



COPRODELI & Coprodeli USA: Peru Trip Guide

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PERÚ TRIP GUIDE

A. TIPS

I. Packing

Pack light! (See Appendix D for a recommended packing list.) Clothes are likely to get dusty and dirty, so bring pants that can easily be dusted off, shaken out, or that dry quickly (there is (limited) access to a washing machine). Clothing that can be worn in layers are the best to bring. The weather in the mornings and evenings will be cool, but the daytime temperatures will be hot. You may bring sandals for the shower, but it is recommended to wear closed toe shoes for all other activities.

Peru's winter lasts from May to November and their summer season lasts from December to March. Average temperatures in Lima are as follows:

- January to March: 21 - 29 °C (70 - 84 °F)
- April to June: 17 - 27 °C (63 - 81 °F)
- July to September: 15 - 19 °C (59 - 66 °F)
- October to December: 16 - 24 °C (61 - 75 °F)

NOTE: Coprodeli recommends that volunteers pack a small, empty duffle bag inside their regular luggage. This bag can then be used to pack the things you need to bring with you for short term excursions. All luggage left behind in the volunteer house will be safely stowed in a locked storage room.

II. Preparing Yourself Mentally

Expect the Unexpected! According to the authors of *The Peace Corps and More*, "you should prepare yourself to be tolerant of uncomfortable bus trips and food. You might encounter people with different concepts about time and personal space. Be ready to learn about and observe differences without being judgmental. The differences you observe while abroad will undoubtedly enrich your understanding of your own culture." While the upfront planning of activities will pay off, volunteers must recognize that not everything may go as planned.

Before going abroad try learning as much as possible about local customs, beliefs, and language. Refer to guide books such as Let's Go, The Lonely Planet, Footprint and Fodor's for more detailed tips, advice, suggestions, and general history and information of Peru. Talk to others who have been to this destination and seek opportunities to see movies and read up on the country and culture. People you meet while abroad will often be very curious about life in your home country. Some may ask you about your country's foreign policies. Get in the habit of reading newspapers and news magazines long before you travel abroad, so you'll be informed on current affairs in your home country as well as abroad. You may also find it helpful to educate your friends and family about where you'll be going and what it is you'll be doing, so that they can be advocates for your work abroad. Having a strong support system will also help you get through the challenges of living in an unfamiliar environment far from home.

As well, consider what research you may complete before leaving for Peru, in order to complete your assigned project efficiently and effectively in Peru. For example, what background knowledge or tools do you have that may benefit your methodology and project in Peru? You may want to review documents, textbooks or articles before departing for Peru; or you may want to bring along specific tools and materials! As well, based on your assigned project, is there research or other preparation that you may accomplish to learn new skills or content in advance of your trip? Is there a specialized vocabulary you can review in advance? This is not mandatory, but may be helpful to get you started on the right foot.

II. Passports & Visas

You must have a passport for traveling abroad. If you already have one, be sure it is not expired and that it is valid for at least 6 months beyond your return date! If you are a U.S. citizen, you can apply at selected post offices, at federal or state courts of records, or at one of the State Department passport agencies in larger cities. It can take several months to process a passport application, so don't delay in applying!

U.S. nationals DO NOT need a visa if their stay is less than 90 days. You will be issued a tourist card upon entry, which is valid for up to 90 days. You may renew your tourist status at a Peruvian immigration office (Oficina de Migraciones) for 30 days. The revalidation will cost twenty (20) dollars. The main Oficina de Migraciones in Lima is located on Prolongacion España #734, in Breña (phone 330-4112). Visit the Peruvian Embassy website for more detailed information: www.peruvianembassy.us

Photocopy all important documents and keep them in a hidden place separate from the originals while traveling! Leave another copy at home with someone you can easily get in contact with while you're abroad. Please fax or scan and email a copy of your passport to a staff member in USA before departure.

III. Physicals, Prescriptions & Vaccinations

The Center for Disease Control and Prevention in Atlanta, Georgia recommends a yellow fever vaccination before traveling to Peru, but it is not necessarily required. Volunteers should discuss any further questions or concerns with their doctor. The CDC has a hotline for international travelers where you can obtain country-specific health advisories and advice: (888) 232-3228. There is also a website www.cdc.gov and autofax service (888) 232-3299. If you have glasses or contact lenses, bring along a sufficient supply, and if you have a prescription make sure you bring enough to last during your time overseas. Make sure you carry the prescriptions in their correctly labeled containers so your medication won't be mistaken for illegal drugs.

