



have fun.  
help people.



**Peru Experience  
About Your Program**



## Welcome volunteers!

I would like to extend my personal gratitude for your choosing to participate in one of Globe Aware's volunteer experiences. By giving your time to work projects that are important to the locals where you are traveling, you are helping to promote sustainability and to achieve greater cross-cultural awareness.

In this week-long adventure, you will have the opportunity to travel to Peru and connect with Peruvians in ways which will not only enhance your already well-formed cultural awareness but provide the opportunity to engage in meaningful and purposeful community service projects.

In some ways, you cannot fully prepare for what you are about to experience, and on the other hand, you already have everything you need to give back: the willingness to do so.

These materials contain more information about your program to help you prepare. While it is tempting to want to know every detail of what is in store for you, try to keep in mind that conditions and dynamics are always changing, and the culture where you are going is not focused first and foremost on productivity. New friends waiting for you are just as focused on wanting to know about your culture as they are in reaching other goals.

Your coordinators and the local communities you will visit are thrilled to have volunteers like you working alongside them. We suspect that no matter how the week goes, you will feel that you got more than you gave. If there is anything we can do to make this experience better for you, please let us know.

With gratitude,

Kimberly Haley-Coleman  
Executive Director- Globe Aware

**About Kimberly Haley-Coleman:** Ms. Haley-Coleman has extensive experience establishing long-term strategic partnerships and projects in the non-profit and for-profit international arenas, including leadership positions in several international companies such as Team Encounter, Infotriever, Telescan (now InvestTools) and CNBC.com. Her background also includes several years of non profit experience including leadership and intern positions at Documentary Arts, Inc, the Dallas Museum of Art and the High Museum of Art. Throughout her career, Haley-Coleman would squeeze in volunteering while traveling internationally on business, and consulted with various international NGOs on how to achieve their goals. She was struck by the difficulty of trying to give time effectively in needy communities within the confines of the typically rushed American lifestyle. Over the years, together with a group of like-minded individuals with backgrounds in medicine, construction, sustainability and communications, she helped to co-found Globe Aware. The objective was to allow busy Westerners a forum for giving their time in an organized fashion in a way that was significantly meaningful and fun for the recipient communities and for the volunteer.

Haley-Coleman holds an MBA in International Business from the University of Dallas, where she graduated with Highest Honors, she is a recipient of the Texas Business Hall of Fame Scholarship Award, has an M.A. from Southern Methodist University and a B.A. from Emory University. She currently serves on the Boards of a number of organizations, including the Executive Committee for IVPA (International Volunteer Program Association), an alliance of nonprofit, non-governmental organizations based in the Americas, that are involved in international volunteer and internship exchanges. IVPA encourages excellence and responsibility in the field of international volunteerism and promotes public awareness of and greater access to international volunteer programs. Haley-Coleman also serves on the Board of Groundwork Dallas, a grassroots effort to sponsor and coordinate community based environmental improvement projects in economically challenged areas, and is also the Leadership Member for Service Nation, an initiative that strives to increase service & volunteer opportunities for Americans.

## Introduction to Peru

Since Pre-Colombian times, Peruvian culture has been divided by nature. Beginning with the arid deserts on the coast, the Andean Sierra rises up to 19,700 feet. Containing deserts, mountains, and a portion of the Amazon jungle, Peru's diverse terrain makes for dramatic regional diversity and considerable inequalities in services and living standards. For this reason and several others, such as politics, health services and educational opportunities are unevenly distributed across Peru.

The social and economic consequences of the Spanish conquest and colonization is deeply embedded in Peruvian society and, at first sight, Peruvian culture may seem brutally divided between the indigenous and colonial societies - the mountain villages and the cities.

Within the industrialized cities, elite Creoles trace their bloodlines back to the Spanish Conquest of 1536. Like generations before them, most live in Lima, where European and American visitors feel a comfortable familiarity in the local cafes and modern supermarkets.



In contrast, while the highlands of Peru comprise only a quarter of Peru's territory, they are home to over half of Peru's population. For the communities in the Peruvian Andes, livelihoods continue to be based on family-owned fields that are farmed by hand or with the assistance of draft animals. In addition, the social organization of work, marriage, and land ownership for traditional Peruvian communities remains centered around a complex set of guidelines pertaining to extended family, and differs quite dramatically from that of Europeanized Creole culture.

As modern products and technology infiltrate into even some remote and traditional villages, the rural communities of Peru have struggled to adapt while maintaining traditional cultural values. Access to medical care, good nutrition, hygiene, jobs and education can all be hard to come by in many parts of Peru.

Your trip will begin when you fly into the city of Lima and then travel to the city of Cuzco. You will work on projects in Cuzco as well as rural communities around Cuzco.

Access to medical care, good nutrition, hygiene, jobs and education can all be hard to come by in many parts of Peru.

## Entering Peru



A valid passport is required to enter and depart Peru. We always recommend having at least six months of validity and a couple of blank pages. Depending on your nationality, a visa may be required. It is not required for US citizens but citizens of other countries should check the requirements.

You will go through customs and immigration upon arrival in Lima. You will be asked to provide evidence of return or onward travel.

**IMPORTANT:** You will no longer receive a physical embarkation card when entering Peru. Upon your arrival, the immigration officers will ask for your passport and to see your flight tickets. The necessary information will be uploaded to the system by the immigration officers leaving you with no papers to keep. Upon departing, simply present your passport.

If you should lose your passport, you will have to go to the U.S. Embassy in Lima (or its equivalent if you are from another country) to be issued a new passport. After that, you will have to go to the Peruvian Immigration office in Lima to get a new embarkation card. If you do not have your embarkation card when you get to the airport to leave Peru, you will be turned away.

## Arrival and Meet-Up

Your Globe Aware volunteer coordinator will meet you at the airport exit upon arrival in Cuzco. Your assigned coordinator will accompany you throughout the program. Your Globe Aware coordinator will be wearing a Globe Aware T-shirt and holding a Globe Aware sign.

Many volunteers choose to fly in the night before. In this case, please let us know where you will be staying so we can make pickup arrangements.

If you feel there is a problem with these arrangements, or you cannot meet the time schedule, please contact us at least several days prior to your departure, and we will try to resolve this the best we can. However, because of certain limitations, and strains on other volunteers, such requests should be made within a fair amount of time (at least one and a half weeks before the program date) and will be remedied to our discretion.

