



EDUCATIONAL
TOURS



Service Learning in Peru

Facts, tips and local info

Your guide to Peru

To prepare you for your upcoming Service Learning Tour, we've put together a list of everything you'll need to know about the country you'll be working in. Take some time to read all about the people and places you'll be visiting, as well as a bit of what you can expect once you're on the ground.

> Rough Guide

Capital: Lima
Language: Spanish
Dialing code: +51
Population: 40 million
Currency: Nuevo sol

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Everything you need to know

Passport and Travel Documents

To enter Peru, all U.S. visitors must have a passport that is valid for at least six months after the expected return date. No visas are required for entry into Peru for U.S. citizens. All non-U.S. citizens should contact their appropriate embassy regarding visa requirements. For a list of embassies, please visit embassy.org. If you have a student identification card (preferably with a photo), please also bring this, as certain entrances require student identification.

A group passport list is required for this tour due to the internal flights and entrance to Machu Picchu. The completed passport list needs to be provided to us no later than 110 days prior to the tour.

Weather

The climate varies according to the area you are visiting. On the coast, winter lasts from June to October. During this period, the mountainous areas are often sunny during the day but can be very cold once the sun sets. So, it's important to dress in layers. Heavy rains in the mountains and jungle last from December to April. It rarely rains in Lima or on most of the coast. Please check weather.com for your destinations and travel periods.

Dress/Packing

Depending on the time of year you are traveling, your packing list will vary. Light layers are recommended during summer with much warmer clothes worn in upland areas, especially at night. Heavier layers are recommended in the winter months, which is from June to October, but it will get cold in the higher altitudes at night year-round. Comfortable walking shoes and a light jacket are best for sightseeing.

You will be outdoors and working hard during your program, so bring clothing that you don't mind getting dirty. We require that you bring long pants, work gloves, and sturdy running shoes or hiking boots. Out of respect for the local culture, please dress conservatively during your service project. You are not allowed to wear tight or revealing clothing, shorts above the knee, tank tops, leggings, or yoga clothes as these can all be seen as disrespectful in Peru. You should also bring sunscreen, a water bottle, sunglasses, insect repellent, and travel-size toilet paper.

For the transfer and overnight in Aguas Calientes/Machu Picchu, you are only allowed to bring a school-sized backpack which can't weigh over 11 lbs. Other luggage will remain in storage until you return from Machu Picchu. Also make sure to bring a small day pack that can fit in your backpack to store food, water, passport and jacket. For those going to Lake Titicaca, electricity is limited and storms can cause outages, so make sure to also bring a flashlight.

Currency

Peru's currency is the nuevo sol. Bills are issued in denominations of 10, 20, 50, 100 and 200 nuevos soles which

are very colorful and easy to distinguish. Visit xe.com for more currency information. Not all ATMs will work with American cards, and ones in the bigger cities are more likely to work. Credit cards are accepted throughout but not every merchant will have the technology. American money can be used throughout Peru as well. If you do use U.S. dollars, the bills should be crisp and not marked in any way. However, you should only use local currency at local markets.

Spending Money

It's always a good idea to bring spending money for optional excursions, free time activities, souvenir shopping, lunches, and snacks. We recommend bringing \$30–\$60 per day.

Tipping

It's customary to tip your Tour Director and bus drivers as a token of appreciation at the end of the tour. We recommend:

- \$6 per person per day for the Tour Director
- \$3 per person per day for the bus driver

We recommend using U.S. dollars for tipping and we suggest you present it to your Tour Director/bus driver in the provided envelopes. Bills should be relatively new, and free of marks, writing, rips, or heavy creases.

Donations/Gifts

Out of consideration for the whole community, we encourage you not to give gifts individually to local children or families. If you would like to donate something, we ask that you contact your Tour Director who can provide guidance on if any supplies are useful to the community or partner organization at that time. Your Tour Director will then properly distribute the items to the organization you will be working with.

Phone and Internet

If you plan to use your personal mobile phone on tour, contact your wireless provider to see what fees you may incur for calling, texting or using data abroad. However, keep in mind that not all sites have cell service, and Wi-Fi may not be available at all hotels. We strongly encourage travelers to focus on the tour and their immediate surroundings while they are abroad, rather than being distracted by things happening at home. In our experience we have found that disconnecting from the internet, phones, and tablets enhances the experiences.

Vaccinations and Health Precautions

For information on necessary vaccinations we strongly recommend that you visit cdc.gov or consult your physician for the most updated information. Travelers should be aware that this itinerary will visit places at high elevation and should therefore discuss the potential effects of high altitude with their physicians (especially travelers with heart conditions or high blood pressure).

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What to expect on your program

Tour Director

Your Tour Director is responsible for all the logistics on your program and ensures that the travel experience goes smoothly. They are all professionally trained to anticipate the needs of travelers like you. They also have an extensive knowledge about the communities and projects.