IV. Insurance

It's important to have health and accident insurance while you are abroad, as well as coverage for emergency evacuation. Find out if your current insurance plan will apply while you're abroad. Additionally, you may want to explore the possibilities of baggage and flight insurance. Council Travel (aka Council on International Educational Exchange) offers inexpensive insurance for



students, teachers and youth under 25 in the USA. Call 1-888-COUNCIL or the Council Travel office near you.

V. Air Fare

American, Continental and Delta are the major carriers. Flights originating in Chicago will fly out of O'Hare and arrive at Jorge Chavez Lima Callao International Airport in Lima, Peru.

Air fares vary greatly depending on when you're flying and where you buy your ticket. You can find bargain fares listed in the travel sections of major newspapers, as well as on the internet: www.lowestairfare.com, www.travelocity.com, www.orbitz.com, www.cheaptickets.com are good places to start. Before buying a bargain fare, find out how flexible it is -- what would it cost you to change the return date if you decide to stay longer overseas? Most of the major airlines allow you to buy tickets using frequent flier miles. Tickets normally have to be purchased months in advance and oftentimes only offer specific traveling dates, but can significantly reduce the cost of the trip. U.S. Students can get special rates through Student Travel Association: www.sta-travel.com tel 800-781-4040 and Council Travel: www.counciltravel.com tel 800-226-8624.

B. FREQUENTLY ASKED QUESTIONS

I. Can I use credit cards? How easy is it to exchange money?

The US currency you bring to exchange should be fairly crisp and untorn. Money changers will not take extremely crumpled or torn US currency. There is currency exchange at the airport in Lima, before you even leave the secured area. Throughout Callao and Ica City you will be able to find currency exchange stations, usually located inside of a pharmacy. ATM machines can also be found with fairly easily. Do not expect to be able to use credit cards for everything. Long-term volunteers receive a fair living stipend– \$/10 per day for food and local transportation – if their commitment is three months or longer.

II. Where is Callao? Is it close to the airport?

Callao is the province abutting Lima to the north. Coprodeli Peru headquarters are conveniently located about 15 minutes from the Jorge Chavez Lima Callao International Airport.

III. Who will pick me up at the airport? How will I identify him/her?

A member of the Coprodeli Peru staff will meet volunteers at the airport upon their arrival. The Coprodeli representative will have a sign with the blue and white Coprodeli logo imprinted on it. Please wait at the designated meeting spot until you identify the representative (or s/he identifies you). **Do not** leave the airport and head out towards the parking lot. The cab solicitors will offer to give you a ride to the city or call the person who will be picking you up. Do not take a ride or an offer of help from any stranger.

IV. What if I get lost at the airport or can't find my ride?

If you do not identify the staff member, don't panic! Someone will arrive to pick you up. If for any reason a connection is not made with this person within the hour, please call the Coprodeli main offices (local dialing 714-3000) and a staff member will help you.

Another option is to call Christian Diaz 9-9-357-5889 or Padre Miguel at 9-9-891-36714. Coprodeli Peru will call to check on the status of your international flight. If it is delayed or canceled, arrangements will be made to meet you at the appropriate time. If the domestic connecting flight is delayed or canceled forcing you to take a different international flight, please call the Coprodeli USA Chicago office (312-234-9592) or Coprodeli Executive Director, Sasha Chetyrkina (216-299-6958), and they will contact Peru to make the necessary arrangements.

V. How safe is the neighborhood where we will be staying? Can I safely walk alone?

Peru is a developing country steeped in tradition, rich in culture, and filled with treasures to discover. But communities where Coprodeli works can present situations not uncommon in developing countries. Petty crime and theft does happen - volunteers need to be aware and take responsibility for these type of security risks by traveling in pairs or threes, keeping money and other valuables in a money belt (if not at home), and knowing where they are at all times. The neighborhood surrounding the Coprodeli headquarters is relatively safe, though petty crime and muggings have occasionally been reported. It is not recommended to wear jewelry, carry a lot of money or credit cards, or to carry purses, wallets, bags or cameras out in the open whenever possible.

