



PERU

A taste of Volunteer

Peruvian Handbook

for the VP Perú

National Coordination



National Partners





To all the Learn Live Love team,

with love

PERU



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Peru – Lima

Travelers who visit Peru will discover that, as in very few places in the world, its past, present and future live in harmony. Ancestral civilizations, such as the ancient inhabitants of Machu Picchu, go hand in hand with the attractions of cosmopolitan Lima.



However, the tourists who visit us will easily find out that, of all these wonders, the pulse of the present is contributed by our people, our mixture of races, traditions and festivals, making Peru a country more alive than ever.

Visiting a city as old as Lima can be delightfully surprising, archeologically speaking. For instance, the Cathedral has kept the remains of the city founder for more than four centuries after his death. There is one museum where they display such things as gold earrings, two hundred mummies, and even a collection of erotic Pre-Incan pottery. Just having an underground cemetery, a hotel for celebrities, and a pyramid set near the shores of the ocean are enough to start up this time machine.

With a mixture of cultures, our identity is enriched by a great diversity of flavors. Peruvian cuisine is the result of experience, fusion and our genuine hospitality, of the satisfaction of witnessing how visitors enjoy good cooking. The marine riches of our seashore, the harmony of the Andes and the mystery of the jungle become textures, colors and delicious aromas that turn Peru into a feast of flavors.



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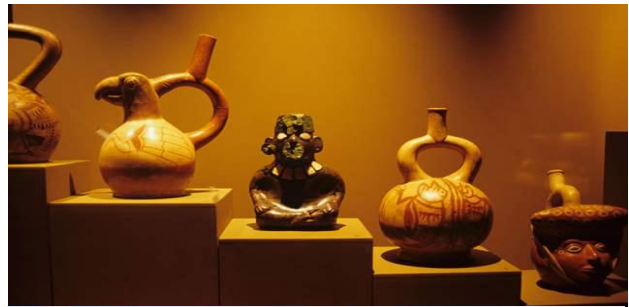
They say that this city's most attractive scenery is its dishes. Rightly said because Lima is the gastronomic capital of the Americas, uniting the many branches of Peru's national cuisine – coastal, Andean, and jungle – into a cooking style that is

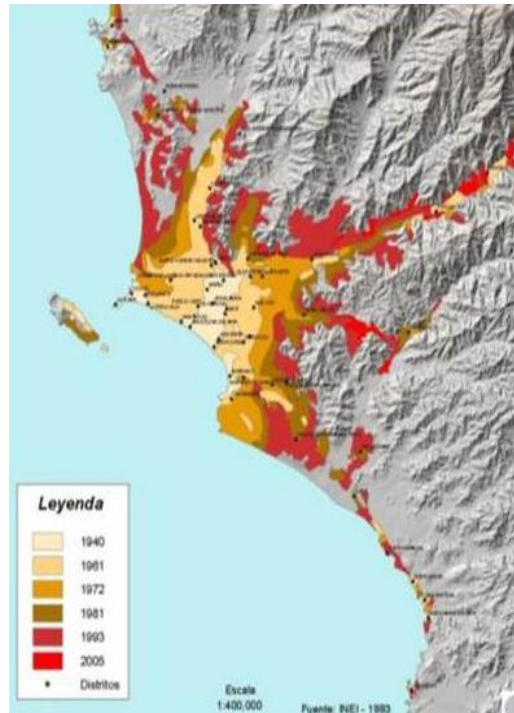
one of the most diverse and flavorful in the world. Proof of this are its seafood restaurants, where it always seems to be summer, and others that serve fruits from the land and that are gastronomic museums as well as laboratories, where chefs skillfully combine traditional and foreign flavors. Here come some appetizers for you to savor from the city that begins on the tip of the tongue.



Of the many faces of Lima, two stick in the memory: the hospitality of its inhabitants and its proximity to the Pacific Ocean. From some of its five star hotels, you can look out upon and admire the geography of the city's coastline that looks much like a half moon. Or, back on land, you can stroll along its waterfront boardwalks and through its parks and watch as people practice tai-chi, or look at the surfers come and go as they ride the waves, or fly high over the Costa Verde on a paraglider. Or, if you prefer, turn your back to the ocean and walk through the city, tour its most symbolic parks, and end up taking a shopping spree at stores located in its modern airport

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Peru and Lima's cultural diversity is also because of the internal migration, a process that has taken place since the 1940's. From 1940s to 2007, Lima's population has grown 13 times, making the city rapidly expand, holding today a third of the total Peruvian population. Most of this urban expansion has been illegal.

