h / 8 mph

### Climate Statistics

METRIC UNITS | IMPERIAL UNITS

#### Mean High and Low Temperatures (°C)

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Max	31.1	30.1	27.6	24.9	22.0	18.5	18.6	21.0	23.3	26.1	28.4	30.3
Min	18.1	17.4	15.6	12.3	9.3	5.7	5.5	6.7	9.1	12.6	15.2	17.3

#### Mean Temperature (°C)

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temp	21.5	21.5	21.1	19.9	17.4	15.2	14.9	17.3	21.3	23.5	23.4	21.7

#### Mean Daily Sunshine (hours)

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sunshine	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0	9.0

**World Travel™**  
Rome (Italy)

### City Overview

Known globally as the Eternal City, Italy's capital once served as the political and cultural center of Western civilization. While that unparalleled influence and power might have faded in modern times, today Rome offers a rich mélange of history and modernity—the baroque piazzas and estates of once-wealthy patricians are now filled with shops, cafes, restaurants, and boutiques, while the city's ancient architecture serves as a constant reminder of its storied past.

Visitors learn quickly that Rome's formidable legacy is built into the fabric and culture of everyday life for its three million inhabitants. The Colosseum and Vatican City continue to entice travelers, but it's Rome's impressive expanse of aqueducts, fountains, palaces, monuments, museums, and breathtaking historical cityscapes that convince sightseers to stay and witness all that the city has to offer.

Rome's history is so vast that one hardly knows where to begin. From the Appian Way to the walls of the Old City, Rome's newest roads seamlessly blend into medieval cobblestone streets, reminding tourists heading toward the array of museums and government offices that ancient Rome's influence is never so far out of reach.

As the saying goes, Rome wasn't built in a day. While archaeological evidence places a human presence in Rome more than 10,000 years ago, Roman mythology credits Romulus with the founding of Rome on April 21, 753 BCE. Raised with his twin brother, Remus, Romulus was said to have killed his brother and built a home on Palatine Hill, one of the Seven Hills that comprised ancient Rome. Etruscans were the first people to inhabit the land near the Tiber River. Latin tribes came, conquered the Etruscans, and built their own fortresses and temples, which eventually grew into present-day Rome.

From the Renaissance to Modern Sprawl

Over the centuries, Rome has housed global pioneers in the fields of law, language, art, and architecture. The Italian Renaissance of the 15th century drastically altered the city's landscape and influence, spawning famous works by Michelangelo and Raphael. And the city's architectural accomplishments, statues, obelisks, bridges, and catacombs continue to entice culturally hungry patrons. Any visit to Rome has to include stops at the Sistine Chapel, St. Peter's Basilica, the Arch of Constantine, and its neighbor, the Colosseum.

Today, the port city is divided into three parts: Vatican City, the heart of Catholicism and its own independent state; the Centro Storico, or Old City, within the Aurelian Walls and the sprawling urban communities outside the wall. Economically, today's Roman population thrives on tourism, high-tech services, and the film and fashion industries, while the city's top manufacturers produce covered leather goods, textiles, paper, pharmaceuticals, and machinery. All roads in Rome lead to art and architecture, though the draw of the city's cultural allure has led to overcrowding and a high cost of living. Still, it's hard to put a price on history and influence, and Rome has enough of both to break the bank.

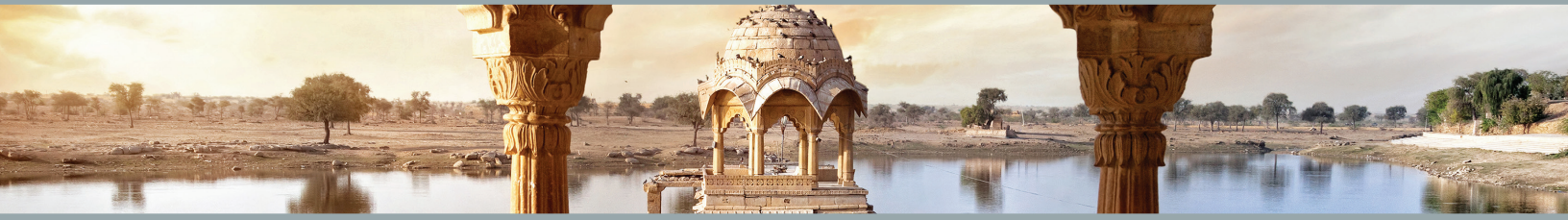
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Climate and Weather

Overview

Food

Language



## City Guides 202 World Cities

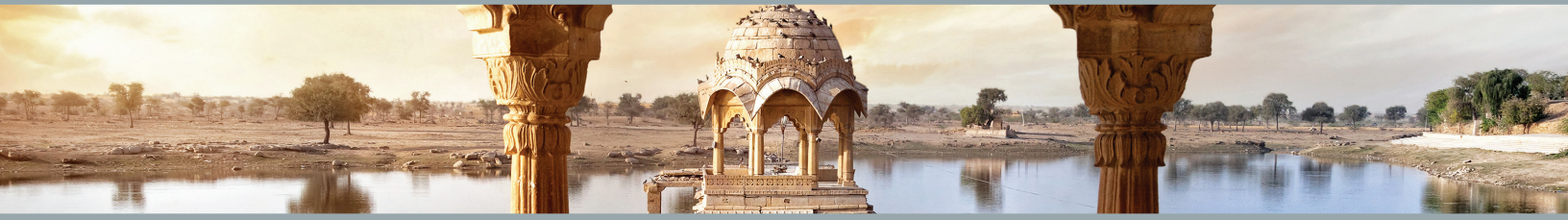
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Ankara, Turkey  
Antigua, Antigua & Barbuda  
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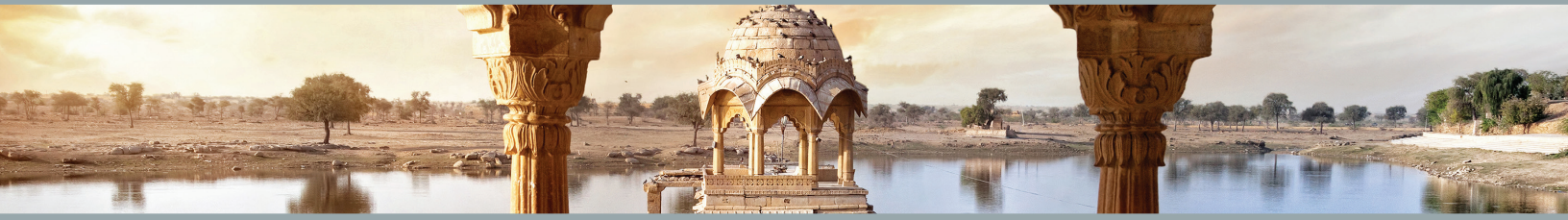
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Save Money!

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World Time Zones

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