**If there are any issues during travel, please be sure to call our emergency phone number: (214) 824 4562.**

### EMERGENCY CONTACT INFORMATION

Globe Aware Headquarters:  
From the U.S. (214) 824 4562



## Your Local Cuzco Coordinator: Rocio Enriquez

Rocio has lived at the Albergue for more than 10 years. She is our main coordinator in Cuzco, where she grew up. Rocio is instrumental in Globe Aware's operation in Cuzco. She speaks Spanish, English and Quechua, and teaches English to children at a local high school as well as in the Albergue and is also a student at the University. Her commitment to her community, education and the children of Cuzco is unparalleled. Rocio is a force of nature and we are lucky to be able to work with her. You will feel privileged to know her once you meet her. She has a baby boy named Unay which in Quechua means "the most awaited one."

## Cuzco Assistant Coordinator: Fernando Cano

Fernando has worked with Globe Aware volunteers in Cuzco for several years. He is instrumental in planning all our leisure activities and is well versed in all our projects. Moreover, he is a wonderful, kind person with a can-do attitude and we are lucky to have him on this group.

## Health

There are no vaccine requirements to enter Peru. Refer to the CDC's website for more information and recommendations on preventative measures:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

Altitude sickness: Although Cuzco is at a high altitude; most of our volunteers do not have any major problems adjusting to the elevation, though almost all feel some symptoms of the altitude.

For this reason, our programs are designed to be very relaxing for the first day, before work projects begin. Some people may experience minor altitude-related symptoms for the first couple of days such as headache, stomachache, and shortness of breath. These symptoms are generally mild, and are not a cause for concern. Local remedies such as drinking coca tea (mate de coca) are generally effective against these symptoms.

If you still have concerns about visiting a high-altitude destination, you may want to discuss the trip with your personal physician prior to departing the United States, particularly if you have a medical condition that affects blood circulation or breathing.

You may be prescribed a medication such as Acetazolamide (Diamox) to reduce the symptoms of altitude sickness, though this drug carries significant side effects such as increased urinary volume, numbness, tingling, nausea, drowsiness, myopia and temporary impotence. This drug should not be taken by pregnant women or those with allergies to sulfa drugs.

### How to Prevent Altitude Sickness

Be prepared for altitude sickness, otherwise known as acute mountain sickness (AMS) or "soroche". High altitudes can be stressful on the body, and the decrease in oxygen levels can have various effects, including headaches, diarrhea, general feeling of unwellness and with more severe cases, nausea and vomiting.

Drink plenty of water. What you might think is altitude sickness might actually be dehydration, caused by the higher rate of water vapor lost from the lungs at higher altitudes. Avoid caffeine and alcohol, as these can increase the likelihood of dehydration. If it's humid and you're losing a lot of water through perspiration, maintain an electrolyte balance with sports drinks targeted specifically for this purpose.

If you have a headache, drink one liter of fluid, and take some acetaminophen (brand name: Tylenol) or ibuprofen (Advil).

Look out for the symptoms of altitude sickness. 20% of people develop mild symptoms at altitudes between 1920 to 2960 meters (6,300 to 9,700 feet). If you know you're getting enough water, the symptoms of altitude sickness will manifest themselves about 6 to 10 hours after ascent over 2000 meters (6,500 feet) above sea level:

- o Loss of appetite
- o Nausea or vomiting
- o Fatigue or weakness
- o Dizziness or light-headedness
- o Insomnia
- o Pins and needles
- o Shortness of breath upon exertion
- o Persistent rapid pulse
- o Drowsiness
- o Peripheral edema (swelling of hands, feet, and face)

Signs of more acute altitude sickness - seek medical care if you experience:

- o persistent dry cough
- o fever
- o shortness of breath even when resting
- o headache that does not respond to analgesics
- o unsteady walking
- o increasing vomiting
- o gradual loss of consciousness

Take it easy. The last thing you would want to do is to overexert yourself. It is harder to breathe at higher altitude and even if you are fit, you can still feel the effects if you push yourself too hard too quickly. Resting at the altitude at which you became ill is often the most effective remedy for altitude sickness (other than descent). You'll usually feel better in 1-2 (or up to 4) days.

## Expectations

**W**e are thrilled that our volunteers are well focused and hard workers, but you will likely find that success in Peru is measured differently. Part of participating in a program like this is taking advantage of the opportunity to absorb life at a different pace. For Peruvians, spending lots of time with friends and family is their highest priority. They usually spend several hours a day with them and in this way, feel they have achieved great success. Education is a privilege, not a right. You will see this at every project site you go.

While you are working on projects, try not to look at your watch or focus on numbers, as the locals will not be. They will feel that learning about you is just as important, if not more so, than the work you are doing.

Get ready to open your mind, relax, and prepare to experience an entirely different way of life! You will be totally immersed in a different culture. This total cultural immersion is one of the two key components (along with volunteer work) of Globe Aware's programs. In order to have the most enjoyable and meaningful trip possible, we ask that you carefully consider the following:

- Please do not expect to spend all day, every day, working on volunteer projects. It is equally important to Globe Aware that you have ample time to experience the culture through planned activities, excursions, and free time. We try to work for at least 6 hours on volunteer projects on

weekdays, and less on weekends.

- Try to stay open minded about work projects. The communities with whom we work choose the projects they feel are most important to develop. The work is varied and can encompass a variety of activities throughout the week.
- All projects are requested by the community and implemented in a manner they propose. This means the people with whom we work may approach a problem differently than our volunteers would like to. At times, there may be a tendency to judge a culture negatively for not focusing on productivity. We ask our volunteers to keep in mind that our focus is two fold –we are there to help, but we are also there to learn.
- It is terribly important that you understand why the projects you are working on are important. If the significance of a project is not immediately clear, please don't hesitate to ask your coordinator for clarification.
- Scheduling, punctuality, and time are concepts that are not universal. Please do not be surprised if your volunteer week involves more waiting than you expected, or schedules are adjusted throughout the day. Remember that most people we are working with don't own a watch, so you may want to take a break from yours for the week! However, remember we will work and move around in a group, so it is important to be prompt when meeting other volunteers to avoid delays.
- Projects will change as the communities' needs change. Even though we will work on a set itinerary, it may be necessary to adjust schedules or projects. Factors affecting the week's plans include but are not limited to: the weather, which projects were or were not completed by the prior group, availability of supplies, number and physical capacity of the volunteer group, and the changing priorities of the community.
- Please communicate freely with your coordinator. If there is anything that can be done to make your stay more enjoyable, please don't hesitate to discuss it with your coordinator, whether you'd like an additional pillow or to visit a specific cultural site. Keep in mind that requests cannot always be accommodated due to limited resources at program sites, though we will make every effort to do so.

