

WELCOME TO THE INCA`S LAND



WELCOME TO THE INCAS' LAND

Booklet for AFS School & University Program Participants



AFS DEL PERU PROGRAMAS INTERCULTURALES

Av. Javier Prado Este 596 Of. 302, San Isidro

Lima – Peru

Telephones: 51.1.6527432 - 51.1.4410314

Fax: 51.1.6381872

<http://www.afs.org.pe>



“ Welcome to Peru”

Dear AFSer,

We are very happy to know you will be an AFS student in Peru. We hope you enjoy your stay and have a pleasant AFS experience. We have prepared this booklet based on our experience and former AFS students' recommendations so you can benefit from this. The most important is that you take the chance to live and experience your own AFS story. That is something unique and beautiful that you will be proud to experience by yourself.

BIENVENIDOS!

AFS IN PERU

Our volunteer organization, AFS DEL PERU, has representations in 15 Chapters throughout the country. Most members are young persons who are returnees or former hostfams' members. There are also adults with a very open mind who enrich our perspective with their advise and life experience.

Volunteers are dedicated to their studies at the University, and jobs, but at the same time you find them willing to do their best to provide all assistance you may need during the year. The AFS structure in Peru may be different from the AFS structure in your country, therefore, activities will be also different.

You will have an AFS contact at the local chapter, someone to contact when ever you need the support and help to understand the cultural differences you will face at school, in the family or in the community.

The National Office is also part of your experience and is available to you from Monday to Friday, from 0900 a.m. till 18:00 p.m..

GETTING READY FOR PERU!

BRING INFORMATION ABOUT YOUR COUNTRY

While in Peru you will be representing your country and culture, so please try to gather useful information material to use whenever necessary: Flag, Here some examples: CD roms, pictures, your flag, music, posters, coins, the map of your country, typical dishes receipes, a custom. You may look for help at school, libraries, teachers, AFS, etc.

INFORMATION ABOUT PERU

Peru is located on the West Coast of South America, south of the Equator line. It's a very diverse and challenging country, with many ecological zones: We have 80 of the 120 world ecological habitats, from deserts to tropical rainforests and tundra, from steepy mountains to the deepest canyon to “Caribbean” beaches. Roughly, Peru has three natural regions (very diverse in itself): the Coast, the Mountains (we call it “la Sierra”) and the Jungle (“La Selva”) In the Manu Natural Reserve there are 1000 of world 10000 bird species and 220 different trees per hectare (only 20 in Europe or USA).



POPULATION

Total 28 220,764

LEARN THE LANGUAGE

-Spanish is a multicolor, rich and fascinating language. It may sounds difficult at the beginning but it will come to you little by little. We advise you to practice it before coming by reading books in Spanish, listening to Spanish spoken music, etc. You'll see that helps your experience to be a success.

-Your family is being instructed to help you whenever needed. Even if some members of your hostfamily or people you will meet are able to speak some of a foreign language. That could help you at first but definitely this is an intercultural experience so try to speak Spanish as much as you can.

-Bring at least one good bilingual dictionary. It will certainly be of great help in the beginning.

Here is a link where you can find some exercises to practice your Spanish before coming to Peru

http://www.ver-taal.com/voc_casa2.htm

Keep your ears and eyes attentive to the way people talk !

MONEY

-You can bring US american dollars or Euros that can be changed in our national currency. During your stay you will need US\$1200 approx to face your own personal expenses such as postage, paper, birthday presents, cinema tickets, etc.

-It's possible that your hostfamily will give you a ride, but not all the time. Similarly your family may provide shampoo, or soap for you, but if they don't, you may need to buy those items. They open their home to you, but you cannot expect their hospitality to be unlimited.

-If your natural family plans to send you money for Christmas or for your birthday, the best way is to do it through a Credit Card (Visa is more popular here but Master card, is also acceptable) and you may open a Bank Saving account in US\$ dollars for you.

-We do not recommend to bring over traveller cheques as it can be a little bit difficult to change them in your hostcommunity banks.

-The current money in Peru is the "Sol" . The symbol: **S/**.

US\$ 1 = **S/ 3.00** Soles (aprox.)

Don't forget to bring US\$250.00 (for students who are minors) for the visa procedures.

