

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



The Official Newsletter of Projects Abroad Peru

September 2011

Issue No: 46



What's Inside...

Editor's letter	2	Feliz Cumpleaños	10
Peru Inside Out	3	Social Media	11
Peru: Hot Spot	4	Cocina Peruana	12
Spotlight on a Volunteer	8	Introducing...	13
Volunteer Story	9	Monthly Diary	14

Editor's Letter

Welcome to our September edition of Musaq Chasqi: our newsletter updating you on all our projects and recent events from Projects Abroad Peru.

We discovered last month the Inti Raymi Festival and its tribute to the God Sun. This month you will find out more about the tribute to the Goddess Moon, Killarumiyoc.

Also, we will know more about Jacinta Cox, a Teaching volunteer, and her time in Peru. Rebecca Smith, a Care volunteer from England, will answer my questions and share her experience with us.

Projects Abroad has its very own Twitter page up and running. Visit our Twitter page if you want to know more about the news and updates http://twitter.com/Proj_AbroadPEUR

We will go for a trip to the national park of Manu and its amazing jungle. We will also find out more about the village of Lares and its thermal waters.

For those who like cooking, I have no doubt you will enjoy making a yummy typical Peruvian dish "Aji de gallina". As always if you have any volunteer stories, photos or articles you want to be included in our newsletter, please send to jorgeespinoza@projects-abroad.org. Also, any comments or suggestions are always welcome.



Killarumiyoc / Tribute to the Moon Mylène Lauberge

After the monthly social event organized for Inti Raymi (Sun Fest) it was then logical to organize another monthly social event to help the volunteers discover Killarumiyoc (Moon Fest). It happened on Sunday 28th.

The ceremony took place in the archaeological Inca zone belonging to Ancahuasi, a village located in the province of Anta, about 20 minutes from Cusco. Just like Inti Raymi, Killarumiyoc is a very important celebration, not just because it pays tribute to the moon goddess but also because it is the last Inca celebration of the year.

In Quechua Killarumiyoc means “stone of the moon”. Officially discovered in 1995 the site was specially known for its sacred temple set underneath an ancient terrace system used for agriculture but also for the large rock carved representing a half moon with seven indentations. It was a ceremonial site dedicated to the worship of water but more importantly, to the moon goddess “Killa”

The meeting point with the volunteers was at 9.30 am in Izcuchaca, a village situated about ½ hour from Ancahuasi. Eleven of the volunteers came. After heading to the festival site we decided to go straight to where the main ceremony was planned so that we could pick our seats and be well situated to enjoy the show.

The first part was totally unexpected as we watched a young boy eat a live frog, a man got hit with a cactus by the same young boy and another young male put a blade down his throat.....!!!! Doing that they show how brave and strong they are to the rest of the community.

After the ceremony, we went to have some food such as Whatya, which is a traditional Incan dish consisting of cooking the food from the ground.

As the celebration was ending some headed back to Urubamba and some to Cusco.

This celebration helped the volunteers get to know a bit more about the traditions, customs and beliefs that predominated the Inca civilisation.



Peru: Hot Spot

Viaje en bici a las aguas termales de Lares /Cycling Trip to the thermal waters of Lares. Mylène Lauberge

If you are keen to combine a healthy trip to the thermal waters of Lares and a two-day downhill cycling journey, this route is for you.

It's a really fun and interesting trip as, most of the time, you will be cycling for 3 or 4 hours down a road where there are no cars as it's being fixed. This means that you will fully enjoy the awesome landscapes, llama's herds, massive birds and genuine countryside kids. You will also be surprised to be about 5400 meters above sea level without feeling the cold.

To start this route you will catch a bus on the early morning (6am) in Calca to "el abra de lares". If you arrive early enough you will get a maintenance car who will take you until the departure point where you will start cycling down. If not, you will have to walk or cycle, depending on your will, for less than ½ hour. After that you will have to pass a small hill which will reveal a slight slope and the starting point of the journey.

It will be time for you to put your helmet and gloves on and start cycling down. It's not a concrete road but it is still of a really good quality. It will take you about 3 ½ hours to get to Lares and its thermal waters. You will be asked to pay S/4 to get in and S/3 if you want to put your tent and spend the night. You can also rent a room.

Lares & its thermal waters

Lares is a spa composed of 6 hot pools (temp from 25 to 45 C°) well known for its curative properties concerning skin or bones diseases.

You can enter the site from the early morning until 10pm but once you are in you can enjoy the tubs all over the day and night if you want.

This stopover will be perfect for you to relax after a cycling day and will give you all the energy and strength you need to enjoy the rest of your trip.