## General Information about Peru

### Electricity



There is limited electricity, enough to recharge digital batteries, but not enough to do heavy-duty hair drying. Electricity is 220-240V 50 Hz. Check to make sure that your device can handle the higher voltage, and/or **remember to purchase a travel voltage converter before you go**. Read the label near the plug on your device to make sure it can handle this voltage.



Electrical plugs will generally accept European plugs with two circular metal pins or American/Japanese style plugs with two parallel flat blades.

## Money



Peruvian currency is called the Nuevo Sol or commonly - “sol” or “soles”. The best way to get currency is either to use an ATM or to change US dollars. Please note that when changing cash, it is important that your bills are free of tears, creases, or marks, as they usually won’t be accepted. It is advisable to have small bills as most merchants won’t have change for larger ones, and your purchases will likely be minor. ATMS and currency exchange locations are widely available in Cuzco.

## Purchases



Your program fee covers all of your food, accommodations, and related expenses during the course of the program. Items not included are souvenirs, snacks, etc. and you may have some meals out of pocket. You may be interested in purchasing souvenirs and if so, you should definitely ask your coordinator to take you to the market in Cusco, there is a great artisan market that you can visit in your free time. Souvenirs in the Machu Picchu area will be much more expensive than those found at the artisan market.

\*\*Also, a note for all program locations—it is a good idea that you call your bank and credit card companies before you depart and notify them of the country you will be traveling to and the dates of your travel so that they will allow charges and/or withdrawals internationally.\*\*

## Safety and Security

Safety and security are big concerns for most people traveling to developing countries. While there is no way to eliminate all risk, Globe Aware does as much as we can to reduce any dangers. Trained volunteer coordinators guide volunteers throughout the week and are excellent sources of information on safety and security guidelines at each individual program location.

The best way to have a safe and happy experience is to pay attention! Accidents happen when you least expect them. Motorists do not yield to pedestrians in most foreign countries and vehicles move in unpredictable patterns. Always pay lots of attention to cars, motorcycles, buses, taxis, bicycles, etc when walking. Also, be aware of uneven ground! Terrain may be muddy or slippery; stairs and curbs may be uneven and unpredictable.

Travel to different countries mean that conditions will vary — sometimes quite significantly — from those in your home country. New experiences are a primary reason that volunteers are drawn to Globe Aware adventures, but they also bring considerable risks. For example, the condition of roads, local infrastructure (such as phone lines, water lines, etc) and hygiene conditions, are likely to differ from, and often be considered inferior to, those found in the volunteers’ home. Globe Aware cannot control many of these risks and cannot guarantee safety. In addition, Globe Aware cannot be held responsible for acts of nature, weather, war, public transportation, medical service, availability of medical treatment and medical personnel, political stability, and the like.

Our program locations and accommodations are generally very safe, though it is important to use common sense at all times.



Always make sure you keep your belongings close to you - we recommend a day pack and a money belt, and keep your passport in your money belt.

A great tip to keep your valuables secure is to bring along a luggage lock and keep your valuables in your LARGEST and heaviest bag when you leave your room. It is much harder to walk off with a large bag than a smaller one.

Please review the State Department's travel information at [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_998.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_998.html) for further information.

In case of emergency, the United States Embassy is located in Lima at:

Avenida Encalada, Cuadra 17  
Monterrico, Lima, Peru  
Phone: 434-3000  
Fax: 618-2724  
Emergency contact: [011] (51-1) 434-3000

**Things happen. Please understand that Globe Aware cannot be responsible for acts by God or government. Weather, strikes and the like can effect which roads are open, and cause unscheduled delays. Working outside of North America and Europe is rarely as punctual for a whole host of reasons. Pack your patience and flexibility, you'll be rewarded.**

**Passport safety** : It is a good idea to scan a copy of your passport and email it to yourself using an easily available email account. You should also carry a paper copy in a location other than where you keep your original. You might also trade copies with a friend who is with you. This ensures that you have a copy readily available should your passport be lost or stolen.

## Insurance Information

As a Globe Aware participant, you are automatically enrolled in the Core<sup>TM</sup> Travel Medical Insurance program while you are on your Globe Aware trip. There is also trip cancellation benefit though it will only cover part of your program fee and not your airfare.

You may upgrade your insurance option beyond the core benefit package to suit your preferences. There are four different kinds of upgrades. You can choose a coverage plan with more valuable benefits, get higher limits of trip cancellation coverage, add baggage insurance and purchase extensions of coverage. Extensions allow you to be covered for international travel you might want to do immediately before or after your Globe Aware program.

To review your coverage, information on benefits and upgrading, you may log on to the Core Travel Insurance website here: [www.coretravelinsurance.com/login/](http://www.coretravelinsurance.com/login/)

You will need to enter your First and Last Name, Date of Birth and under Organization list Globe Aware.

If you should have any issues logging in, please contact our office at 1 877 588 4562 or (214) 824 4562.

The way International Medical Insurance works is in most instances the patient covers the medical expenses, and then submits the receipts for reimbursement as a claim once you are back in the United States. If the expenses are higher than something you can cover at the time, our insurance agents may be able to assist in getting you pre qualified but normally overseas health care is not as expensive as in the United States.

## Care for Cuzco



While the highlands of Peru comprise only a quarter of Peru's territory, they are home to over half of Peru's population. For the communities in the Peruvian Andes, livelihoods continue to be based on family-owned fields that are farmed by hand or with the assistance of draft animals. In addition, the social organization of work, marriage, and land-ownership for traditional Peruvian communities remains centered around a complex set of guidelines pertaining to extended family, and differs quite dramatically from that of Europeanized Creole culture.

An interesting fact about Cuzco is that the name of the city is in Quechua, which was never a written language. So, you will see Cuzco written out with an S: Cusco or with a Z: Cuzco. Both are correct. Same logic goes for all quechua words - it is written out as it sounds but not really a "correct" way to write it.

As modern products and technology infiltrate into even the most remote and traditional villages, the rural communities of Peru have struggled to adapt and modernize while maintaining traditional cultural values.

Cuzco is the heart of the once powerful Inca empire, and is home to stunning Spanish colonial architecture set atop sturdy Incan stone foundations. This rich and vibrant city is the most popular destination in Peru for very good reason. There is a multitude of things to see while in the city.

Cuzco is the gateway city to Machu Picchu. We will have the opportunity to visit this amazing Inca ruins during our program.

Our program's main goal is to support development in the area of education. It will be very evident to you while on the program that in general, access to education is difficult for those from the rural areas of Peru. There are quite a few organizations that we work with that aim to alleviate this issue.



