

have fun.
help people.

Care for Cuzco: Heart of the Inca Empire About your Program



“There comes a point in a person’s life when you start asking yourself: what difference am I making in this world? I decided to put my time into something worthwhile.”

- Gayle Harrod

Care for Cuzco: Heart of the Inca Empire

Introduction to Peru

Since pre-Columbian 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. 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, what some may call "elite Creoles" trace their bloodlines back to the Spanish Conquest of 1536. Like generations before them, most live in Lima, where many visitors might feel a comfortable familiarity in the local cafes and modern supermarkets.



Social contrast in Peru is directly reflected on access to education.

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 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.

Additional Packing Information

You will not regret packing light. Keep in mind that it is OK to wear clothes more than once, and that a week is not a very long time. There is a good possibility that you will get very wet, muddy or dirty with many of our work projects. Good, durable, “non-fussy” clothing is best. Pack according to what you feel will make you most comfortable.

It is rainy season in Cuzco. Please remember that this will mean cold, wet conditions. Weather will range between 40 and 65 degrees.

Important to note:

Linens, pillows and mattresses may not be the quality you are used to at home. For those who are more particular about their bedding you may consider bringing a “sleep sack” or even a sleeping bag. Our accommodations do not have central heating and it can get cold at night.

Please note that the packing list is meant as a guideline. There is no single item that you can't live without for one week. Pack what you think you will need to be comfortable, but do not get preoccupied about items that you didn't bring, weren't on the list, etc. Everyone has different opinions about essential items!

We ask that EVERYONE bring the following items:

- **Work Gloves / Face mask for painting**
- **Warm clothing**
- **Towel (not provided at all accommodations)**
- **Sports Water bottle (to refill at accommodations and work sites)**
- **Waterproof shoes / work or rain boots**
- **Toiletries and any prescription medication needed**
- **Umbrella or rain poncho**



ITEMS YOU WILL FIND USEFUL TO BRING:

- Sunscreen & sun hat
- Snacks
- Pants for working and relaxing
- Towel
- Toilet paper / tissues or wipes
- Comfortable walking shoes
- Flashlight
- Work clothes that may get ruined
- Socks and plenty of underwear
- Day pack / Small backpack
- Strong money belt
- Camera / memory cards / chargers
- Money / credit cards for personal expenditures
- Lip balm
- Travel charger & converter (see our Electricity section for more information)

You may enjoy bringing games or books for free time. Be sure you leave plenty of space in your bags for souvenirs!

***Important note:** During volunteer work projects, all Globe Aware volunteers are expected to dress respectfully and appropriately for the culture.

Avoid bringing expensive jewelry or designer clothing. Make sure you check with your cell phone provider about foreign roaming or international data plans. Some accommodations may have Wi-Fi available, but this is unreliable.

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.

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

IMPORTANT: On the airplane before you get to Lima, you will receive the International Embarkation / Disembarkation card. If you do not have this before going through Immigration, make sure you get it at the Immigration stand before you stand in line. The card will be stamped with the length of approved stay (usually 90 days). **KEEP THIS CARD IN A SAFE PLACE.** Losing it will cause delays and fines which could prevent you from getting on the plane leaving Peru.

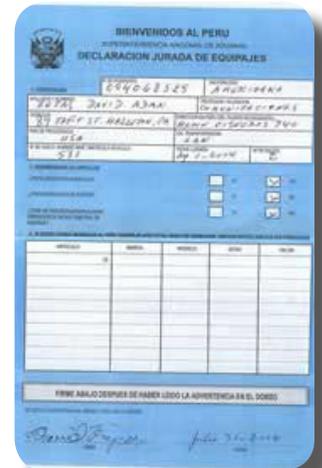
If you should lose your passport and/or embarkation card, you will have to go to the U.S. Embassy in Lima (or its equivalent if you are from another country) to be issued a new passport. After that, you will have to go to the Peruvian Immigration office in Lima to get a new embarkation card. If you do 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 in Cuzco at the airport exit upon arrival. Your assigned coordinator will accompany you throughout the program.