Due to Lima's climate, you will see families living in cardboard box houses. Lima is a desert thus water resources are scarce, mostly in poor areas. During the LLL experience, you will get in touch with these different realities and get a full glance of many social problems in Lima.

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LIMA METROPOLITANA
 Population: 8'348,403 hab.
 Surface: 281,165 has.
 Density : 30 hab./ha.
 N° Districts: 43

Volunteering in Peru

Volunteers are able to generate different kind of impacts at different social levels. Their spirit of selfless service and delivery are key features that allow them to perform many activities without self-interest and let them become important components of social development in any human environment.

In Peru, volunteers are part of different organizations that aim to work to relieve different types of problems such as social exclusion and poverty, unemployment, education, violence or environment. The official state organization for this matter is the National Volunteer Council (CONAVOL). Moreover, volunteering is implemented without organizational frameworks for specific activities at local and regional levels, for different stakeholders.



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During the last years, the country has been witnessing an increase in youth-led organizations that try to face different challenges. We have seen some results, but the lack of communication and cooperative relations between organizations are shown when trying to achieve bigger goals.



LLL Project

Creates a space for the experiences exchange between European and Peruvian volunteers. These volunteers can generate a wide contact network between youth organizations that will enable the creation of projects related to the themes of the LearnLiveLove Project.

LLL Project Peru

LearnLiveLove offers a window to create a working platform based on the exchange of experiences between European and Peruvian volunteers. Thus, different impacts intensify youth-led volunteer projects, to complement the methodologies intrinsic to them, from national viewpoints and international, from the experience offered from different contexts.

Our aim is to create a platform on which different organization can come together, share, learn and start living new experiences, facing the reality and the same troubles with a more integral development design. SWYAA – Peru will set the base for this to happen in the Local Volunteer Actions, previously to the Volunteer Project to achieve this and fully reach the objective of the LLL Project, SWYAA called on an open application to establish alliances with 3 other organizations to work together for the LearnLiveLove Project. We are happy to introduce to you now the whole LLL Peruvian team!



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Meet the team!

Ship for World Youth Alumni Association Peru (SWYAA PERU) is a non-profit organization that incorporates the former Peruvian participants of the Japanese



international cultural exchange program Ship for World Youth (SWY), sponsored by the Japanese Government. The members are part of a network of over 5,000 young people in 61 countries. Their mission is to promote the values of this program (mutual understanding, international cooperation) and to lead different activities at a local and international scale with other SWYAA from the world, to create opportunities for the development of our youth and society.



A project led by 3 student groups from the National Agrarian University; Bio UNALM, Ecos UNALM y RUA UNALM, combining knowledge from different science fields in order to conserve the lomas ecosystem in an inclusive way. The Lomas project is an investigation and conservation project for this ecosystem located in San Juan de Lurigancho

district. Also, it is a project for social inclusion by sharing knowledge with local people for them to benefit in a sustainable way of this ecosystem.

Voluntades was born in Lima in 1997 thanks to the initiative of a group of young people that were conscious of the serious economic situation and social exclusion that Peru faced. They voluntarily decided to work on this problem by designing and implementing projects that aimed to help people that most needed. Voluntades currently has 7 different projects in Lima and presence in 5 more cities: Ayacucho, Chiclayo, Huancayo, Trujillo and Puno.



CreaLab is a team that works inspired by the daily efforts made by thousands of Peruvians that direct, promote and participate in projects for social and cultural development. Their work allows us to believe that it is possible to improve the quality of life of those living in poverty, and build a better society,

based on justice, knowledge and solidarity. Un Litro de Luz – Perú is a sustainable lighting alternative that aims to find a solution for the lack of electricity and appropriate lighting for communities living in extreme poverty. The project is done with the solar bulb, plastic bottle disposal that enables light to go through the ceiling, and the team work with the community.