CLOTHING

- ❖ Peru consists of many different regions and climates, which are determined by their proximity to the Ocean and to the mountain chain. Altitude is another important factor.
- ❖ Basically you will need cotton clothes, jeans, shorts, T-shirts sneakers, bathing suits, sweatshirts.
 - Tumbes, Piura, Chiclayo, Trujillo and Chimbote: These are northern coast cities. Usually warm. But it may get cool at nights during winter also. Bring a sweater and a jacket.

WELCOME TO THE INCA`S LAND



- Lima and Chincha are humid. It never rains though but it drizzles during winter time. Summer is beautiful, hot and colorful. Winter is cold, humid and gray. Sweaters, coats, socks, flannel pajamas would be fine, as well as summer clothes. Chincha is less humid than LIMA.
- Ica has a nice weather and is located by the coast, so cotton clothes, jeans, shorts, T shirts etc. are ok
- Arequipa, Huancayo, Huaraz, Cajamarca, Juliaca, Puno and Cusco are important cities located on the mountains. Weather is dry. It can be very hot during the day time and very cold at night and colder (even below 0) during the early mornings. Bring summer clothes and some warm sweaters, coats and jackets; also flannel pajama.
- Iquitos is in the middle of the jungle so it is very hot and humid. It rains regularly. It can get hot as 38 c.

WHAT TO BRING TO PERU

- ❖ As a cultural ambassador of your country, you should be prepared to talk about your everyday life and illustrate them with picture books, photos, audio/videos. Find more on page 1.
- ❖ You will probably want to bring a small gift for your host family and your school or university.. The students who came to Peru in the past have suggested typical things (your flag, a history book, a map, T-shirts, books with photographs from your country.
- ❖ A presentation about your city and your country plus pictures will be helpful.
- ❖ A national custom
- ❖ AFS recommends to bring just 20 kilograms. If your luggage exceeds this weight, you should pay overweight not only in the international airlines but in the domestic buses or airlines in Peru.
- ❖ Don' t forget to bring a small gift for the maid in the house.



WHEN YOU ARRIVE...

- ❖ AFS members (staff and/or volunteers) will be at Lima Airport to welcome you and forward you to your host community.
- ❖ Immediately upon arrival, we will take you to the Orientation site, where you will rest and then will receive a general and brief information about our country and the AFS program. You will stay there one day and a half.
- ❖ Those of you who will be traveling to your host community by bus, will be accompanied by an AFS volunteer who will be all the time with you.
- ❖ Those who are flying will be accompanied by volunteers or staff until you catch your plane. When you arrive in your hostcommunity, your hostfamily and/or volunteers will be there to greet you.

You are already part of the AFS family. Welcome!



WHILE YOU ARE HERE

ORIENTATION

Within the first two weeks after you arrival, you will have a “Local Orientation” in your local chapter, which will outline various important elements of your stay and give you hints on adaptation on your host community. You must listen carefully and ask whether or not you have any doubt. It would be great if you had already done some questions to be asked. This activity is run by volunteers.

All the participants have contact people. Those names will be given to you in the local orientation. If you need someone to share your feelings of doubt or sadness, you can look for them. In case you feel in the need for further assistance you can run to your local chapter president. The National Office is also available to listen to you. Just mail us or call our office.

Around the fifth month, AFS will provide you with two enrichment cultural activities that should give you the opportunity to learn more about the Peruvian culture. Those are called the “Intercultural Workshop” and the “Midstay Orientation within an Educational Trip”.

Pre-departure orientation will take place at the local level, approximately during the month prior to your departure.

The objective of the Orientation Program is to minimize the effects of the cultural shock and to help you to profit from this intercultural learning opportunity. We desire you free your mind and not judge the people’s way of living, thinking or feeling.

Try to change your way of perceiving our culture. A “could or might be this way ” instead of “ must be this way or you have to...” sounds better. Remember that you need to adapt to our culture if you want to be successful. That would be the same if a Peruvian goes to your country.

SCHOOL



We emphasize that in the School and in the University program you are expected to attend classes throughout the year, fulfilling your duties and homework, and enjoying your life as a student.

For School Program: AFS students usually enroll in the 4th or 5th years of Secondary thus your school mates are between 14 – 16 years old.