Although the majority of your time will be spent in Cusco working on projects and visiting the local sites, you will also have the unique opportunity to visit a rural community, which tourists rarely experience. We ask that you take some time to reflect on the privilege that it is to visit these communities and to have people allow us into their homes and communities to work with them as equals, and always remember to be respectful of the communities and the people you will meet.

You will travel to tourist sites of great importance. Peruvians are especially proud of their history and heritage. Be sure to read through the leisure activities to learn about each place before you go, your guides will appreciate any questions you have and any prior reading you do will come in handy.

Above all, enjoy this incredible experience!

## Community Concern: Education

Peru's population is condensed in the three largest cities of Lima, Cuzco and Arequipa. Outside of these cities, access to education is extremely limited, especially in the poor highland communities around Cuzco. Children are often put to work at a very young age because schooling is just not available in their communities.

The organizations we work with directly support the effort for children in marginalized situations to have access to education and it is the prime focus of our mission here.

## Projects & Expectations

We understand your desire to know as much as possible about the projects you will be working on. It is important to understand that some flexibility is necessary in this type of program, as there will be factors such as what supplies are available, how many volunteers are in your group, weather conditions, the changing priorities of the community, etc. Therefore it's best to approach the experience with an open attitude, knowing you'll be working approximately 6.5 hours a day during the week days, usually concentrated earlier in the day, and you'll have a couple of hours of unstructured free time every day. There are usually three to four planned but optional leisure and cultural activities throughout the week. Communicate with your coordinator. If you find the work level is too much, or not enough, he or she will do as much as possible to work with you.

### Albergue Hatun Soncco Wasi



This is our main project site in Cuzco. Volunteers will stay here, and most of the projects you do this week will be at this location. The compound has two buildings that houses children from ages 8 to 16 so that they are able to attend public school. This is not a hotel, it is not an orphanage, and it is not a school. It is a place where children from the rural communities around Cuzco can stay so they may continue their studies, as schooling is not available in their communities.

These children come from poor highland communities where access to education is not available and their labor is needed to help provide for their families. The Albergue arranges for these students to come to Cuzco so that they may have access to an education and still be able to help support their families. As you can imagine, they speak almost no English. The center provides shelter, food, education, medical care and job training (such as sewing) that otherwise is not available to these children. The typical housing when not at the Albergue are one room homes made of earth laid on the open soil, with no running water, electricity or plumbing. There is also no reasonable access to school where they live. They come to the Albergue for certain months of the year and return to their families for the rest. These children are so eager to learn that they are willing to be away from their families just to have a better future.



We will work on several projects at the Albergue, based on current need and most immediate priority.

You will also have the opportunity to meet the children who live here during the afternoons, as they attend school during the day. Remember that these kids come from rural areas and some of them may be shy, but your warm persistence may help warm them up to you. There are currently 18 kids living at the Albergue.

It is important to remember that this is not an orphanage. Kids have families, they just stay at this location because it allows them to attend school and get a better education, many of them come from communities where school is not available but they do have families and they go back and see them during the weekends.

There are 11 girls – one 4 year old, two 7 year olds, one 12 year old, one 13 year old, five 14 year olds and one 15 year old.

There are 7 boys – one 11 year old, two 12 year olds, three 14 year olds and one 17 year old.

- Basic English instruction
- Crafts
- Quality time activities (parachute, cookies)



## Rural Communities

Volunteers will have the opportunity to travel to a rural area outside of Cuzco. This will allow us to see firsthand the stark contrast with the schools in the city, and also see the great need of these communities. There, we will build Lorena stoves (with adobe!) and possibly help with maintenance projects at a local school. You will have the opportunity to come into people's homes and communities in a very close and meaningful way, one that other visitors to Peru rarely get a chance to see.

### Lorena Stove Project

One of the hazards that face the people in the rural areas around Cuzco that Globe Aware serves in Peru is the problem of smoke in the house from open fires in cook stoves. A stove very similar to the ones traditionally used is called a Lorena stove, which has a vent pipe to carry the smoke out of the house. Locally they are also called "cocinas ecologicas" or "ecological kitchens". Part of your contribution fee is used towards the purchase and building of these stoves, and to bring outside expertise to make sure they are done properly. Our goal is that family members receiving the stoves will participate in the construction of their stove.



Lorena Stoves are **good for the environment** : the stoves burn wood more efficiently therefore decreasing the demand for wood and decreasing the need for cutting down trees. Lorena stoves are **good for health** - less smoke, so significantly fewer respiratory problems like asthma, colds, and pneumonia, and even less eye infections. The effect is quite dramatic. Lorena stoves cut infant mortality dramatically, as much as HALF.

### What is a Lorena Stove?

The name itself comes from the Spanish words "lodo" (mud) and "arena" (sand). Since bricks and adobe are available locally and cost very little, we use those as our building materials. There are several designs for these types of Lorena stoves, depending on the type of material available to make them. The ground itself in most communities is so high in clay content that mixed with water it can be used as a cement. A little bit of actual cement - about a handful - is used to seal the cooking holes and the chimney. On the average, with the materials available, it takes between four to six hours to build one of these stoves. Other raw materials generally used: large plastic bucket, empty coffee can, empty soup cans, pipe for chimney.

## Benefits of Lorena Stoves

The benefits of the stoves are immeasurable. Lower wood use reduces deforestation. More importantly, the health benefits of a stove with a chimney greatly affect the lives of people in the poorest communities, especially children and mothers. Families are often indoors most of the day cooking. The most common wood burning stoves that are used by poor families pour smoke throughout the house or shack, causing both short term and long term lung problems. Asthma is common, as is emphysema and other pulmonary problems, and for the elderly such inhalation of smoke aggravates a number of health problems, including heart conditions. The simple use of a chimney in building the Lorena stove helps to fight against these problems, since the smoke goes out the roof rather than swirling around the house.

