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## Peru Support For Disabled Children

Adventure



Relaxation



Culture



**Trip Name:** Peru Support For Disabled Children    **Trip Code:** PEDC    **Duration:** From 14 days

### Trip Highlights

- Hanging out in Cusco- a backpackers Mecca as the gateway to Machu Picchu
- Making a real difference to the lives of Peru's disabled children
- Discover the history of Cusco
- Seeing the difference that your help can make to these children's lives.



### Overview

One of the Peru volunteer opportunities available to you, is this massively rewarding project that involves helping wash, feed and look after children with mental and physical disabilities, and, if you wish, getting involved in their lessons. Great whether you have care experience or just want to make them smile.

This is one of our most rewarding and popular social projects in South America, spend time working with physically and mentally disabled children and help them strive to shape a better life for themselves and for their future.

### Destination Info

This fascinating country borders Ecuador, Colombia, Brazil, Bolivia, Chile and the Pacific Ocean. Comprised of three distinct regions, the wide Andean mountains in the north, a narrow coastal belt running down the centre, along the Pacific Ocean, and the deep Amazon rainforest in the south. Although the coastal belt is a desert, that is where most of the population lives.

The project is based in beautiful colonial Cusco, 5 minutes from your accommodation. Cusco is the undisputed archaeological capital of all the Americas, as well as the continent's oldest continuously inhabited city. Tourists

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flock here on a daily basis for its culture, history and because it is the gateway to the infamous Machu Picchu.

## Itinerary



There is no set itinerary; your own individual schedule will be drawn up for you when you are at the project. It'll be based upon the school's particular needs together with your preferences.

You will normally be required on weekday afternoons, as children attend school each morning, though you can choose to help during lessons. There will be a minimum hour commitment, though any extra time you feel able to give will be highly appreciated. If you would like to work in the mornings as well then help is needed teaching basic maths, Spanish, speech, and games.

Volunteers are more than welcome to bring any additional ideas or skills and incorporate these into the lessons.

Help is usually needed in the infirmary, where responsibilities will include: washing, dressing, feeding, and playing with children. Professionals trained in physical therapy and speech therapy assist in the more specialist areas.



To help you get the most out of your Peru volunteering experience, you'll receive 10 hours of Spanish language lessons depending on your level of Spanish at the beginning of the programme. During your orientation at the beginning of your programme, you'll be asked to take a written and spoken test with the local coordinators so that they can grade your level of Spanish. If you have less than an intermediate level of Spanish, then you will be given five two-hour language lessons during your first week at the programme, either in the morning or afternoon to fit in with your volunteer project. This is a great way to really help you with your language skills and allow you to make the most of your time away and your volunteer experience in Peru.

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For those who are already of an intermediate or higher level of Spanish, you won't be required to participate in the language lessons. Instead you will be able to spend the additional time during your first week at your volunteer project.



Why not extend your time in Peru and tag on our 4 week Peru Experience and explore more of what this enchanting, mystical and incredibly friendly country has to offer. Most famous for its Inca heritage and fascinating history, there is so much to experience in this amazing country, it's impossible to see it all in one trip but you can experience some of the true highlights in our Peru Experience – spend 4 weeks exploring Peru as well as having the opportunity to give something back and lend a hand at our wonderful community projects in the vibrant town of Cusco!

For more details on the Peru Experience, follow the link below:

[Peru Experience](#)

## Accommodation

Our volunteer apartment is around five minutes walk from the language school and many volunteer projects. Living here gives you an opportunity to live independently and come and go from the project as you wish.

You will be allocated a shared room, however, you can request a private room for an additional cost if you'd like – you will always share a bathroom, kitchen and living room with other volunteers.

Please note there is a \$50 damage deposit on the apartment

## Programme Services and Facilities

### Internet

You will find Internet cafés located throughout Cusco. An hour's connection should only cost you the equivalent of around \$1.

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## Telephone

You will find public telephones throughout the city and these usually operate with a phone card, which you can purchase in shops and kiosks. Make sure the phone card you buy allows international calls.

Depending on your network, your mobile phone may or may not work in Peru. If it does, please be aware that in many areas you may not always get a signal. It may be worth taking your phone with you and buying a pay-as-you-go SIM card when you arrive, or getting a Real Gap SIM before you depart, to enable you to call and text cheaply. Before you depart, please ensure that your mobile is set up with international roaming and unlocked, so that you can use a pay-as-you-go SIM while you are away.