Your Globe Aware coordinator will be wearing a Globe Aware T-shirt and holding a sign which will give your **GROUP LEADER's name**. If you do not know who your group leader is, make sure you contact us before you travel.

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 inform your group leader or our emergency phone number: (214) 824 4562.**



EMERGENCY CONTACT INFORMATION

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

Rocio Enriquez Cell Phone: From the U.S. 011 51 984 334 673
From Peru: 984 683 882

Globe Aware Main Project Site: From the U.S.: 011 51 84 272 929
From Peru: 84 272 929



Your Regional Coordinator: Shanti Shahani

Shanti is Director of Communications for Globe Aware. She is thrilled to join this group as she has worked closely with Vivint Gives Back in organizing this trip. Shanti has worked with Globe Aware since early 2012 and has a professional background in the fields of Marketing, Non Profit management and Communication. She was born in Monterrey, Mexico and she is fluent in Spanish and English. She has traveled widely and grew up surrounded by different cultures.

Your Local 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. 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.



Assistant Coordinator: Sapphire Stockman

Sapphire is a recent graduate of the University of Kansas, where she received her Bachelor's Degree in Women's Studies with a co-major of International Studies in Latin America. She has worked with Globe Aware as a volunteer coordinator since 2012. She is from Kansas City, Kansas, and in addition to English she speaks Spanish and is fluent in ASL (American Sign Language) and she is currently studying Portuguese.

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.

Group Coordinators

Each group will be paired with a local Globe Aware coordinator who will stay with you throughout your program. If for any reason you have questions that your coordinator seems unable to answer, please ask them to contact either Rocio or Shanti on their cell phone, to whom you can address your question or concern. Some of the coordinators in your program are: Lucia, Bruce, Edwin, Hernan, Chalex, Ninoska, Jose, and Fabricio.

Accommodations

Our accommodations in Cuzco have been selected for special reasons. Volunteers will stay with their assigned groups, and share a room with at least one other volunteer depending on their assigned accommodations.

Albergue Hatun Soncco Wasi



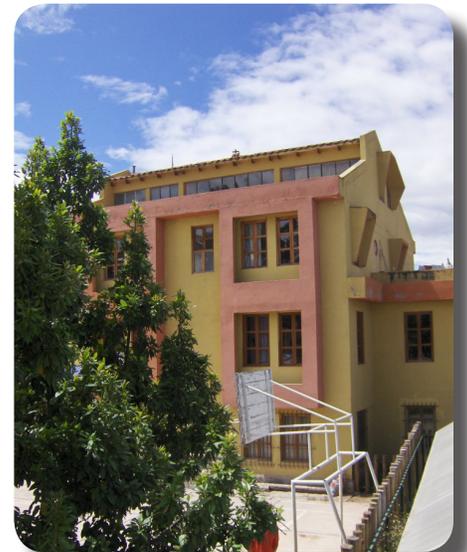
The Albergue Hatun Soncco Wasi, the Big Heart Home, has Globe Aware's main project site for the past 7 years. It is not a hotel, and it is not a school. It is a home where kids from the rural communities around Cuzco come to stay so they can attend public school which is not available in their communities. 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 all available. 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 10 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. 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.



Hotel Florida del Inca

The Hotel Florida del Inca is in an extremely convenient location to our project sites, and walking distance from the Children's Shelter (please read more about this wonderful place in our Projects Area). Volunteers will stay two or three to a room. Hot water, flushing toilets, and modest, clean accommodations are provided.

The volunteer coordinator assigned to this hotel overnight is Shanti Shahani. Please see her if you should have any issues while staying at this hotel.

Hostal San Juan de Dios

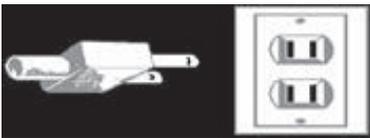
Hostal San Juan de Dios is a brand new location that benefits the Clinic San Juan de Dios, which is directly adjacent to it. The clinic cares for sick children from impoverished families.

Volunteers have the option to visit the children during their free time, and help out if they so wish to.

The hostel provides hot water, flushing toilets and modest, clean accommodations. The Globe Aware coordinator assigned overnight to this hotel is Sapphire Stockman.