VI. What food will I be served?

The meals at Coprodeli, though simple, are satisfying and healthy. Fish, rice, potatoes, corn, beans and cooked vegetables are normally served during the midday meal. Breakfast may consist of toast, yogurt, cereal, tamales, juice and coffee. Most vegetarians are able to find satisfying dishes for each meal, though we suggest bringing other snacks along in your daypack just in case. Trail mix, Cliff bars, soynuts, peanut butter and other packaged snacks are great for everyone to pack along. The Volunteer Housing in Callao is within walking distance of a large grocery store, so you will have access to supplemental food.

VII. Can I drink the water?

It is suggested to drink only the bottled water. Though the local people drink water from the faucets and at public fountains, our bodies may not be conditioned to the same microbes found in the water. When you dine out in restaurants, drink only bottled water and do not drink anything with ice cubes in it. Brushing your teeth using tap water is generally OK as long as you do not swallow after rinsing.

VIII. Can I eat food from street vendors? What about fresh fruits and vegetables?

We strongly suggest not consuming any food from a street vendor. You may eat fresh fruits and vegetables at your own risk, but it is recommended to peel the skin. Few participants have had problems in the past, but there may be bacteria or other microbes present in the produce to which our bodies are not conditioned.

IX. Is tipping common practice in Peru?

When you are paying your bill in a restaurant, look for the words *propina* or *servicio* near the bottom of the bill. This means the restaurant has added a tip, usually between 5 to 10%. If you think the service is good, you can give the waiter an extra 10%. The cheapest restaurants usually do not include a tip. If this is the case, leave the waiter 10%. In better hotels you should tip about US \$.50 a bag.

Unlike other countries, Peru does not tip their taxi drivers. Taxis are not metered here so negotiate the fare before you get in the car and stick to that price. It is best to ask someone from Coprodeli approximately how much a taxi will cost to go from one place to another so you have an approximation in mind. If the driver quotes you more, you can negotiate them down if you choose. If they don't accept within 1-2 soles of the price you want to pay, feel free to wave them on and wait for another available taxi.

For tour guides during the Cusco Excursion, a general recommendation for tipping is approximately \$5 a day per person. If you are in a larger group you could pay half of that. It is not expected that you tip the person in charge of the Volunteer House. They have been hired specifically to take care of the volunteers and are compensated accordingly. However, if you feel inclined to offer something extra, a small tip can be given. 5 soles per week per person is the general recommendation.

X. If I want to bring donations, what do I bring? What do they need?

Disposable cameras, table games (Jenga, Connect Four, Uno), computer games, art and school supplies, educational games and flashcards, playground games (balls, jump ropes, frisbees), dolls or other toys, as well as personal accessories are some suggestions for what to bring for the kids. There is a great need for infant and children's clothing and accessories.

XI. What is the voltage in Peru?

Electricity in Peru is 220 Volts. If you travel to Peru with a device that does not accept 220 Volts at 60 Hertz, you will need a voltage converter (dual wattage converter input: 220-240VAC output: 110-120VAC).

Outlets in Peru accept two kinds of plugs.



Most places have plugs with the combination of both plug types, however, in some places there are only round plugs available. Therefore, it is recommended that you buy a plug adapter that allows you to plug flat prongs into a round plug adapter. Depending on how much you plan to travel in the future, it may be worthwhile to get a combination voltage converter and plug adapter.