The international dialling code for Peru is +51. To place an outgoing, direct dialled international call, dial +44 for the UK followed by the telephone number. For example to call Real Gap dial +44 1892 516164.

## Laundry

You will find laundrettes in the city. Some volunteers find it easier to take travel wash and just wash essentials by hand as and when necessary.

## Meals

Please note that meals are not included during your stay in the apartment. Many volunteers take it in turns to cook meals or simply eat in restaurants, which is very cheap by Western standards. The bargain hunters amongst volunteers can find a two course meal for as little as 30p in Cusco, with a drink included! You will be given a key for the apartment so you can come and go as you please.

## What's Included

- Airport pick-up in Cusco
- Volunteer placement
- All accommodation
- Full orientation
- Extra activities
- On-site support
- Access to 24-hour emergency assistance in the UK



## What's Not Included

- International flights
- Internal connecting flight from Lima to Cusco
- Overnight stay in Hotel Carmel, Lima
- Meals
- Travel insurance
- Return transfer



## Is This Trip For You?

You may be the only volunteer at your chosen project at any one time. However, you will still have the full support of your in-country team and those at the project. If you are looking for a group volunteering experience we have plenty of options for you to consider.

## Additional Information

### Orientation

On your first day of the programme you will have a full orientation with our onsite staff. They will take you around the city and help to answer any questions you may have in your orientation. During the orientation our staff will run through the following:

- An introduction to Peruvian culture and values
- Your health and safety whilst in Peru
- Money and transportation in Peru
- An introduction to the area where you will be living
- Local food and practices
- Areas of Peru worth visiting in your free time

You will be shown around the project and its facilities and a personal schedule will be drawn up for you, determined by your preferences and the centre's needs.

## What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore you may not need all of the listed items on your travels.

## Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Cash for airport departure tax
- Proof of inoculations (please speak to your GP about necessary immunisations)

- Guidebook on country – recommended Lonely Planet or Footprints

## General

- Camera / Film / Batteries
- Notebooks and pens, diary
- Torch / Extra Batteries
- Sunglasses
- Pocket-knife (comes in handy for general use – please do not pack in your hand luggage!)
- Water bottle – at least one litre
- Day pack/rucksack for everyday use
- A 3-Season Sleeping bag (especially useful when on weekend excursions)
- Mosquito Net (if required)
- Personal enjoyment - books, cards, music, to enjoy with your fellow volunteers etc.
- Personal toiletries (deodorant, soap, shampoo, toothbrush etc)
- Spanish dictionary, verb book etc

## Clothing

- Hat
- Comfortable walking shoes
- A pair of thick socks for walking
- Sandals
- Waterproof Jacket
- Fleece/pullover (for cool evenings)
- Long trousers
- Warmer clothing for winter
- Swimwear
- Towel

## Medical Kit

- First Aid Kit (ex. Antihistamines, Anti- diarrhoea tablets, headache tablets)
- Personal Medication
- Sunscreen
- Mosquito and insect repellent

## Minimum Age

Minimum age 17 years with parental consent, maximum decided on health and fitness of participant.

## Minimum Numbers

There are no minimum numbers on the trip.

Please note: you may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us

## Flights

If you have added the Lima arrival package to your booking, you should arrange your flight to Peru to arrive at Lima Airport on Saturday (shown as your programme start date). If you are making your own arrangements to arrive in Cusco, you should arrange to arrive at Cusco airport on Sunday (your programme start date). Your return flight from Lima should not be arranged for any earlier than 5pm on your programme end date.

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To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your Online account, or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

**Please note:** If you are flying to Peru via the USA you will need to obtain Travel Authorisation by registering online through the Electronic System for Travel Authorisation (ESTA) no later than 72 hours before departure. This is compulsory and will cost USD\$14 to register. To register, please visit: [www.esta.cbp.dhs.gov](http://www.esta.cbp.dhs.gov)

## FAQs

1. **Do I need experience to work with the children?**

No previous experience is required, however you must have the ability to be pro active to help the children (and an enthusiastic and friendly character is a must!).

2. **Do I need to speak Spanish?**

It would help if you could speak Spanish as you will be able to communicate with the children so if you have time we suggest doing our language school first. If you do not have time, then don't worry as the centre will be more than happy with the extra help.

3. **Can I travel around at the weekend?**

You are free to roam at the weekends! There is plenty to do, your coordinator will be able to offer you the best advice.

4. **Can I go with my friend?**

Yes, as long as you give us plenty of notice that you are travelling with a friend, we can make sure you are in the same accommodation.

