

April 13, 2020

To our entire community of PrepaTec and undergraduate students:

We write to you again in the hope that you're keeping well during this emergency and in the company of your loved ones.

As we announced on April 1st, you'll have access as of today to the activities we're calling **LiFE at home** in addition to the academic content of our Flexible and Digital Model. These are Student Leadership and Education (*Liderazgo y Formación Estudiantil*, LiFE) programs that have been adapted to the offsite environment.

At LiFE, we want you to continue developing skills and nurturing your overall wellbeing. It's very important to us that you complement your formal education with physical, emotional, and spiritual development, as these forms of development help enhance your talent.

Please consult the full list of activities on the [MiTec](#) website for the Flexible and Digital Model and click on the **LiFE at home** section, where you can find the following four strategies that we've designed for you:

Nationwide Activities

We've provided a choice of 64 activities from the areas of Art & Culture, Athletics & Sports, Leadership & Experience, Wellbeing & Counseling, and Life and Career Centers. These activities are available to all students at any campus. Check the times to take part in any of them via Zoom.

Activities and Experiences from your Campus

In this section, you'll find a directory of contacts whom you can consult to discover those activities provided by your campus that you can do at home, as well as the capacity available for each of these.

Gaming Esports

We provide you with up-to-date information on the Telcel Borregos Esports Cup and upcoming national Esports tournaments, which all Tec de Monterrey students are invited to take part in. You'll also find a directory in this section with the details of your internal tournament coordinator, who can provide you with information on local tournaments at your campus.

Borregos at home

This is a section created especially for you if you're on a campus or national team. You can find your trainer's details here so that you can continue your training virtually.

We invite you to take part in this new **LiFE at home** experience and keep on developing skills to enrich your formal education.

Regards,

Student Leadership and Education Office