Electricity



Electricity is 220V and plugs generally accept either North American styled flat or European round prongs. Check to make sure that your device can handle the higher voltage, or remember to purchase a travel voltage converter before you go.



Most modern appliances, such as cell phones, come with rechargers that can handle 110-250 voltage, in which case no convertor is needed. The guest house has primarily 2 North American style flat prongs outlets, in which case no adaptor is needed.

Food

Meals will be taken at your accommodations and project 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 restaurants and 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 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 rainy season, and you should make sure to bring clothes appropriate to the cold and rain.

Bring clothes appropriate for cold rainy weather!

Money



The currency in Peru is the Nuevo Sol. The easiest currency to exchange is the US dollar. There are numerous banks and ATMs in Cuzco. Money can be changed in banks, casas de cambio, first-class hotels or with street changers. Casas de cambio are usually the easiest places to change money. Street changers, who hang out near banks, never offer better rates than the best bank rate and have been known to cheat travelers, so are best to be avoided. Rates vary from place to place but not significantly, unless you try to change money at a hotel that charges high commission. Travelers' checks are not recommended.

Visa is the most widely accepted credit card, but credit cards attract an 8% commission unless you are using it for a cash withdrawal (in Peruvian currency) from a bank. ATMs (Visa and Plus system are most widely recognized) are now the best way to extract money in Peru. However choose ATMS is visible locations with police guards when possible, as there have been instances when "false fronts" have been put on ATM machines for the purpose of stealing ATM card information. ATM withdrawal fees can vary widely depending on your bank, and typically there is a separate foreign bank withdrawal fee.

Be aware that we received reports from a few volunteers in 2009 that US Dollars that contained folds or creases was not accepted for exchange. If possible, you may want to obtain crisp bills from an ATM before leaving or upon arrival and store them safely until you wish to convert them once in country (where rates are cheaper.)

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.

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.

Facebook

We want to see your experience!



Friend us on Facebook here: www.facebook.com/globeaware.org and make sure you post photos to www.facebook.com/globeaware using the hashtag **#GlobeAwareAdventures** and **win a Globe Aware trip to Costa Rica** if yours is chosen as the one which best represents what volunteering abroad is about. There's no limit on number of photos and you have until November 15th to post. Use the hashtag to post on Instagram, Twitter, etc. but remember, the photos must be shared on our FB page to count!

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 relatively 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 coca tea 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 mountains 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). 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 and are comparable to those of a severe hangover:

- 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:

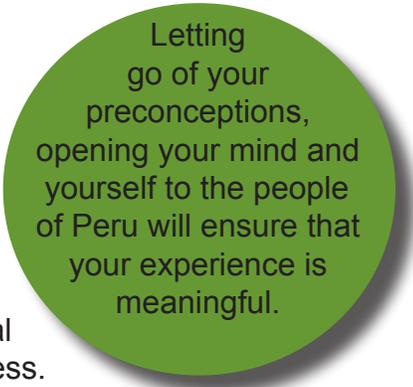
- o persistent dry cough
- o fever
- o shortness of breath even when resting
- o headache that does not respond to analgesics
- o unsteady walking
- o increasing vomiting
- o gradual loss of consciousness

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

You may well be the type of person who has achieved great success through your focus on productivity. We applaud you!

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.



Letting go of your preconceptions, opening your mind and yourself to the people of Peru will ensure that your experience is meaningful.

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.

Community Concern: Education



Our main focus in this community is 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.

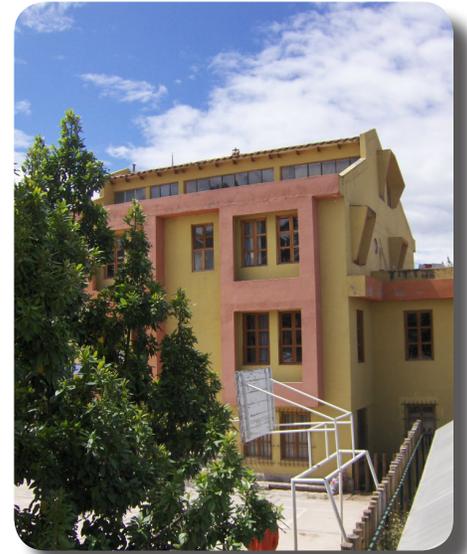
Work Projects

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 its 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. Some volunteers will stay here, though all will certainly work here at some point during the week. 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.