VP's schedule

Day 0 - October 28th

Arrivals

Backpacker's hostel accommodation

Day 1 – October 29th

Led by SWYAA Peru

Morning: Introduction to the VP in Peru / Presentations

Afternoon: Volunteer in Peru (discussion)

Evening: Welcoming dinner

Backpacker's hostel accommodation

Day 2 – October 30th

Led by SWYAA Peru

Morning: Visit to children's hospital

Afternoon: Workshop

Evening: Dinner at a Japanese restaurant

Backpacker's hostel accommodation

Day 3 – October 31th

Led by 1 Litro de Luz

Morning: Project activity: implementing bottles for lighting needs

Afternoon: Tourism.

Evening: "Creole Music National Celebration" Party

Backpacker's hostel accommodation

Day 4 – November 1st

Free time (national holiday)

Morning: Surfing Workshop (if interested)

Peruvian drum Workshop – *Cajón*(if interested)

Evening: European Night

Homestay

Day 5 – November 2nd

Led by Proyecto Lomas

Morning: Activities in local school

Afternoon: Activities in Lomas ecosystem and Campoy fortress presentation

Evening: Cultural night at La Molina National Agrarian University

Homestay

Day 6 – November 3rd

Led by Voluntades

Morning: "ProyectoActiva": working with children in need

Afternoon: "Nietospor Amor": working with old people

Evening: Latin American Night

Homestay

Day 7 – November 4th

Led by SWYAA PERU

Afternoon: Evaluation and general conclusions

Evening: Farewell party



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Hands on Activity Description



Day's objective: The aim of this day is to showcase some of the problems Peru faces and introduce the organizations that are working to change this reality. We will do a hands-on activity in the morning in a very affected location with an organization that has already many years of experience working there. In the afternoon, we will have a workshop with local volunteers to share our experience. The goal of this day is to see the Peruvian reality, get to know other volunteers from around the world and work together for future projects.

Getting into context: The institution that we will visit is called "Instituto Nacional de Salud del Niño" that is a Children's Hospital. There, the partner association "AprendoContigo" ("Learning with You" in Spanish) will lead the activities. This association works at educational and recreational levels allowing children, which are unable to attend school due to health problems, to access education through hospital classrooms. You can find out more at their website: <http://www.aprendocontigo.com/>

After, we will go to University of Lima for our workshop with local volunteers. Each of them work towards positive change in our country. These young leaders are from the following institutions:

- Voluntariado Juvenil Kurame
- Un Día de Esperanza
- Aprendo Contigo
- Un Litro de Luz – Perú
- Voluntades



LearnLiveLove Project - Local Volunteer Action - SWYAA Peru - Lima, Peru - 2012





Day´s itinerary:

Time	Itinerary
7:30am a 8:30am	Breakfast at hostel
8:30am – 9am	Meeting at Backpackers hotel,
	Transportation to - Hospital del Niño
9:00am - 9:20am	Orientation on the bus
9:30 – 12pm	Aprendo Contigo at Hospital del Niño
12:30pm – 1:00pm	Transportation to Cascajal Restaurant
1:00pm a 3:00pm	Lunch at Cascajal
3:00pm – 3:30pm	Transportation to Universidad de Lima
3:30pm a 6:30pm	Workshop: “Exchanging and building up ideas for volunteer action”
6:30pm - 7:30pm	Transportation to Japanese Restaurant
7:30pm - 9:00	Japanese Dinner



- Aprendo Contigo at Hospital del Niño: During this session we will focus on interacting with the Children and learn how Aprendo Contigo does their work by being part of the teaching process.
- Lunch at Cascajal Restaurant: This is the restaurant of one of our SWYAA members. It’s a traditional food type restaurant. It also has a show of typical Peruvian dances.
- Workshop: “Exchanging and building up ideas for volunteer action”: This activity is focus on facilitating volunteer exchange experiences and building up ideas for mutual collaboration between Peruvian youth leaders of social programs and international youth leaders.
- Japanese Dinner: As former SWY participants, we are greatly attached to the Japanese culture and we like to share this with other people. We will dine in a Japanese restaurant and explain some of their traditions.