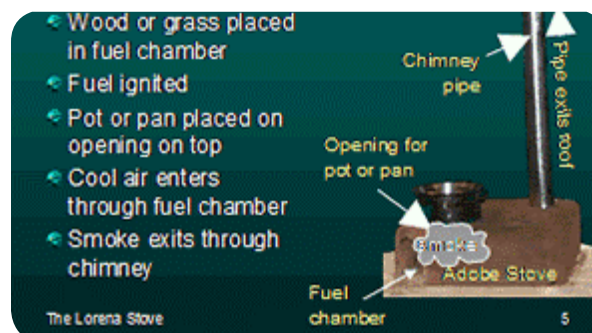
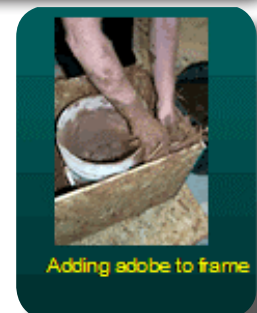
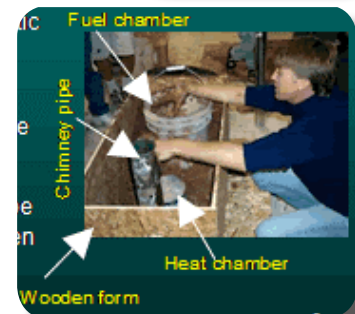
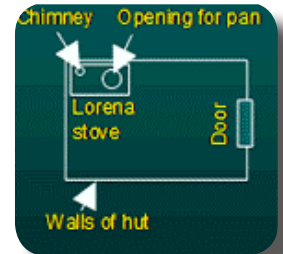
The stove building project is one small but very effective way to reduce the effects of poverty and deforestation in rural areas of Latin America. It is common in small communities for the rudimentary homes to be headed by single women, who often take care of older relatives as well. There are often very small children in the homes. Lorena stoves are not the answer to every problem facing the community. Lack of adequate housing, lack of potable water, unavailable funds for school (particularly any advanced schooling or schooling for people with special needs of any kind), unemployment and thus lack of money for food are all concerns as well in the struggle to survive in this part of the world. However, these stoves contribute a small but vital part to such communities.

### Selecting the Location:

- Build Lorena stove in corner of hut farthest away from the front door.
- Choose a wall so that the fuel chamber is on the right or left, depending on the handedness of the cook.

### Building the Stove:

1. Select mud with a moderate amount of clay
  - Excess clay causes stove to crack when heated
  - Insufficient clay causes stove to collapse
2. Mix with water
3. Add straw
4. Place a large plastic bucket in wooden form for fuel chamber
5. Place empty coffee can for heat chamber
6. Place chimney pipe
7. Place pipe between all three items
8. Join 3 chambers with pipes or small cans
9. Add adobe around buckets, cans, and pipes
10. Prop sides of form to prevent collapse
11. Allow 48 to 72 hours to dry
12. After adobe dries, remove wooden frame
13. Remove plastic bucket (other cans and pipes stay in the stove)
14. Apply wet adobe to outer surface, rub until smooth.



### How they work:

- Wood or grass placed in fuel chamber
- Fuel ignited
- Pot or pan placed on opening on top
- Cool air enters through fuel chamber
- Smoke exits through chimney

## Leisure Activities

Several leisure and cultural activities are planned:

We will visit the Plaza de Armas (central square) in the center of Cusco. Other sites include Qorikancha - the most important temple in the Inca empire dedicated primarily to Inti, the Sun God, the 12 sided stone and San Blas neighborhood walking tour, Sacsayhuaman and the Sacred Valley. Some of these sites may require you to pay an entrance fee which is not included in your program fee but well worth the visit.

Volunteers will have no shortage of leisure activities available to them. When you are working in the Albergue you will have the opportunity to interact closely with the children before they go to school and when they return from school in the afternoons. On your free time, you are welcome to explore Cuzco and its surroundings.

## Machu Picchu Excursion

**A scheduled trip to Machu Picchu will take place during your program week. Please review your schedule closely with your coordinator to ensure you are on the right train to and from Machu Picchu, as tickets are not transferable.**

Make sure you review your options carefully and let us know which excursion you would like to take. You will need to submit your name EXACTLY AS IT APPEARS ON YOUR PASSPORT as well as your PASSPORT NUMBER. If you are getting a new passport before the trip ONLY SUBMIT the passport you are planning on taking to Peru - if you submit the old one and tickets are booked they may not be transferable and you will need to pay twice.

A guided tour of Machu Picchu is well worth the trip. Anticipate the extraordinary sight of these magnificent structures surrounded by green peaks glazed by a soft mist. Elevation is 8,000 feet above sea level. You may even see llamas peacefully grazing among the terraces. Spend the afternoon with a local expert exploring the fascinating ruins and stunning views on your own. Remember that this amazing hike is at a high altitude and requires climbing and descending steep, uneven stairs. Take time to sit and marvel at the wonders around you.

You are on your own for meals while at Machu Picchu. There are quite a few restaurant options surrounding the train station where you will arrive and depart, and there is a small restaurant outside the ruins. There are a few snacks sold on the train. You will be coming back quite late when you arrive, so most will want to have eaten before the train departs. It is fine to buy snacks at the train station to eat on the train as well.

PLEASE NOTE that once you are at the ruins of Machu Picchu, there are no dining options at the site itself. There are a couple of options JUST BEFORE you enter. Then it's a roughly 20 to 30 minute hike once you enter



to actually see the ruins. There are no bathrooms and no kiosks to buy water or snacks at all inside the site of the ruins so it's worth it to plan accordingly.

You will be briefed on the plan for the excursion at the Albergue before the excursion and the tickets will be delivered to you there.

The Machu Picchu excursion prices vary depending on the type of train you decide to take as well as the current exchange rate, age of the traveler, as well as the number of people in your group. We recommend budgeting between \$250-\$300 for this excursion. Students with an ISIC card get a \$23 discount. Children 17 and under are considered students and do not need to have the ISIC card. Children 12 and under receive a 50% discount on the train portion. Children 8 and under do not pay an entrance fee into Machu Picchu.

The excursion includes the train ticket, ground transportation to and from the Albergue and your entrance fee to the ruins. If you would like a guided tour, there are many tour guides available outside the ruins for a nominal fee.

The most commonly schedule taken by volunteers is:

## VISTADOME TRAIN

OUTBOUND: Vistadome train Poroy (Cusco) - Machu Picchu 6:40 am - 9:52 am.

RETURN: Vistadome train Machu Picchu - Poroy (Cusco) 5:27pm - 7:40 pm

	01 person	02 people	03 people	04 people	05 people	06 people	07 people	08 people	09 people	10 people
Price per person	\$294	\$284	\$281	\$279	\$281	\$278	\$276	\$276	\$275	\$273

Another option which only returns to Ollantaytambo and then ground transport to the Albergue (approximately 2 hours). This is the option for those who wish to spend more time in Machu Picchu or possibly visit the Thermal Baths.

OUTBOUND: Vistadome train Poroy (Cusco) - Machu Picchu 6:40 am - 9:52 am.