At the Albergue, we will work in the repair of the outside walls and windows for the dormitories, as well as the main dining area. We will build a walkway that connects the workshop area with the new bathroom area (that volunteers have built previously), and replenish the soil in the green areas. 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.

Single Mothers Home

In June 2000, this home was opened to help young mothers between the ages 12-18. They house young mothers, many of whom are victims of abuse, and their children. These young girls have been cast away by their families, and this center helps care for them and their children. While at the shelter both the mothers and children attend school. They are also provided with fundamental care to cover their sanitary, nutritional, legal, emotional and psychological needs. In addition, mothers are often offered the option of training in one of the local technical centers, and they learn skills to provide for themselves and their children, and preserve Peru's traditional artisan culture.

Even after the mothers leave the shelter, they continue to support them by providing such services as free day-care, or offering the women employment opportunities at the shelter or one of its technical training shops.

The shelter has an area in which toddlers and preschool age children play and are cared for. The wooden floor has become old and dangerous, with splinters that young children should not be exposed to. We will renovate the floor completely, laying down a cement base and then replacing the wood, needs a complete renovation. Another area for the babies requires the floor to be replaced and polished so it can be safe for crawling. The outside walls of the center require repairs and painting, as well as repainting the wooden playground.



Elementary and Middle School in Cuzco

We are privileged to work in a public school in Cuzco, so we can see firsthand the challenges that public schools face in this country. This school is within Cuzco but very close to poor rural areas. The school has 800 students from different social, cultural and economic backgrounds. We will work to improve their facilities both in their sports field as well as their classrooms.

Children's Shelter

We will work in a shelter which houses abandoned and at-risk impoverished children in from the city of Cuzco. Some of the children were street beggars or working in inappropriate situations for children before coming to the shelter. They provide food, shelter, clothing, health and education services to these children, and of course a sense of security and much needed attention and love. They need repairs to the outside of the building as well as school supplies donations or the children, which will be the areas where we will provide support.

Middle School

This special school provides education for middle schoolers from rural areas who also live at the school. It is located in an area in the outskirts of Cuzco. They have requested that we build a greenhouse, which will allow them to plant vegetables to use in the preparation of meals for the school. We will build the entire greenhouse area.

Rural Communities

We will have the opportunity to travel to rural areas 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 help install playgrounds at several local schools, repair outside walls, construct bathrooms, Lorena Stoves for families, and maintenance to several educational institutions in these areas. 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.



Animal Shelter

This center is dedicated to the rescue, population control, rehabilitation and adoption of dogs. They work with dogs who have been abandoned, abused or injured in and around the city of Cuzco. Many of these dogs are sick and are wandering the streets, posing a health risk to the population, especially children. The center works to create education and awareness campaigns about the importance of caring for the dogs. Here we will build an enclosure and area for medical attention.

Leisure Activities

Several leisure and cultural activities are planned, but optional. We always schedule a cultural activity on the day of arrival and orientation to reduce the risk of altitude sickness. We will visit the Plaza de Armas and Qurikancha on the day you arrive.

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



A scheduled trip to Machu Picchu will be done on Saturday, November 9th. You will be picked up at your hotel, but 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.

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. 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 plane 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.

Safety and Security

Our program locations are generally very safe, though it is important to use common sense at all times. Please review the State Department's travel information at http://travel.state.gov/travel/cis_pa_tw/cis/cis_998.html for further information.

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.

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?"



Purchase this \$25 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. Forms will be emailed following your trip.

Other ideas to stay involved:

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, or return to Cambodia! All returning volunteers receive 10% off our program fees!



Join us on Facebook

Our Facebook page is www.facebook.com/globeaware . Don't forget to LIKE us! You can also FRIEND us at www.facebook.com/globeaware.org and see photos of your program, continue to follow the progress of projects through other volunteers and their images.

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 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/>