Some useful words:Hola, mi nombrees (Hello my name is); niño/ niña (boy or girl); hospital (hospital);¿Cuántosaños tienes? (How old are you?)



voluntades DAY

Day's objective: This day we will visit 2 of these projects: ACTIVA – Ciudad and Nietos x Amor. The objectives of this day are to share with volunteers working with different target populations (children and older adults), in different contexts, with different objectives but sharing one mission and vision and knowing the diversity of the organization. Each projects has its own specifics objectives, we will know them and be part of the activities previously planned by the volunteers according to the project's plan.

Getting into context: ACTIVA – Ciudad Project takes place in Ciudad de los Niños a home located in San Juan de Miraflores district. Its mission is to help children and young adults who suffer from physical and/or moral abandonment.

Nietos x Amor Project takes place in San Vicente de Paul a nursing home located in Barrios Altos. They help older adults in situation of abandonment, taking care of what their need, including their health. Both districts have very vulnerable zones with poverty and problems like violence starting from youngsters.



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Day´s Itinerary:

Time	Itinerary
7:45am a 8:00am	Meeting at Universidad Ricardo Palma
8:00am – 8:15am	Transportation to Ciudad de los Niños (San Juan de Miraflores)
8:15am – 09:00am	Explanation of the day
9:00am – 12:30pm	Activities in ACTIVA
12:30pm – 1:00pm	Transportation to Centro de Lima
1:00pm – 1:45pm	Lunch
1:45 – 2:00	Meeting in Jirón de la Unión (Cercado Lima)
2:00 – 2:15	Transportation to San Vicente de Paul
2:15 – 5:30	Activities in Nietos x Amor

During the day we will participate as volunteers in two projects of the organization, one in the morning and other in the afternoon (after lunch). In this activity we will learn a little more about how Voluntades work in order to understand better what we will do on the day. We will share details about the activities in the tow projects we will visit (ACTIVA – Ciudad and Nietos x Amor).

- Activities in ACTIVA: in this project volunteers work different themes with the children each Saturday. For each activity a group of volunteers is in charge of creating it, according to the pacification made at the beginning of the year based on a diagnostic of the target. The specific details of the activities the volunteers of the project have planned will be presented in the explanation of the day.
- Activities in Nietos x Amor: in this project volunteers implement different workshops: entertainment, handicrafts, painting and physical therapy, each Saturday. The dynamic the volunteers have is the same, so the specifics objectives for each workshop will be presented in the explanation of the day.

Some useful words:

Hermano: in Ciudad de los Niños that is how they call everybody: child, volunteer, visitors, we all are “brothers and sisters”.

Abus: is short for “abuelos” (grandparents) and it is often use by the volunteers in Nietos x Amor.





DAY

Day's objective: The project's main objective is to improve the quality of life for families living in extreme poverty, reducing their vulnerability and enhancing their options for development.

We will work in the shanty town of Terrazas in Pamplona Alta, in San Juan de Miraflores district. During our activity, we want to show one of the extreme poverty realities there is in Lima, the conditions in which people live and share with the community. Also, we want to show how the solar bulb works and how it can brighten the darker spaces of a house.

Getting into context: Unfortunately, in Peru, many families still live with no basic electrical connections. This is why the project aims to change this situation using green technologies. The solar device not only reduces monthly energy consumption, but decreases the possibility of an accident because of these illegal connections and helps to reduce pollution in the area. The interaction of the different actors in the community, as residents, students, companies and state organizations close the circle of sustainability for the project.

We will work with families living in extreme poverty without access to basic needs, but have the desire to develop and progress. The intervention program operates not only welfare, but gives the residents the option to turn the project into a working tool and give them business options. We, as an organization, provide support, technical and operational advice in order to make things work. Approximately, 250 families live in Terrazas. Their vulnerability to adverse conditions is very high due to their lack of access to basic needs and security mainly. Also, the pig hatcheries are one of the main focus of contamination.