The following day, you will have to catch a bus to "el abra de Lares" towards the valley of Calca. Don't forget to look for the departure time and book a seat as soon as you arrive in Lares. This way you will have sorted everything out and will be able to properly relax.

On day 2, after getting to "el abra de Lares" by bus, you will cycle down for 3 or 4 hours until you arrive at Ancashmarca, which are Inca ruins.

Either you stay there, put up your tent and spend the night, or you can go down the hill and settle by the river to stay overnight.

If you decide to stay on the ruins, do not light up fire and respect the place as it's an archaeological site.

In case you want to go down the hill make sure there is still enough light. This way you can take your time without rushing as the path may have some tricky parts.

You will start day 3 by following down the river for roughly 3km. This is the most difficult part of the day as the path is narrow and dotted with stones. You will enjoy a totally different flora and fauna from what you have seen for the previous 2 days.

After about 40 km and 3 hours cycling you will get back to Calca.

From there it's up to you, either you catch a bus and go back to your place or you can keep cycling through the Sacred Valley and pass by its numerous picturesque villages.

Handy tips:

Don't forget to bring along

- A coca leaves bag, it will be a great help for you to get over the altitude sickness.
- A necessary kit in case of a puncture
- Lipbalm and sunscreen
- A camera with a good memory capacity

Keep in mind that you are into the wild, so do not leave anything behind but foot and tyre prints...☺



Amanecer en Tres Cruces y caminata en la selva / Sunrise at Tres Cruces y trek into the Jungle.
Mylène Lauberge

This trip is a combination of one of the most amazing sunrises you will ever see with an eight-hour trek through the jungle.

You will start this trip by going to Paucartambo, a village of the Calca province. To get there you will have to get a bus from Cusco. Five buses head to Paucartambo every day. The fare is really cheap as it will only cost you about S/8. It will take you roughly 4 hours to get to Paucartambo. This small village is the departure point to Tres Cruces. Once you arrive, look for a cab that will agree to take you to Tres Cruces on the morning after. Do not pay more than S/20 per person to get there.

Paucartambo is an authentic and quiet Peruvian village. Its yearly big celebration is during the "Fiesta de la Virgen Carmen" taking place on the 14th, 15th and 16th of July. If you are around during this time, don't miss it, as it's one of the most popular celebrations in Peru (see the newsletter from August).

Depending on what time you get there, take time to wander the white walls and blue doors streets or the river bank. The best and cheapest way to know about Peruvian food is to go and have a dinner in the local market. Do not forget to try the really yummy "pan de azucar"....☺

About the accommodation, you won't have any problem finding a simple but cheap hostel or backpacker accommodation. The price per night and per person is about S/5.

I would advise you wake up around 2.30am so not to miss the sunrise. It takes about 1.30 to get to the watching spot. If you are lucky you will be alone.

At 3800 meters above sea level you will be above the clouds with the jungle as a background. This spot has become famous because it offers a very singular effect happening around the beginning of July. Local people say that "el sol salta", "the sun jumps". If you are lucky enough to have a cloudless sky you will have the chance to enjoy this "jumping effect".

Even if this effect does not happen the sunrise at Tres Cruces will display a large range of lights and colours.

Don't forget to dress warmly since it can be pretty cold...but it is definitely worth it.

If you are there during July or August you will be able to warm you up with a cup of tea or coffee that you will be offered in the bar-restaurant nearby.

After watching the sunrise it's time for some trekking. You will walk down into the jungle that was in front of you while watching the sunrise. To start the trek you will take the path going down on your right. This walk is not difficult but the path is narrow and dotted with stones, that is why is important to have good walking shoes. This route was the one that took the Incas to reach the jungle and escape from the Spaniards. Being situated really high in the mountains, this part of the jungle is called "la selva alta", "the high jungle". Even if it's pretty close to the park of Manu and its jungle, the fauna and flora are really different as you will be walking through loads of tunnels of vegetation. Most of these tunnels are open air but not visible from above. This route is not touristic and mainly known by local people, the nature is so preserved that at some points it feels like you are in prehistory.

If you watch carefully you may see the bird emblem of Peru, the Tunki.

You will also cross a "bosque de nubes", "wood of clouds".

The trek ends when you hit the road. From there, wait for a car or truck to pass and ask for a lift to the eco-lodge down the road. It will be the perfect place for you to chill and rest. You can also choose

to go to Pilcopata which is about 1.30hrs by car from where you will easily be able to head back to Cusco.

Handy tips:

Don't forget to bring along

- A coca leaves bag, it will be a great help for you to get over the altitude sickness.
- A camera with a good memory capacity.

It goes without saying that you are into the wild, so, do not leave anything behind but foot prints...☺ If you have a snack while trekking do not even leave organic litter as it could disturb the very fragile ecosystem.