5. **Can I take supplies with me to give to the class?**

Yes, the project would be most grateful. If you're not sure what to bring, then we can tell you what is needed at that time.

## Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

## Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

## Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

## Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

## Money Matters

The currency in Peru is the Nuevo Sol (PEN, symbol S/.), which is divided into 100 Céntimos. Coins come in denominations of 1, 5, 10, 20 and 50 Céntimos and 1, 2, and 5 Nuevos Soles. Notes come in 10, 20, 50, 100, 200 Nuevos Soles.

While Peru's close proximity to North America means that US Dollars are widely accepted at most establishments in Lima and some large country towns, it is advisable to have some local currency to pay for transportation or goods at smaller establishments.

Credit cards such as MasterCard and Visa are accepted in Lima and most tourist areas, though use in less commercial areas may be limited. This is also true of ATM machines or 'Cajeros automáticos'. ATMs commonly dispense both US Dollars and Nuevos Soles and usually charge for using international cards.

Meal, Inexpensive Restaurant \$5.00  
Domestic Beer (0.5 litre draught) \$1.38  
Coke/Pepsi (0.33 litre bottle) \$0.67  
Water (0.33 litre bottle) \$0.60

(Prices quoted in US Dollar)

## Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.



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Citizens of the European Union, the USA, Canada, South Africa, New Zealand and Australia will be issued a Tourist Visa on entry for stays of up to 90 days. For longer stays and visa information for other nationalities, please consult your nearest Peru Embassy or High Commission.

## Cultural Considerations

### Greetings

Pleasantries are taken seriously in Peru. It is simply polite to always say “Buenos Días” upon entering a building or when meeting somebody, and to say “con permiso” when leaving or passing someone. You should address people in the polite “usted” form and show additional respect for older people. If you know the person then it is customary to shake hands or kiss in greetings. Any kind of conversation is usually preceded by small talk, and being able to speak at least basic Spanish will go a long way with the locals and demonstrate your keenness to fit in.

### Gestures

Many gestures are used in Peru. A common one is the lifting of the chin to indicate "up the street" when giving directions, and the lowering of the chin to indicate "down the street" – a useful one for any traveller! Body language is considered an integral part of daily speech in Peru and, as a foreigner, it may be hard to understand. It is important to remember that as a general rule, Peruvians tend to be physically closer than other cultures and greetings generally involve a lot of body contact.

### Saying “no”

A Latino always wants to help you and it's considered impolite to say 'no' or 'I don't know'. Whatever you ask, always expect to get an answer, even if it is not correct. The best thing to do is to ask three different people the same question and if you always get the same answer it's probably right!

### Religion

Peru is predominately Roman Catholic. The indigenous population often blends Catholicism with their traditional beliefs. Religion is an important part of life in Peru, and we would urge that you be respectful at all times in and around places of worship. Do not be surprised to see individuals crossing themselves when passing any object of religious significance or reciting religious adages at appropriate times.

### Clothing

It is important to remember, especially for female travellers, that the kinds of clothes you feel comfortable wearing in your own country may not be an acceptable form of dress in Latin America. Short skirts for example, will invite unwanted attention. Just use your common sense and adapt your style in accordance with your surroundings. Often in churches you will be required to cover your shoulders and knees. Cover up for your own safety, and in respect of the local culture and customs.

Peru can have very cold mornings and evenings, but then may get warm during the day. Therefore we advise that you pack a selection of lightweight clothing than can be layered. It is advisable to always carry a jumper or jacket with you. Always bear in mind the activities you will be doing when you are packing, both at the project and socially.

## Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in Peru and readily available. However, please respect others. Smoking is not permissible in shared rooms or host family homes. Drink in moderation and don't let it impact on your full itinerary. While we want you to have fun in your free time, antisocial behaviour will not be tolerated on the programme.

It is absolutely forbidden to bring drugs into Peru. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, Peru has very strict rules when it comes to the possession of drugs. All drugs, including "soft" drugs like marijuana, are ILLEGAL. Please do NOT use any illegal substances whilst travelling – it is not worth the risk and is not acceptable on the programme.

## Tipping

A 10% tip is customary at restaurants and hotels and is usually included in the bill. Tips are not necessary (but always welcome) in small restaurants or for taxis. Hairdressers expect 20% and a couple of dollars is normal for airport/railway porters.

## Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

## Safety

Unfortunately, tourists are often targets for pickpockets and thieves. Please educate yourself about South America and Peru in particular, before you leave, so that you can be alert to all types of situations. Safety guidelines will be covered in detail at your orientation session upon arrival but please familiarise yourself with the following general travel safety rules.