The academical season starts on March and ends in December, with a 14 days vacation in July/August due to National Holidays. In private schools a week off is scheduled between bimonthly academic period. Classes go from Monday to Friday from 08:00 to 15:00 .

School system has three stages:

Kindergarten: Two or three years

Primary level : Six years (starting when kids are 6 years old)

Secondary: Five years

You will be placed at a school, so you may expect to participate in some extra-curricula activities.

For University Program: AFS students usually enroll in the initial stages of the career in the Faculties, thus your classmates are between 17 and 19 years old approximately.

The university academical activity is divided in two semesters. The first one starts on March and goes through the third week of July. The second semester starts in August till December. There are 14 days vacation in July/August. In private universities the vacation period is not compulsory. A student can decide to continue classes during summer time (January, February and March) and not taking vacation from January through March. In public universities it depends on the faculty.

Classes go from Monday to Friday during morning and afternoons. However some classes or activities could take place on Saturdays.

University System is divided in academic semester. Students have to complete 10 semesters (5 years to finish their university studies). You may expect to participate in some extra-curricula activities.

Based on your interests, the AFS Local Chapter and your School Advisor will help you to use your time in optional activities such as learning dances, or practicing sports. *There may be a small fee that will be under your responsibility.*

The Peruvian academic system is organized in a way that you will have the same classmates through the school year and the same schedule as well, since students cannot make up their own. The subjects applied are: Spanish Literature, Math, English, Peruvian History, Civics, Political, Economy, Psychology, Handicrafts, Arts, Philosophy, Religion, Physical Education, Chemistry/Physics.

Make sure to take classes seriously due to the following reasons:

- a .- AFS volunteers have worked very hard in order to place you at school
- b.- For you to receive a student visa, the school or the University will issue a declaration stating that you have been registrated for the academical year. Also, AFS PERU, as a reliable organization, submits a letter presenting and guaranteeing you before the Migration Office. Authorities can check any time your regular attendance to school or the University.
- c.- You may need a certificate of attendance when you return your country. If it is the case, you are responsible for requesting such a documents to your host school before you return home. The AFS Local Chapter would help you if necessary.
- d.- Remember that attending classes is mandatory within the AFS program.



UNIFORMS & MATERIALS



School Uniform may vary from school to school. It is mandatory to wear it . **The school uniform is paid by the participant and not by AFS.** It costs US\$150 approximately. Please be prepared and bring this amount with you.

You will be instructed about the use of the school uniform when attending classes. We can assure that the use of earrings, bracelets, long hair or unusual hair cuts are not permitted, needless to say that smoking is not permitted either.

SCHOOL TEXT BOOKS

AFS will provide you with the books and materials that you will need at school. Those belong to AFS. If you wish to take them back home with you after program ends, then you may have to pay for them.

UNIVERSITY DRESS CODE

At the university you could wear informal clothes, sports wear when attending classes. You can use earrings, bracelets, long hair or unusual hair cuts are permitted. Smoking is not permitted.

UNIVERSITY MATERIAL

AFS will provide you with the notebooks, pencils, rules and other stuffs that you will need at university. Special subjects that will require special items, for example for cooking, will be covered by you.

EVERY DAY LIFE IN YOUR NEW FAMILY

This section offers a bit of advice on how to get along well with your host family. First of all, it is important to remember that they are participating in this experience because they want to gain as much from this opportunity as you do. They are opening up their home and hearts to you in the spirit of an intercultural exchange. Your new family members will want to learn as much about you and your background as you will about them and theirs



Because Peruvians are so diverse- due to our multicultural composition, geography, climate and social economical status, etc. -there are different ways of doing things. By watching and asking questions, you will quickly learn your own host family's habits. Don't stop asking for advice from your hostfam members, volunteers, your AFS counselor, the AFS staff.



Peruvians families tend to be over protective so don't get surprised if they ask you with whom and where you are going to, what time you will return back home, etc. Don't think they want to bother you, it is a genuine interest for their family ' new member'!!

AT HOME

A good way to get into the "swing" of how things are done around the house is to look and learn, but also, to participate! The more you participate in the family activities, the easier it will be for you and your hosts get to know each other better.