Service Projects

EF works in collaboration with local organizations that have established partnerships with different communities. You will receive the exact name of the local organization and community you will work with closer to your departure date.

During your time at the service sites in Peru you can expect to be working on projects such as: digging foundation, mixing concrete, pouring concrete, making bricks, raising walls, laying bricks, painting walls, building staircases, building ramps, creating gardens, sawing wood, shaping re-bar, tilling the ground for crops/garden, harvesting crops, planting trees, smoothing and sanding walls, painting, etc. Specific projects will be determined based on community need and may change up to days before your arrival.

You should expect to be outside for most of the day and that the work is quite physical. While on the service site, your Tour Director will give you thorough instructions on the use of equipment, show you what protective gear should be worn, help you with construction, provide support and schedule rest times and water breaks. Some necessary gear will be provided on site, but you should also reference the packing list to make sure you bring the right clothes and shoes.

Accommodations

Hotels in Peru can vary quite a bit in style from larger, modern Western-style hotels to smaller hotels with less than 30 rooms (applicable to Aguas Calientes/Machu Picchu). The hotels in Lima are generally American style hotels that are typically located in the tourist area of Miraflores. The hotels in Cuzco and Sacred Valley are commonly family-run or smaller residences that have a rustic feel to them. The hotel in Aguas Calientes is very basic but centrally located in the town. The hotels in Aguas Calientes are very basic but centrally located in the town. Students under the age of 20 will share rooms with two or three other travelers of the same gender in rooms that contain single or shared double beds, or a combination of the two. Students may share rooms with students in the tour group who are not from their own school. Adults will share twin rooms with other adults of the same gender. Adults may share rooms with adults in the tour group who are not from their own school. Groups may not all be roomed next to each other and may be on different floors, and some hotels may be located outside of the city center. In Lake Titicaca, the accommodations will be with the community on the shores of the lake.

Travelers will all stay in groups of two in housing on the property of individual families, and all accommodations have private baths. There may not be access to hot water in this location. Many hotel and public bathrooms have old plumbing and ask that you dispose of toilet paper in waste baskets rather than flushing.

Transportation

Travel will be by modern, air-conditioned buses, and all transfers are between 2-3 hours in duration. Flight transfers are necessary between Lima and Cuzco due to Peru's geography. The train to Machu Picchu is around 2 hours. For those going to Lake Titicaca, the bus transfer is between 8-10 hours.

Food/Water

The primary ingredients found in nearly every Peruvian dish are rice, potatoes, chicken, pork, lamb and fish. Peru's unique variety of climates and landscapes has helped make Peruvian menus some of the most diverse in South America. Such geographical variety gives Peru distinct culinary regions that are divided into coastal, mountainous/highland and tropical. Breakfast and dinner are included daily. For lunches, the average cost of a meal will be approximately \$5-7 dollars. Tap water is non-potable in Peru. Bottled water will cost \$1-2 dollars. We recommend that you use bottled water for teeth brushing.

Photo Policy

In order to ensure photos are not exploitative or disrespectful of the community, we ask that you only take photos of people who have a relationship with the non-profit you are serving, and only after obtaining their permission.

Your Tour Director will let you know when it is appropriate to have your camera out, and there will be plenty of opportunities for you to take photos and highlight key moments on your program. We just want to ensure that wherever we go, we are treating people like people—not like scenery.

Safety

Always inform your Tour Director if you should need to break away from the group at any point. Store valuables in hotel safe deposit boxes and refrain from carrying large sums of money or wearing valuable jewelry. Please be sure to read EF's Safety Handbook.

Service Learning Global Ambassador Code

In order to provide an enriching experience for student travelers, we ask that everyone adhere to a simple code of conduct.

Student travelers should act as global ambassadors for their country, their school, their home and their family. Throughout the EF Service Learning experience, they will be guests in a foreign community and culture, and should act accordingly to not only deepen their experience, but also make a positive impression on the host communities.

The code for student conduct reflects three significant priorities:

1. That volunteers stay safe and healthy.
2. That volunteers maintain and enhance the positive reputation our local partners have in the communities where we work.
3. That volunteers positively represent themselves and their home culture through their behavior and interactions with local community members.

To maintain the safety, health and respect of our volunteers and program, student travelers are asked to agree to:

- Not smoke
- Not drink alcoholic beverages
- Not swear or use foul language
- Not use recreational drugs
- Not be involved in romantic public displays of affection
- Respect the quiet time as set by the Tour Director/Community Representative
- Not drive or ride on a motorized vehicle/motorcycle other than EF provided transportation
- Not give gifts or money directly to the children or people in the community
- Abide by the EF dress code
- Follow the instructions of the Tour Director and local support staff

By acting as global ambassadors, student travelers will not only leave a positive and lasting impact on the local community, but will return home having had a more meaningful experience, as well.