RETURN: Vistadome train Machu Picchu - Ollantaytambo 6:10pm - 7:45 pm

	01 person	02 people	03 people	04 people	05 people	06 people	07 people	08 people	09 people	10 people
Price per person	\$303	\$283	\$277	\$281	\$277	\$273	\$270	\$269	\$268	\$266

An alternate schedule when the schedules above are not available, traveling by ground to and from Cusco to Ollantaytambo:

OUTBOUND: Vistadome train Ollantaytambo - Machu Picchu 8:24 am - 9:24 am.

RETURN: Vistadome train Machu Picchu - Ollantaytambo 6:10pm - 7:45 pm

	01 person	02 people	03 people	04 people	05 people	06 people	07 people	08 people	09 people	10 people
Price per person	\$309	\$282	\$273	\$272	\$269	\$265	\$262	\$263	\$262	\$260

**EXPEDITION TRAIN - this is a cheaper alternative though not the most popular one.**

## Some of the sites which you may be interested in visiting:

### Qorikancha

It was the most important temple in the Inca Empire, dedicated primarily to Inti, the Sun God. It was one of the most revered temples of the capital city of Cusco.

The Spanish built the Church of Santo Domingo on the site, demolishing the temple and using its foundations for the cathedral.



### Hatun Rumiyc - Twelve Angle Stone



Walking around Cusco you will be able to see many Inca walls, where you can admire the skills they had, to build such walls with such perfection, and in fact without using any mortar. One of the most important examples of these skills can be found on the Calle Hatunrumiyoc, where you will find the walls of what used to be an Inca palace, and nowadays is the Archbishop's palace. There you will find the famous 12 angle stone, but you can also try to find the 13 and 14 angle stones, which are not as perfect, but also very interesting!

### San Blas District and Plaza de Armas Walk

The San Blas district is located on a hill to the northeast of the Plaza de Armas. The area is known as Cusco's artisans' quarter since many of the best craftsmen have their workshops and small art galleries in the cobbled, narrow streets surrounding the 16th century church of San Blas.



Craftsmen include Hilario Mendevil, Santiago Rojas, Maximiliana Palomino & Edilberto Merida. It is believed that this area was also the artists' district even during Inca times, with the streets filled with the best gold- and silver-smiths, potters, painters, and carvers from throughout the Inca empire. San Blas church, founded in 1562, is of simple adobe construction but it contains an extraordinary wood pulpit carved from a single massive tree trunk. At the top stands Saint Paul, his foot resting in a human skull, believed to belong to the craftsman who made the pulpit. The area above the fountain to the northeast of the plaza is a good place to take advantage of the view out over Cusco and the red tiled rooftops. On Saturdays there is a handicraft market in the square.



The Plaza de Armas (main square) was the center of Inca Cusco, and still today, remains at the heart of modern Cusco. During Inca times the Plaza was known as the Huacaypata (the Place of Tears or the Weeping Square) and was the place of ceremonies and military parades. It has been said that when the Inca conquered new lands

they would bring back some of the soil to be mixed with the soil of Huacaypata, as a symbolic gesture to incorporate the newly gained territories in the Inca empire. The Plaza was once flanked with Inca palaces. The remains of the ancient walls of Inca Pachacutec's palace can still be seen on the north-west side of the square (inside the Roma Restaurant close to the corner of the Plaza and Calle Plateros. The northern and western sides of the Plaza are now lined with arcades with shops and travel agencies. There are many restaurants, bars and coffee shops with beautifully carved wooden balconies overlooking the Plaza - a great place to relax and enjoy the view. The Plaza's north-eastern edge is dominated by the Cathedral which is flanked on the right-hand side by the El Triunfo church.

On the south-east side is the smaller but more ornate church of La Compañía de Jesús with its impressive pair of belfries.



## Moray



Moray is an archaeological site in Peru approximately 50 km (31 mi) northwest of Cuzco on a high plateau at about 3,500 m (11,500 ft) and just west of the village of Maras. The site contains unusual Inca ruins, mostly consisting of several enormous terraced circular depressions, the largest of which is approximately 30 m (98 ft) deep. As with many other Inca sites, it also has a sophisticated irrigation system.

The purpose of these depressions is uncertain, but their depth, design, and orientation with respect to wind and sun creates a temperature difference of as much as 15°C (27°F) between the top and the bottom. It is possible that this large temperature difference was used by the Inca to study the effects of different climatic conditions on

crops. Speculation about the site has led to discussion about Moray as an Inca agricultural experiment station. Its microclimatic conditions and other significant characteristics led to the use of the site as a center for the ancient study of domestication, acclimatization and hybridization of wild vegetable species that were modified or adapted for human consumption.

Our Sacred Valley tour will begin with a visit to the ruins of Moray and learn about its unique terraces, how they were discovered and the history of agriculture in the region.

## Maras Salt Mines

Since Pre-Incan times, salt has been obtained in Maras by evaporating salty water from a local subterranean stream. The highly salty water emerges at a spring, a natural outlet of the underground stream. The flow is directed into an intricate system of tiny channels constructed so that the water runs gradually down onto the several hundred ancient terraced ponds. Almost all the ponds are less than four meters square in area, and none exceeds thirty centimeters in depth. All are necessarily shaped into polygons with the flow of water carefully controlled and monitored by the workers. The altitude of the ponds slowly decreases, so that the water may flow through the myriad branches of the water-supply channels and be introduced slowly through a notch in one sidewall of each pond.



The proper maintenance of the adjacent feeder channel, the side walls and the water-entry notch, the pond's bottom surface, the quantity of water, and the removal of accumulated salt deposits requires close cooperation among the community of users. It is agreed among local residents and pond workers that the cooperative system was established during the time of the Incas, if not earlier. As water evaporates from the sun-warmed ponds, the water becomes supersaturated and salt precipitates as various size crystals onto the inner surfaces of a pond's earthen walls and on the pond's earthen floor. The pond's keeper then closes the water-feeder notch and allows the pond to go dry. Within a few days the keeper carefully scrapes the dry salt from the sides and bottom, puts it into a suitable vessel, reopens the water-supply notch, and carries away the salt. Color of the salt varies from white to a light reddish or brownish tan, depending on the skill of an individual worker. Some salt is sold at a gift store nearby.

The salt mines traditionally have been available to any person wishing to harvest salt. The owners of the salt ponds must be members of the community, and families that are new to the community wishing to propitiate a salt pond get the one farthest from the community. The size of the salt pond assigned to a family depends on the family's size. Usually there are many unused salt pools available to be farmed. Any prospective salt farmer need only locate an empty currently unmaintained pond, consult with the local informal cooperative, learn how to keep a pond properly within the accepted communal system, and start working.

## Chincho Weaving Cooperative

This important weaving center preserves the age-old customs of local Andean communities. Master weavers demonstrate their intricate art, as well as how to spin and dye alpaca wool.