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Day's Itinerary:

Time	Itinerary
7:00am to 8:00am	Breakfast at hostel
8:00am to 9:00am	Transportation from Backpackers hostel to Terrazas
9:00am to 10:00am	Watching installed solar bulbs at communal house
10:00am to 12:30pm	Installation of bottles
12:30pm to 2:00pm	Lunch with families
2:00pm to 3:00pm	Transportation from Terrazas to Backpackers hostel
4:00 to 6:00pm	Tourism around Lima.
6:00pm to 6:30pm	Transportation to Backpackers hostel
7:30pm	Visit Peña Criolla for "Creole Music Night"

The activities to do are:

- Installation of bottles: Explanation of how the installation work and meeting the families. The idea of this activity is for volunteers to acquire the technical knowledge about the solar bulbs installations. Also, they can get to know the families with whom they will share the experience
- Lunch with families: Preparing the food together. This is an integrating activity that looks for people from different social backgrounds can get to know each other in a sharing context, such as lunch.

Some useful words:

Instalación --> Solar bulb installation

Dispositivo de luz --> Solar bulb

Asentamiento Humano --> Shantytown

Familias beneficiadas --> Families with whom we will share the experience and will have a solar bulb installed in their house.

Botellas --> Bottles

Reciclaje --> Recycling



Proyecto Lomas DAY



Day's objective: To teach scholar students about the ecosystem "lomas" so they can understand the benefits and start taking care of it. To improve the touristic route to get more visitors to this place as well, to get the incomes of local business better. Finally, help the neighborhood's initiatives by planting trees to improve sightseeing in Mangomarca and promote the conservation of this unique ecosystem.

Getting into context: The lomas is a unique ecosystem from Peru and the north of Chile. Nowadays, it is an endemic ecosystem. Most of our population is unaware of the existence of this ecosystem, its threats and the potential benefits of conserving it. We will work with children, youth and adults from Mangomarca and Campoy communities. First, the organizers and the volunteers will work with children (approximately 14 years old), they are students of the Daniel Alcides Carrión School from Campoy. These children come from different backgrounds; most of them come from poor areas. Afterwards, we will work with adults (approximately 40 years old) from Mangomarca, and we'll help to support their initiatives by planting trees and improving the touristic route.





Day´s itinerary:

Time	Itinerary
8:00am a 9:00am	Arrive to Carrion School in Campoy
9:00am – 12:00am	Teaching Lomas Workshop in Daniel Alcides Carrión School
12:00-12:20	Transportation to Mangamarca (by bus)
12.20 – 1:00pm	Lunch break
12:30pm – 1:00pm	Trekking
1:00pm a 3:30pm	Working the touristic route in Lomas
4:00pm a 5:00pm	Lunch
5:00 to 5:20 pm	Transportation to the Campoy Fortress
5:30 to 7:00	Fortress Campoy Presentation

The activities to do are:

Teaching about the Lomas ecosystem in Carrion School in Campoy: In this activity the volunteers will work in groups with children teaching and learning about the lomas ecosystem, everything is going to be dynamic and interactive, in the first moment they will receive a little information about the problematic of the place and then they will have to create representations with a creative tool-kit. Finally, they will show their results and explain what the relation with the Lomas ecosystem is.


The second activity is working in the Lomas in Mangamarca, where the volunteers will improve the touristic routes in order to support local initiatives, and share with the Mangamarca community. This ecosystem is so fragile that if one steps on it 2 times, it won't grow back again until the next year. This is why tracing routes is so important for its conservation.

Some tips for the journey:

In Campoy Fortress

- Do not step on bricks or walls
- Do not touch the buildings
- You can take photos (it is not forbidden)
- Pay attention to the instructions given by the guides





Inlomas:

- Do not step out of the road (follow the guide)
- Do not take any plant or animal with you
- Do not leave any garbage (take with you one small bag and put in all your disposable things)
- Walk slowly when the road gets narrow
- The team will have a first-aid kit, if you feel any sickness, tell the guides

In here you will see how deep was the connection our ancestor had with nature, so please come with eyes wide open so you can feel and experience all the feelings and beliefs in this amazing place.

Some useful words:

Lomas: Ecosystem of the Peruvian coast that appears in the winter thanks to the humid and weather.

Asentamiento humano: Informal dwellings localized in the mountains.