The first step you will have to take is to become a member of your family. The Peruvian families like to spend time together. It could happen that hostfamily members just spend their time together watching TV. Do not exclude yourself of those moments as hostfamily members would appreciate you share those moments with them.

If they are busy, ask if you can help. For politeness, they may refuse your help at the beginning. Under these circumstances, the key action is to insist: "Oh, please, let me help you" = "Déjeme ayudarle por favor". That insisting attitude would be well appreciated!

Even if your family has a maid -which is fairly common in urban middle class families- be ready to help in the house work. Remember that your initiative with the house chores will be appreciated and will let your family know that you feel at home with them.

And do not forget to....

- Keep phone calls to a minimum but if you need to do it, you may from a public booth (locutorios) or using the hostfam phone with a phone card you can buy in advanced.
- Do not contact by phone or by internet to your natural family too often as this may disturb your intercultural learning and keep your thoughts more on your natural family than on your new family and friends here in Peru.
- Having a computer at home it is getting rather common although there are lots of families who do not have it yet. If your hostfam has one, ask if you are allowed to use it and what hours could be the best to connect to internet. Don't stay too long, maybe 15 minutes will



be fine. Some other member of the family might need it. If you don't have this facility, you can use internet coffee shops, which are very popular in Peru and you can find more than one in every city at a very low price (one dollar or even less per hour).

- Most families share the housework so you may be required to set the table, wash and dry the dishes, wash and iron your own clothes and clean the house. Please keep your bedroom clean and tidy!!
- Water on the bathroom floor should be mopped up and the toiled paper thrown to the bathroom basket, not to the toilet.

PARENTS

Parental decisions are respected and followed, and the parents have the last word in disciplinary and other family matters. They are concerned about the responsibility of having a new child at home, and they expect you to learn their habits and live as another family member. Authority patterns may be different. They do not know you yet and as you show how capable you are of taking responsibility it may be easier to accommodate your needs. Do not question their authority from the start!! You will probably hurt them and strain the relationship.

Developing a relationship takes time and patience. You may not be used to ask permission to go out with friends or to have a curfew, but in most Peruvian families this will be true

BOYS AND GIRLS

During the first couple of months you will be part of a small group of your host brother/sister's friends. Do not expect your host sister or brother to become your best friend but always try to act in a friendly way with him/her. You will notice that as a rule, children are financially dependent on their parents until they finish studies at the University.

Boys are usually allowed more freedom than girls. Girls here have less freedom than girls in most European and North American countries. Do not expect to do things here as you are used, as adapting to the host culture is a task in your AFS intercultural experience. Peruvian boys and girls are raised under some different patterns. Household tasks have traditionally been "women's jobs" washing, ironing, everyday cooking and the dishes, as well as general house cleaning, dusting, floor scrubbing, sewing, mending, etc.). Men are repairmen. They will fix the leaking faucets, check and repair electrical equipment, take care of the "outside jobs" such as paying bills, etc. This is not a rule. Nowadays roles tend to change, and people are more pragmatic while living together.



You may fall in love....no problem, just share with your parents, introduce your special friend or your boy/girl friend to them. Have your afs parents get to know him/her. Peru is a traditional culture, some aspects remain very conservative, i.e. homosexual relations may not be accepted as it is probably in your country. People react strongly against them at school and even hostfamilies may express their disapproval of these relations. Be aware of that.

Always remember the purpose of your experience is the intercultural learning that involves many important people like your hostfamily members, your school, the university and you need to distribute your time among them. Your time here is not only for your boyfriend or girlfriend. If you do this, your hostfamily will feel hurt and used. So be mature enough to handle these situations and use it as an opportunity not as an obstacle. If you are in doubt, you always find AFS volunteers or staff willing to give you a hand.

And do not forget....

- Ask for permission. Say where are you going and when you will be back before you leave the house. This is basically for your safety.
- Say "Buenos dias" in the morning when meeting your host parents and grow up people or "Buenas noches" at night.



- Do not stay alone in your room for long period of time while the rest of your family is sharing together any activity. They might think you are unhappy living with them.
- Ask questions if there is something you do not understand about the Peruvian culture but no criticize our habits, or justify your thoughts/opinions saying “ in my country things are better”. It may be considered rude unpleasant.