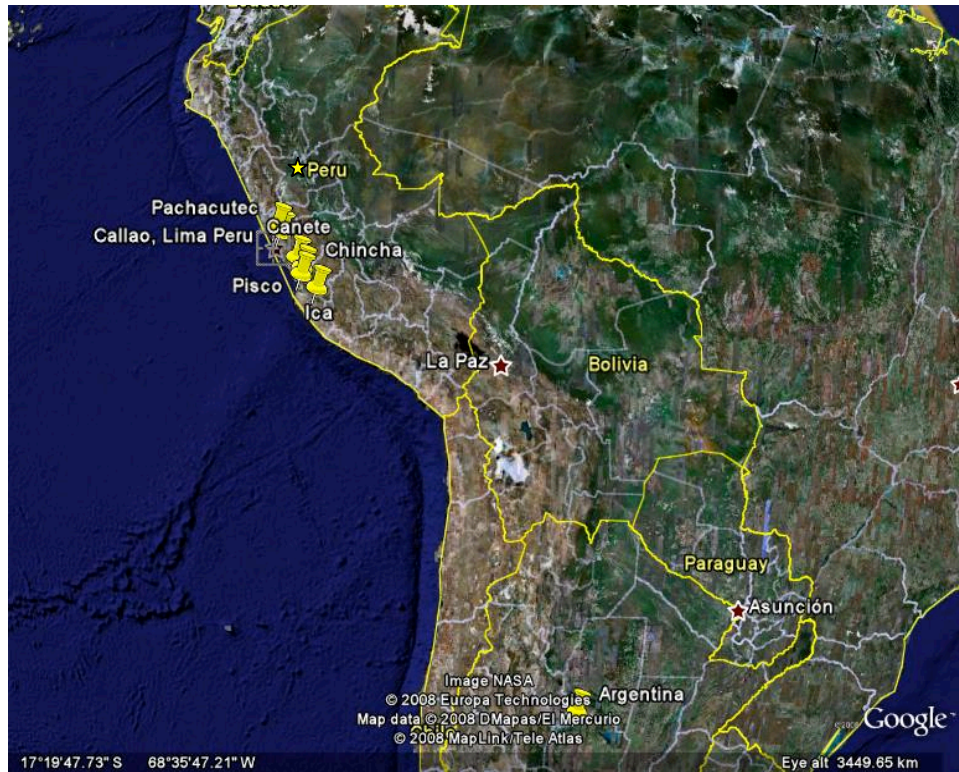
C. LOOKING AHEAD

By the end of your commitment with Coprodeli in Peru, we hope you will have developed personally and professionally, and will have many impressions and new knowledge. We hope that before leaving Peru, you will take the time to meet with Coprodeli Peru staff and directors, with whom you've closely worked; in order to debrief, give and receive critical feedback and confirm any opportunities for future collaboration.

Coprodeli USA staff member will invite you for a meeting (in person or by phone) after your return to USA. This is an opportunity for you to give feedback—positive and constructive about how to improve the volunteer experience in Peru, how to maintain and develop programs better, and any other feedback you may have. As well, we will constructively evaluate the contribution you have made to the organization and programs; and will be happy to offer professional development advice, and professional recommendations for future endeavors!

D. OTHER USEFUL INFORMATION

Maps



Peru in relation to other SA countries, including Coprodeli sites in Peru.



Coprodeli sites and Lima in relation to Cusco

COPRODELI Contact Information

(If you are inside Peru, but dialing from outside of Lima, you will need to dial a 1 before the number. If your family is trying to reach you at one of these numbers from the United States they would dial (011-511) before the number.)

OFFICE (7AM – 8 PM) – 1371 Guardia Chalaca, Urb. Sta Marina, Callao 1
COPRODELI main office line (011-511) 714 3000

EMERGENCY NUMBERS

If your family needs to contact you re: a family emergency while you are in Peru, please have them contact Coprodeli USA Board. Coprodeli USA Board can contact Peru staff at **any time** while volunteers are in Peru.

- **Vanessa Keating** (President, Coprodeli USA Board) 443.722.8682 (mobile)

While in Peru, should you need to contact COPRODELI staff for any reason, and you cannot connect with the office at the number above, you can contact the following people.

- **Marlith Baltazar** (Director of Health, Humanitarian Aid, & Volunteer Program), (011-511-9) 8 913 8724 (speaks Spanish), mbaltazar@coprodeli.org
- **Laura Larkin** (Communications & External Relations), 989172067, llarkin@coprodeli.org, (Spanish & English)
- **Christian Diaz** (Legal Director, COPRODELI) (011-511-9) 9 357 5889 (speaks Spanish), cdiaz@coprodeli.org
- **Padre Miguel Ranera** (Founder, COPRODELI) (011-511-9) 9 891 36714 (speaks some English, mostly Spanish), pmiguel@coprodeli.org

SAFETY

There is no reason to fear for your safety during your stay in Callao, Pachacutec or Chinchá as long as you use common sense and follow the precautions typical for travelling in a foreign country: avoid loud, obnoxious behavior, do not wear flashy jewelry or accessories, dress modestly, be aware of where you are and who is around you at all times, travel in groups, avoid walking around at night when possible, do not carry large, open bags, and always keep your personal belongings within an arm's reach, with your hand or foot through the straps, if possible. Money belts are recommended, or keep your money in your front pockets.