## Loreto Street Walk

Loreto street is a small street leaving from the Plaza de Armas, the central square in the centre of Cusco. It should be a typical example of Inca masonry if orthodox archaeology is to be believed. But a closer analysis can show how much difference there is between the walls on both sides of the streets. On one side the wall is the style of the Inca's according to Alfredo Gamarra's definition; there are no perfect fits and the stones were treated with hammer and chisel. The other side shows us a wall with perfect fitting stoneblocks and moulded and vitrified stones.

## Saksayhuaman

Saksayhuaman is a citadel on the northern outskirts of the city of Cusco, Peru, the historic capital of the Inca Empire. Sections were first built by the Killke culture about 1100; they had occupied the area since 900. The complex was expanded and added to by the Inca from the 13th century; they built dry stone walls constructed of huge stones. The workers carefully cut the boulders to fit them together tightly without mortar. This site is at an altitude of 3,701 m.

In 1983 Cusco and Saksaywaman together were added to the UNESCO World Heritage List for recognition and protection.

We will visit this amazing ruin site and take photos of the panoramic views. We will also show you where the secret / hidden stone slides that kids and adults enjoy!



## Pisac



Pisac is a Peruvian village in the Sacred Valley, It is situated at the Willkanita River. The village is well known for its market every Sunday, Tuesday and Thursday, an event which attracts heavy tourist traffic from nearby Cusco. One of its more notable features was a large pisonay tree, which dominated the central plaza (it was destroyed by a 2013 thunderstorm). The sanctuary of Huanca, site of a sacred shrine, is also near the village. Pilgrims travel to the shrine every September.



The area is perhaps best known for its Inca ruins, known as Inca Pisac, which lie atop a hill at the entrance to the valley. The ruins are separated along the ridge into four groups: P'isaca, Inti Watana, Qalla Q'asa, and Kinchiraqay. Inti Watana group includes the Temple of the Sun, baths, altars, water fountains, a ceremonial platform, and an inti watana, a volcanic outcrop carved into a "hitching post for the Sun" (or Inti). The angles of its base suggest that it served to define the changes of the seasons. Qalla Q'asa, which is built onto a natural spur and overlooks the valley, is known as the citadel.

The Inca constructed agricultural terraces on the steep hillside, which are still in use today. They created the terraces by hauling richer topsoil by hand from the lower lands. The terraces enabled the production of surplus food, more than would normally be possible at altitudes as high as 11,000 feet.

With military, religious, and agricultural structures, the site served at least a triple purpose. Researchers believe that Pisac defended the southern entrance to the Sacred Valley, while Choquequirao defended the western entrance, and the fortress at Ollantaytambo the northern. Inca Pisac controlled a route which connected the Inca Empire with the border of the rain forest.

### Ulrike's Garden Cafe - Pisac

Great views from the terrace level - don't miss the desserts!

### Centro Qosqo de Arte Nativo

Performance of Andean music and dance.



## Hearts Café (Ollantaytambo)

100% of profits go to children's projects in the Sacred Valley.

### Ollantaytambo (day trip after your program or in combination with Machu Picchu if you are going for a couple of days)

Ollantaytambo is a gorgeous little town located at the western end of the Sacred Valley (about two and half hours by bus from Cusco). The town has been built on top of original Inca foundations and is the best surviving example of Inca town planning. The town is divided into *canchas* (blocks) which are almost entirely intact. Each *cancha* has only one entrance (usually a huge stone doorway) which leads into a central courtyard. The houses surround the courtyard, examples of which you will see behind the main plaza. The town is located at the foot of some spectacular Inca which protected the strategic entrance to the lower Urumbamba Valley. The temple area is at the top of the steep terracing which helped to provide excellent defenses. Stone used for these buildings was brought from a quarry high up on the opposite side of the Urumbamba river - an incredible feat involving the efforts of thousands of workers. The complex was still under construction at the time of the conquest and was never completed. After Manco Inca was defeated by the Spanish at Sacsayhuaman following the unsuccessful siege of Cusco (1536) he retreated to Ollantaytambo. Francisco Pizarro's younger brother Hernando led a force of 70 cavalry, 30 foot soldiers and a large contingent of natives to capture Manco Inca. The Inca's forces, joined by neighboring jungle tribes, rained down showers of arrows, spears and rocks upon the unfortunate Spanish troops. In an intelligent move the Incas flooded the plain below their stronghold, making it difficult for the horses to maneuver. Hernando, uncharacteristically, ordered a hasty retreat. Ollantaytambo became the only place ever to have resisted attacks from the Spanish. However, their victory was short-lived when the Spanish returned with four times their previous force. Manco Inca retreated to his jungle stronghold in Vilcambamba and Ollantaytambo fell into the hands of the Spanish.



Ollantaytambo has some of the oldest continuously occupied buildings in South America. Once a stronghold of Inca resistance to Spanish colonization, it's remarkably well-preserved. Many travelers visit Ollantaytambo because it is the beginning of the Inca Trail to Machu Picchu, but don't rush through - the ruins are fascinating. Commonly visited: Temple of Ollantaytambo, Inca Bridge, Pumamarca Ruins, Choco Museo.

### Thermal Baths in Aguas Calientes (Machu Picchu)

Within walking distance of the Hostal Pakarina where we will stay in Aguas Calientes you may visit the thermal baths - underground hot sulfur springs which bubble up from the rocky ground. Aguas Calientes municipality has a small complex there. They have pools of different temperatures - between 36°C (96.8°F) and 46°C (114.8°F). You will find changing rooms and bathrooms there. If you need to eat something, there is also a small snack bar . It is open from 6 am to 8:00 pm. Price of admission is \$2.00, but you must have a swimsuit, towel and sandals to get in.



### Chullpi Restaurant (Machu Picchu)

Simple restaurant in Machu Picchu with superb food.

# Accommodations

## Albergue Hatun Soncco Wasi (Cusco)



The Albergue Hatun Soncco Wasi, the Big Heart Home, has Globe Aware's main project site for the past 8 years. It is not a hotel, and it is not a school. It is a home where kids from the rural communities around Cuzco come to stay so they can attend public school which is not available in their communities. Staying here is a privilege which will give you the opportunity to interact directly with the children of the Albergue, and see firsthand the importance of our work here.