Cultures are just different, not better or worst.

FOOD & EATING HABITS

Most Peruvians are used to two main meals: lunch and dinner. Breakfast is quick and light: milk, coffee, bread, it can include cheese, a fruit or some juice. Some families are also used to have a snack in the afternoon. Peruvians enjoy eating and are also very proud of their food. You will be expected to gladly taste everything that is offered to you. Our food is prepared with rice, potatoes, chicken, fish and cow meat, sweet potatoes, etc. with a lot of spice and chili. Daily food is more simple than the famous gourmet Peruvian food. A very few families are strictly vegetarian. Yogurt, fruits and vegetables may not be available every day.

Always be at home at meals time; if you cannot make it, in an unusual situation, please call your hostparents..

There are no cultural or religious bans on drinking alcohol as a general rule. Teen agers people are not allowed to drink alcohol by law and as a cultural habit. Remember that according to our culture being drunk is no sign of maturity. We trust you manage yourself with maturity in this matter, moreover when AFS doesn`t permit any excessive alcohol consumption neither a compulsive alcohol drinking or any other inappropriate behavior related to alcohol.

The same goes for smoking. If your family strongly disapproves smoking in the house, go somewhere else.

Ask before you take food from the fridge; it might be planned for something or someone else.

Notice that offering and sharing any food in or after meals is considered a sign of courtesy.

GREETINGS AND GOOD MANNERS

When you meet your host family, for the first time, you may be greeted with warm hugs and kisses. We are this way!! One kiss in the cheek is acceptable between girls and girls and boys. Men don`t kiss each other, they shake hands.. Shaking hands is acceptable as well.





It is very common to kiss (on the cheeks) when meeting or saying good-bye. This habit is also common between parents, children, other family members and friends.

Men are expected to offer their seats to ladies while they are, for instance, in the bus, or let the ladies go first if you open a door..

We like to share what we eat, and it might be rude to refuse these invitations. If you are snacking something you have bought (cookies, candies, sodas, etc) for sure people around will expect you share a little bit with them. The same will happen with your hostfamily. Do not forget to do it!

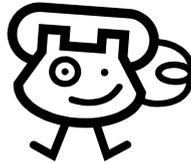
MORE TO KNOW

“MAGIG WORDS”

Say “por favor”(please) and “gracias” (thank you) at all times- those words never go out of style. Saying “Buenos días” (good morning), “Buenas noches” (good night), “Hola” (hello) and “chau ” (good bye) is also a courteous expressions that will open a lot of doors for you.

CLEANLINESS

Keep yourself clean and dressed accordingly. **To take a shower daily and the use of deodorant is a must.** Do not stay in the bathroom too long, and be conscious of the needs of the rest of your family.



MORE ABOUT THE USE O PHONES

Telephone services in Peru are very expensive, as it's every where, so please don't stay on the phone for too long. Every phone call is charged!. A good idea to avoid argument on the subject is to use the phone to just arrange meetings, and then do all the talking in person. Long distance phone calls are suggested to be done on public phones.

Cell phones are offered by two main companies: Claro & Telefonica. Please find more information through the AFS local volunteers.

PRIVACY

Our sense of privacy is very different from other cultures. You may wish to stay alone locked in your room reading, writing letters or just listening to music. However, this attitude may lead your host family to understand that you have some problem or that you don't appreciate their company. So, please, don't stay locked in your room while the rest of the family is together somewhere else in the house. For instance, if your family gathers to watch TV after dinner, stay with them, even if you do not understand it at all. You will learn at least one more spanish word! Try to join your family in every possible occasion.

Last but not least, never take things for granted. Show your appreciation for the things your family do for you. A smile doesn't hurt!

BEING AWAY FROM HOME

You will run into a number of people here in Peru who may know nothing or very little about your country. Some may have very strong views on your country and its politics, others may have very naive conceptions about how you live at home. You may even run into prejudices due to lack of knowledge within your host family. It is most important that you don't take things personal They are not directed at you, but they reflect a lack of knowledge or a misunderstanding of facts. Feel free to tell people how things really are.



TRANSPORT

There are different ways of transporting your self in Peru, but always look for advise from your natural family and/or the AFS local chapter. .