Spotlight on a Volunteer

Name: Rebecca Smith
Age: 27 years old
Hometown: Studley -UK-
Arrival date: 21/8/2011
Town: Calca
Placement: Cuna Betiz

Describe your placement....

Basically my duties consist of looking after the small children; make them eat, clean them, play with them and watch them. I think it's a really tough job for the teacher as she has to deal with children of different ages. They are usually between 1.5 and 4 years old which demands we adapt to each kid in order to meet their needs the best we can.

I am really enjoying my placement as the staff I am working with are really friendly and caring, and the kids are so lovely.

What has been your favourite meal in Peru?

So far, my favourite meals have been fresh trout and alpaca steak. I am glad to have tried the alpaca dish as I don't think I would have the opportunity to try it in UK, my country.

What have you learnt in Peru?

My stay in Peru taught me how to accept, understand and live in a country with such a different culture from mine. Here people have been really friendly and understanding, always trying to make me feel comfortable. Also, it was really nice to meet volunteers from all over the world. It allowed me to know more about other cultures and not just the Peruvian one. Knowing that other people from foreign countries were in the same situation as me helps me to adapt to the Peruvian way of life.

What has been your favourite trip in Peru?

My favourite trip has been the day I spent in Machu Picchu. It was really exciting for me to picture myself wandering in one of the seven wonders of the new world. I was a bit afraid of being disappointed as I was expecting a lot. I was wrong. Machu Picchu is such a beautiful place that I spend hours walking the sacred site, chilling and enjoying the stunning views the place offers.

What advice do you have for other volunteers coming out to Peru?

I got to Peru with a very basic level of Spanish, which made things a bit more difficult. I would recommend the volunteers to learn as much Spanish as they can. It's really important if they want to make the best of their stay here, share their culture and find out more about the Peruvian one.

Volunteer Stories

Teaching volunteer Jacinta Cox Australia

Hola from Peru,

After living in Peru for almost two months now I have become accustomed to the general way of life in peaceful, little Urubamba. I can, however, still remember the overwhelming sense of uncertainty as I stepped off my bus and into Cusco's somewhat crazy bus terminal. It was 4.30 in the morning and the building was filled with Peruvian people, pushing and shoving their way through the crowd. Old women carrying impossibly heavy bags of vegetables and other supplies moved past each other as travel agents shouted the names of different bus companies at passersby. It was complete chaos. I can remember the relief that I felt as I spotted the Projects Abroad staff member, Joab, holding the familiar Projects Abroad sign. Joab greeted me with a friendly smile and we made our way out of the terminal to the taxi waiting outside. My introduction to Peru was interesting to say least and definitely a little overwhelming, however as we drove towards Urubamba (the town in which I would be living for the following four months) and I came face to face with Peru's stunning snowcapped mountains, I knew that I had made the right decision. The sacred valley of Peru, with its incredible mountain ranges and charming farmland truly is one of the most beautiful places I have ever seen.

During my time in Urubamba I have been working in one of the local high schools, teaching English. Each day is challenging and the students can, at times, be frustrating, however the experience has been extremely rewarding. The students have a very basic level of English which has made me feel as though my time here is worthwhile. Each day I arrive at school bright and early at 7.45 am for an 8am start. Along with the school's English teacher, I plan lessons and brainstorm new and interesting ways of helping the students to improve their English. Although I initially found the students to be quite shy, I have now noticed that by the end of each class they are usually enthusiastic and eager to participate in the day's activity. Most of the students are really proud of their achievements in English class which is really fantastic to see.

Throughout the past two months I have also enjoyed the opportunity to live with a host family and form friendships with the local people. My entire host family has been extremely friendly, welcoming me into their home with open arms. I have enjoyed every afternoon spent playing with my two host sisters and host brother as well as the many friendly conversations with my host parents. During my time in Peru I have been completely taken aback by how kind and friendly the Peruvian people truly are. It has also been fantastic to meet so many other volunteers from different countries. Throughout these past two months I have met so many lovely, friendly people who I hope I will stay in contact with for the rest of my life.

To anyone interested in having an unforgettable experience in a beautiful country I would highly recommend Peru. Although it was initially difficult to live in a country so far away from home with a culture so entirely different to that of Australia, the decision to volunteer in Peru was one of the best I have ever made in my life. I can't wait to see what the next two months hold in store.



Feliz Cumpleaños !!

We would like to send our best wishes to our staff and volunteers with birthdays in August....