Volunteers will be housed in the Albergue in dormitory style rooms (3 to 4 per room). Plumbing, solar warmed running water (not as strong or hot as you may be accustomed to), flushing toilets, Wi-Fi and electricity are available, but Wi-Fi is not very reliable. Please note that some (very few) volunteers have reported loud farm and other animals in the area of the Albergue interrupting their sleep at nights. While this is a reflection of the genuine environment in which you will be residing, you may want to consider earphones or earplugs if this sounds particularly unpleasant to you. There is no central heating and you may want to bring a sleeping bag to stay warm at night.

Keep in mind this is not a hotel and it is not a school. It is a facility for Quechua speaking students who come to the city so they can attend middle school and high school, their ages are between 7 and 18. The number of children housed here varies year round, as it is completely voluntary and it is also based on amount of funding available. There are currently 17 children in the Albergue, most of which are teenage girls but there are also two young brothers - Jose and David - and several teenage boys. On the weekends, many of the children return to their houses to visit their families so that they do not lose touch with their families and culture. Usually people from the rural communities are shy and are scared to approach foreigners until they are comfortable doing so. Your warm welcome and persistence will be rewarded.



The hot water system is solar, meaning when it's very cold or unusually cloudy, it doesn't get as warm, and it can break. Locals are very used to not having hot water, but this can be a hardship for volunteers. Usually there is enough WARM (but not hot) water for all the volunteers. However we had a case in July of 2012 when many panels broke in the city due to extreme conditions, and the repair personnel were stretched so thin that it took a week before all the panels were repaired.

If you should have any issues while staying at the Albergue, please see Rocio Enriquez, who lives there year round and takes care of all our volunteers.

## Food

Meals will be taken at your accommodations and project sites as well as restaurants near tourist sites. They will be basic and hearty. Fresh Andean specialties and lots of fresh vegetables and beans from the surrounding hills will be served. If you have any dietary restrictions or food allergies it is important for you to notify Globe Aware personnel prior to the program in order that special provisions be arranged for you. Also, do not be afraid to remind your coordinator about your dietary restrictions, as there are times the hectic schedule may be distracting.

Our food providers have been carefully screened and instructed to follow American standards of hygiene and food preparation. Feel free to wander around, but exercise caution with the places to eat around town. We had an incident of a volunteer getting salmonella from a street vendor in the summer of 2012, and want to remind volunteers who explore and wander in their free time to use caution when eating foods from the various vendors. There may also be communities you visit where chickens are roaming, and we recommend against trying to touch them.

## Weather

Cuzco weather is quite cool in the evenings and early morning, between the 30s and 40s, and at its warmest is typically no more than mid to upper 60s. We are visiting in the dry season, but you should still make sure to bring clothes appropriate to the cold. Since you will be in different communities it is probably best to layer. **Global warming has made conditions less predictable (and more weather extremes) so it is always a good idea to double check the expected weather online before you go.**



## Phone and Internet

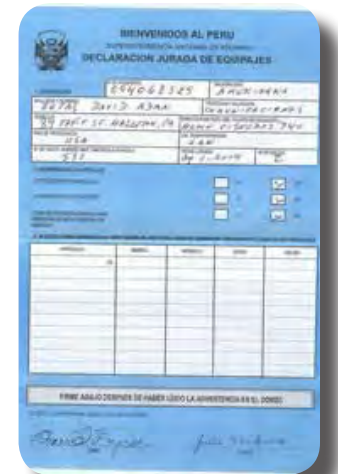
Please try not to spend a lot of time on the phone or internet during your short volunteer week. You may make calls and check email during your free time. There are numerous internet cafes scattered around Cuzco, and Wi-Fi services may be available at some accommodations and restaurants.

We recommend that you speak to your cell phone provider about foreign roaming charges and data plans if you are planning to use your phone while in Peru. You may consider renting a SIM card (for unlocked cell phones only) or a cell phone to use internationally - this should be done from the USA before you leave. Depending on how much you plan to use your phone or data plan, this can save you a lot of money.

## Leaving Peru

You will be asked to return the Embarkation card you received on arrival in Lima when you leave Peru. If you lose your embarkation card, you may not be able to board the plane without having to first go to the Peruvian Immigration office in Lima. Peruvian Immigration has changed the procedure for travelers exiting Peru with an emergency passport or a full-validity passport issued during their stay in Peru.

In case of passports that have been lost or stolen, you must contact the embassy of your country and then proceed to Peruvian Immigration offices in Lima. This cannot be done at the airport.



## Stay Involved

As you leave Peru, you may be asking yourself, “how can I continue to help?”.

### Start planning your next volunteer vacation

Are you ready for your next volunteer vacation? Many of our volunteers are forever changed by the experience and can't wait for the next one, or to visit a new, exciting place. Maybe you fell so in love with the community you visited that you would like to go back. Get a group together, explore our different destinations on our website [www.globeaware.org](http://www.globeaware.org), or return to Peru! All returning volunteers receive 10% off our program fees



Purchase this commemorative bracelet to memorialize your experience. Wear it, tell your friends about your trip, spread the word about Globe Aware! Proceeds will go toward the purchase of school supplies for the children of Peru. To buy the bracelet please visit our online store at : <http://www.globeaware.org/store#.U2A7oE1OWM8>

Other ideas to stay involved:

### Join us on Facebook

Our Facebook page is [www.facebook.com/globeaware](http://www.facebook.com/globeaware) . Don't forget to LIKE us! You can also FRIEND our Director of Communications, Shanti Shahani at [www.facebook.com/profile.php?id=100009094797025](http://www.facebook.com/profile.php?id=100009094797025) and see photos of your program, continue to follow the progress of projects through other volunteers and their images. She often posts updates on our projects so we recommend keeping in touch!

### Fundraising

Start a fundraising campaign to support a program or project, fundraise towards your next volunteer trip, or even donate to other individuals fundraising so they can experience what you did!

### Communicate with us

Please call us at 1 877 588 4562 or email us at [office@globeaware.com](mailto:office@globeaware.com) to communicate any special needs you saw, project ideas, etc. to our office. We are always happy to hear from you!

### Share your photos

Send in your photos so we can share with other people in the same program, or people interested in going to Peru.

## Resources

### Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program is a free service provided by the U.S. government to U.S. citizens who are traveling to a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency, keep you up to date with important safety and security announcements, and help your friends and family get in touch with you in case of an emergency. The link to STEP is <https://travelregistration.state.gov/ibrs/ui/>



### Global Entry

Global Entry is a U.S. Customs and Border Protection (CBP) program that allows expedited clearance for pre-approved, low-risk travelers upon arrival in the United States. Due to sequestration, long lines have been reported at customs and immigration when coming back into the United States. Global Entry approved travelers are able to use the automated kiosks at immigration to reduce wait times considerably. For more information, visit <http://www.globalentry.gov/>