Big buses: Not many in small cities, but they run in Lima, the capital city of Peru.

“Combis”:or Vans: They are all over. They may take you everywhere.

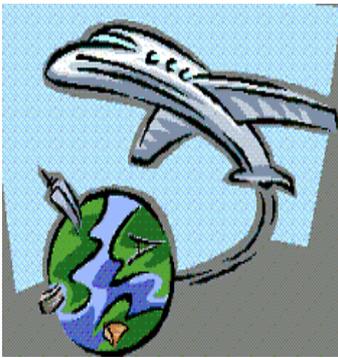
Mototaxis; They are very popular in small towns. They are basically motorcycles.

Transportation in cities different than Lima, is always cheaper.

FARES

Public Transport in Combis in Lima	:	S/. 1.50 average
School ticket fare	:	S/. 1.00 average
Public Transport in Combis in other cities	:	S/. 1.00 average
Taxi in Lima (in the same district)	:	S/. 6.00 average
Taxi in Lima (from one district to other/s	:	S/. 8.00 to S/10.00
Taxi in other cities	:	S/. 3.50 average

AFS will reimburse you this expense after reporting in detail, every three months, to the AFS National Office.



TRAVELLING RULES

The aim of this program is that you become a part of our culture and not to be just a tourist who will only see the surface of things. In general traveling is limited.

1. Trips with host family/school/university:

Trips with a host parent and a sibling are allowed, as long as they don`t interrupt your classes. Also school or university trips are allowed. Please inform the AFS chapter about these trips and leave an address and telephone where you can be reached in case of an emergency.

AFS considers a hostfamily trip when two members of your hostfamily are included: one of the hostparents and a sibling.

2. Guidelines for an independent travel

AFS may allow independent trips only during the school or university vacations up to 15 days, during the second school or university semester.

Requirements:

All school and university participants need to consider the following requirements, despite their age, we mean, all participants, included adults, who are 18 or older.

1. Authorization from the Local Chapter President
2. AFS Waiver form for independent travel signed by natural parents at the AFS Sending Country..



3. A detailed travel plan, dates, places to visit, lodge info, contacts´ phones, including transportation means. AFS will not authorize trips using non formal transportation such as: non registered buses, boats or tours by isolated rivers, etc.
4. If the AFS participant is minor (under 18) he/she will need to be accompanied by an adult. This adult person will need to be authorized by the natural parents through the National Office of the Sending country, however the local chapter reserves the right to evaluate the convenience of a proposed companion.
 - 4.1 An adult AFS participant can´t be the companion for a minor AFS participant. The AFS participant should complete this procedure, **at least**, two weeks prior to the date of the trip as the AFS local chapter needs to check of all the requirements have been fulfilled

You will not be allowed to skip classes for travelling purposes.

If an AFS participant travels without the required authorizations, he/she will be sent home. AFS expects the AFS students manage themselves with responsibility and maturity avoiding this painful and uncomfortable situations.

1. Natural family or friend visits

Please remember, hostfamilies agreed to host one student: you, but they are not obliged to host visits of members of your natural family or your friends as well. You will place them in a difficult position. AFS Peru doesn´t recommend this visits, however if your natural family and/or friends still wants to visit, AFS Peru may allow this visit only during the last month of your AFS Program in Peru. Please contact the AFS office in your country first. AFS Peru will not authorize independent trips with unexpected visits.

THE AFS RULES ARE

1. No AFS student is allowed to hitchhike.
2. No AFS student is allowed to use drugs.
3. No AFS student is allowed to drive motor vehicles.

THE AFS NATIONAL OFFICE

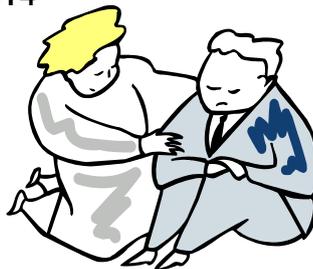
The National Office is located in Lima and is open from Monday to Friday from 0900 to 18:00. You can write or phone us at:

Av. Javier Prado Este 596 - Oficina 302

San Isidro, Lima 27, Peru

Telephone: 51.1.6527432 - 51.1.4410314

Fax: 51.1.6381872



EMERGENCY NUMBER: 999 850 227