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them
- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt
- Carry only as much cash as you think you will need for the day
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight, especially on public transport.
- Before swimming, ask how safe the area is
- If you wish to travel independently around Peru we advise you to make use of the services of a reputable bus company.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian

customers please see the relevant links below;

UK: [www.fco.gov.uk](http://www.fco.gov.uk)

USA: [www.travel.state.gov](http://www.travel.state.gov)

Australia: [www.smartraveller.gov.au](http://www.smartraveller.gov.au)

## ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

For more information on travelling in Peru we suggest you purchase a Lonely Planet or Rough Guide.

## Language Guide

Both Spanish and Quechua are the official languages of Peru. Many indigenous dialects, such as Aymara, are also spoken. Here are a few basic Spanish phrases that should help you get by during your trip. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Hello - *Hola!*

Good day - *Buenas dias!*

How are you? - *Como estas? ('Como estas usted?' if you need to be extra formal!)*

Goodbye - *Adios*

Please - *Por favour*

Thank you - *Gracias*

I don't understand - *No entiendo*

I don't speak Spanish - *No hablo espanol*

Sorry/excuse me - *Lo siento*

Where is...? - *Donde esta...?*

The bill please - *La cuenta por favor*

## Food & Drink

As with many countries in Latin America, lunch is the main meal of the day in Peru. Be aware that tax and service charge is added to the bill at restaurants. Here are some of the typical dishes you will no doubt come across during your travels.

- Fritos - fried pork or "chancho"Cancau - tripe, potatoes, peppers, parsley served with rice
- Ceviche - raw fish, shrimp etc. marinated in lemon with onions, red peppers
- Parinada - popular bouillabaisse with yuyo de mar (a tangy seaweed)
- Anticuchos - hearts of beef with garlic, peppers, cumin, vinegar on a skewer served with a potato at the top
- Á la Huancaína - sauce made with eggs, milk, cheese, served with a meat or potato dish
- Carne en adobo - cut and seasoned steak
- Ollucus con charqui - A kind of potato with dried meat
- Caus and Carapulca - potato dishes

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- Chupe de camarones - shrimp stew
- Desserts:
- Mana - almond paste
- Tejas - sugar candies
- Turrón - the Lima nougat
- Pastelillos - yucas with sweet potatoes, sugar and anise. Fried, powdered with sugar and served hot.
- Manja blanco - milk, sugar, eggs
- Mazamorra morada - deep purple pudding, made of purple corn with lemon, dried fruits, cinnamon, cloves
- Common fruits are also eaten a lot for dessert - bananas, citrus fruits, avocado, papaya, mango, passion fruit.

## Drinks

If you like beer, the Cusco and Arequipa brands are probably the best. Cristal and Pilsner are good too. Remember the alcohol content of Peruvian beer is twice as high as standard beers!

Pisco sour is a drink made from the national grape brandy, lemon juice, sugar, egg white, nutmeg - this is a potent mixture!

Other common drinks include:

- Guinda - sweet cherry brandy
- Aguardiente - sugar cane alcohol
- Chicha de jora - corn beer (usually homemade)
- Chicha morada - softdrink made with purple maize.
- Some of the local wines are OK - i.e. the Inca wines Tacama and Ocucaje.

## Public Holidays

To view a list of the public holidays for Vietnam, please see the link below:

<http://www.timeanddate.com/holidays/peru/>

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. Many schools, government offices, stores and banks are closed on National Holidays. Please note that there may be slight date variations for some of the holidays each year and that the list is not exhaustive. The Peruvian Government have been known to introduce new bank holidays or commemorative days at short notice.

## Weather

Peru's climate has two main seasons; wet and dry, though weather depends greatly on the geographical region. The country's climatic zones can be roughly divided into the tropical Amazon in the east, the dry coastal desert of the west and the Andean mountains in the centre, where temperatures can dip below freezing! The rainforest is unsurprisingly the wettest and most humid area with the drier months between June and September. The best time to visit the mountains is in the dry season between June and August while the coast rarely sees any rain, getting particularly hot between December and March.

## Time

Five hours behind GMT (January to April, four hours behind GMT due to daylight saving).

## Electricity

In Peru the electric system is 220 Volts and frequency 60 Hertz. If your device does not accept this voltage you will need to bring an adapter.

Outlets in Peru generally accept 2 types of plug:



## Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

## Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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