Jessica Hilder – Medical volunteer – 1st September

Igor Mijavec – Inca volunteer – 2nd September

Luzmilla Villena – Mother host family – 3rd September

Fernando Del Alamo – Spanish teacher – 5th September

Johanne Engholm – Care volunteer – 6th September

Molly McCary – Medical volunteer – 9th September

Dongkook Lim – Teaching volunteer – 9th September

Sam Myers – Medical volunteer – 10th September

Isabel Richard – Care volunteer – 14th September

Sabine Bech – Teaching volunteer - 15th September

Philbert Kim – Inca volunteer – 15th September

Janice Webb – Inca volunteer – 16th September

Nicole Borchert – Inca volunteer – 17th September



Social Media

Join our Facebook group to keep up to date on the latest events, see our group photos and keep in touch with other volunteers!

Projects Abroad Peru – The Official Group

<http://www.facebook.com/groups/projectsabroad.peru>

Read our Projects Abroad Peru Blog that is updated weekly with new stories from here in the Sacred Valley, Cusco and Huyro

My Trip Blog

<http://www.mytripblog.org/pg/groups/267/Peru>

You can find all past issues of our Peru newsletter online

Musuq Chaski

<http://www.projects-abroad.co.uk/volunteer-destinations/peru/newsletters-from-peru/>

**Projects Abroad Peru – The Official Group
Twitter**

http://twitter.com/Proj_AbroadPEUR

Cocina Peruana

How to make ... **Aji de Gallina**

This is one of the most popular dish in Peru.

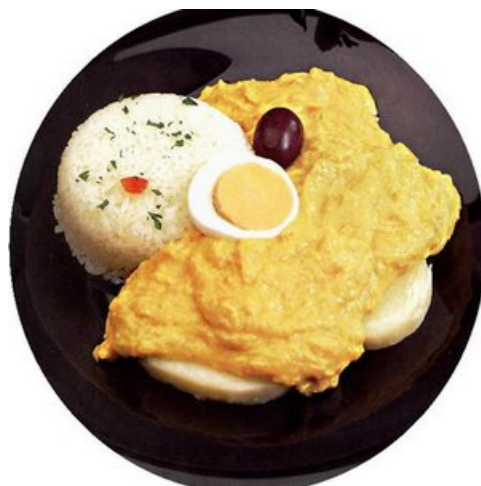
8 portions

Ingredients:

- 4 lbs chicken
- ½ cup of oil
- ½ lb. of chopped nuts
- 2 tsp ground garlic
- chilies liquidized
- 4 slices of bread
- 8 lettuce leaves
- 1 large tin of evaporate milk
- 4 oz. grated parmesan cheese
- 1 large onion finely chopped
- Salt and pepper
- 6 potatoes
- Olives and hard boiled eggs
- Boiled rice for 8 people

- Boil the chicken in salted water. Remove from bone and break into bite size pieces.
- In a saucepan heat the oil and fry the onion, garlic and chili peppers, salt and pepper to taste.
- Fry until golden and add the bread which has been soaked in the chicken broth, having removed the crusts.
- Cook slowly for 10 mins then add chopped nuts, grated cheese and chopped chicken.
- Add the evaporate milk 3 minutes before serving

Decorate the dish with a lettuce leaf, halved potatoes, eggs quartered lengthwise and olives. Serve with the boiled rice.



What's happening in September?

Festival	Description	Place	Date
Festivity of the Virgin of Cocharcas.	They worship the Virgin of Cocharcas Patroness of all Mantaro Valley, at 9 Kms from Huancayo in the district of Sapallanga. This worship offers the visitors an impressive variation of folklore shows, such as group of dancers richly dressed, popular fairs, bullfights, etc	Junin	8 to 14
"Nuestra Señora de las Mercedes" Feast	Religious feast in honor of the Juliaca's town Saint Patroness. The greatest commercial Departmental Fair. Religious folk acts	Juliaca Puno	22 to 25
Ica Tourist Week	Activities of tourist interest carried out, guided tours. Fair of wine-derived products, cultural and recreational activities. Great popular vervain.	Ica	4 th week
International Spring Festival	Trujillo becomes the capital of joy, music and songs. With the participation of beauty queens from America and Europe. Varied program includes folk show, dance contest, regional contest of Peruvian Stepping Horses, "caballitos de Totorá" (small embarkations made with straw) contests at the beach, song festival, bullfights, etc.	La libertad Trujillo	4 th week

Reminders:

If you cannot attend work for whatever reason, please let your Supervisor or the office know as soon as possible with a phone call. If you have your partner teacher's number you can also let them know.

If you are unwell and would like to see a doctor, please call the office or the emergency number and a member of staff will accompany you to a nearby clinic. We will do our best to be with you as soon as we can but whilst you are waiting be sure to keep drinking plenty of fluids (water or tea).

If you have an emergency please call.