[Throughout Peru] You may be approached many times by kids asking for money or selling small trinkets or sticks of gum. As heartbreaking as it might be to say, “No”, we generally do

not recommend you give them money. Often times parents know that tourists are “suckers” for a cute child’s face, and instead of working, parents use their children in order to earn money for the family. Instead, if possible, you can give them food.

IDENTIFICATION

Bring a copy of your passport with you to Peru, along with your original passport. Carry the copy with you at all times and keep your original Passport in your bedroom. **However**, when travelling (flying) within the country (i.e. Cusco), take your original passport. The copy is to be used when you go on day excursions or out shopping.

TAXIS and Other Transportation.

If you are going to take a taxi, it is a good idea to take a taxi with an older driver and / or a taxi that has the decals on the window. Negotiate the price **BEFORE** entering the taxi. Whenever possible it is a good idea to ask a local the typical cost from point A to point B because tourists typically get charged a higher price. Then you will know how to negotiate with the taxi drive. After dark, choose a taxi instead of walking. However, it may be difficult to get a taxi to drive into this neighborhood late in the evening, so plan accordingly.

BATHROOMS

In Peru, as in many Central and South American countries, the toilets are sensitive. **DO NOT** put any toilet paper into the toilets. Put used toilet paper into the wastebasket near the toilet. **Always** take some toilet paper with you when you leave the house, you may not find it when you need it so, it’s best to have some of your own.

A note of caution: Getting diarrhea is very common when visiting Peru. Lomotil and other drugs are available at the pharmacies. After taking these drugs, constipation can then be a problem. Again, there are medicines that you can take.

WATER

Drink only bottled water. Using bottled water when brushing your teeth is at your own discretion. **DO NOT** take ice in your drinks when out in cafes or restaurants. You can make ice cubes in the house with boiled water or bottled water. It is a good idea to always take a bottle of water with you when you leave the house.

MEALS

Lunch will be provided for you at the schools.

In restaurants, **DO NOT** eat salads. Some of the food in small cafes and street vendors smells wonderful and looks delicious. Eat at your own risk; however, it is advised to avoid street vendors ... See Bathroom.

MONEY, EXCHANGING and CHARGE CARD DEBITS

You can exchange dollars for Peruvian soles at most banks and big grocery stores, like Plaza Vea. In some neighborhoods there are money changers on the street, however I do not recommend using them unless absolutely necessary. For credit card debits and ATM withdrawals, look at the back of your card to make sure the bank or ATM machine will take your card. Different banks take different cards. Do not carry all of your money with you when you are going out.

ELECTRICITY / VOLTAGE

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LAUNDRY

Laundry machines are limited but available in some of the volunteer houses. Otherwise, there are sinks for washing your clothes by hand.

PACKING LIST

This is NOT an all-inclusive packing list. This is meant to provide you with suggestions and types of items you may need to consider to pack:

- Small duffle bag / weekend pack (for excursion)
- Sturdy tennis shoes (for hiking on excursion; must have closed toe shoes for Pachacutec)
- Fleece and Light raincoat
- Long sleeve cotton shirts (clothes that layer are best as temperature changes can be drastic from morning – midday – evening)
- T-shirts
- Pants / Jeans (2-3 pair). (Quick dry pants or convertible pants / shorts are recommended)
- Long socks and short socks
- Swim Suit
- Hat and Sunglasses
- Shower sandals
- Sandals for whitewater rafting on excursion (you can use your shower sandals)
- Towel
- Sunscreen!
- Insect Repellant
- Voltage converter and plug adapter.
- 1 roll of toilet paper
- Antibiotic Hand sanitizer and / or Baby Wipes
- Kleenex
- Mini-flashlight
- Pepto Bismol or Immodium
- Chapstick
- Quart size Ziploc bags and plastic grocery bags
- Protein Bars
- Itch Cream (recommend Itch X)
- Extra Batteries
- Camera (extra memory cards)
- Friend / Family / Home photos (the kids are incredible interested in seeing pictures of your life in the U.S.)
- Band-aids
- Pocket Spanish Dictionary or list of common phrases (will be helpful during your volunteering)