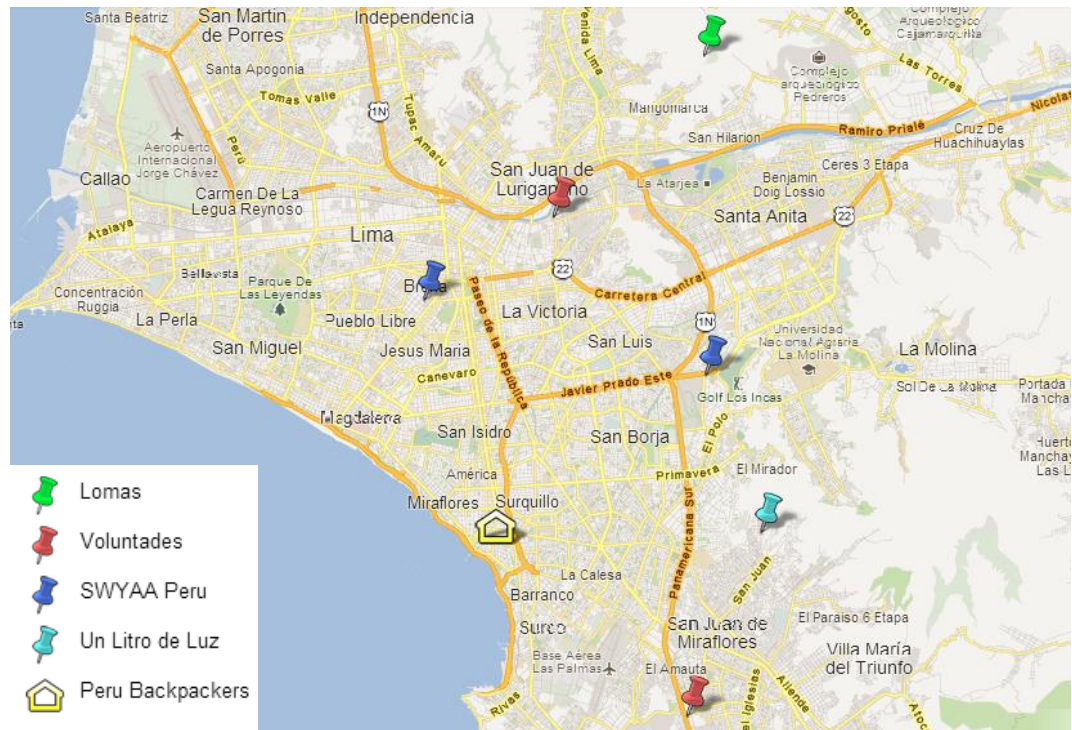
Pico y pala: Tools useless to work in the ground.

Muki: Imaginary character who lives in the Lomas



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Where are you going to be?



Backpackers hostel is located in Miraflores district, about three blocks from Larcomar and the Pacific Ocean and 20 metres from Avenida Larco, Miraflores most important Avenue. (www.backpackersperu.com)

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Homestay: The homestay refers to the **Homestay plus One Project** organized by the Ship for the World Youth Alumni Association. Its aim is to continue the spirit of international friendship and collaboration through social contribution. The program looks to accommodate ex-participants who wish to perform social contribution activities in other countries. In this opportunity we would like to share this program with LearnLiveLove Project participants, so that they can experience the Peruvian culture and familiarity from first hand. (www.swyaaperu.org)





Other Information

Phone:

Mobile phone numbers begin with 9 followed by 8 digits (9xx xxx xxx). If you want to call from abroad you must add +51(country code) before phone number.

Geographical features

- Elevation: from 500 metres (1,600 ft) above mean sea level.
- Temperatures: rarely fall below 12 °C (54 °F) or rise above 29 °C (84 °F) throughout the entire year. In winter (from June through October) range from lows of 12 °C (54 °F) to 16 °C (61 °F) and highs of 16 °C (61 °F) to 19 °C (66 °F), rarely exceeding 20 °C (68 °F) except in the easternmost districts.



Learn, Live, Love Project

PERU

Contact us

E- Mail: learnliveloveperu@gmail.com

For international calls, dial +051 (cell number).

For local calls (once you're in Peru), just dial the cell number as given.

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