



# REVIVE SERVICE TOURS

PERU

July, 2017

## Volunteer Travel Guide

*Lead the way to improvement by teaching, healing, and increasing the stability of PERU*

We look forward to traveling and serving with you in the beautiful country of PERU. Travel mixed with service is a powerful experience that we know will be hard to forget, especially in PERU! It's an amazing country and full of amazing people. Unfortunately, PERU is still a 3<sup>rd</sup> world country and is behind the mark in education, health, and sanitation. We've identified projects that will help in those areas and are so thankful for volunteers, like you, that will help us facilitate these projects. We're excited to have you with us on this exciting adventure to improve the lives of people in PERU. The following is a TRAVEL GUIDE that will help orient you through the experience. We suggest you study and familiarize yourself with this information. Be aware that our Itinerary will most likely have a few small changes.

## PERU Service Tour Itinerary

(itinerary subject to minor changes)

July 8- Fly to Puno Peru

July 9- PUNO Church and orphanage

July 10- PUNO Orphanage and Schools

July 11- Lake Titicaca

July 12- PUNO Orphanage and Schools

July 13- PUNO Orphanage and Schools

July 14- TRAVEL to Cusco

July 15- Cusco Service Project (SECOND GROUP JOINS US)

July 16- Machu Pichu

July 17- Cusco Church Service Project (FIRST GROUP LEAVES FOR HOME)

July 18- Travel to Puno

July 19- PUNO Orphanage and Schools

July 20- PUNO Orphanage and Schools

July 21- Lake Titicaca

July 22- PUNO Orphanage and schools

July 23- PUNO orphanage and schools

July 24- Fly Home

## **Service Projects**

### Service-

Reading and teaching in the classrooms

Gardening around the orphanage and at the school

Trash pick-up along the trails

School maintenance

## **Water**

Tap water is not safe for foreigners to drink. The locals are used to the water so they can drink it and not get sick; you on the other hand should refrain from drinking the tap water. Unless it comes from a chain restaurant, the ice used in drinks also comes from tap water and should be avoided. Bottled water is the only water that is safe for drinking.

## **Food**

The food in Peru is delicious but foreign. Volunteers could have a hard time with unfamiliar food, which could cause an upset stomach. When traveling and eating in a foreign country, be cautious with your food choices to avoid getting sick. We recommend bringing plenty of snacks for yourself.

## **Weather**

The month of June is characterized by essentially constant daily high temperatures, with daily highs around 67°F throughout the month, exceeding 71°F or dropping below 61°F only one day in ten. We recommend that you bring a jacket, hoodie, or coat.

## **Accommodations**

We'll be staying in three different hotels.

- PUNO (Casona Plaza)
- CUSCO (Suenas Del Linca)

## **Shots**

All participants are encouraged to be up to date on all routine vaccinations. Vaccination details can be found by visiting the following link: [www.cdc.gov](http://www.cdc.gov) and then search for PERU.

## **Restrooms**

The restrooms are not American standard. Most restrooms may not have soap and TP, so we recommend having hand sanitizer and Kleenex/TP with you. Not all showers have warm water and are very basic. Some restrooms do not have mirrors. In Peru they recommend that you do not flush toilet paper down the toilet but dispose of it in the trash.

## **Transportation**

We have the opportunity of visiting 4 cities while we are in Peru (Lima, Arequipa, Puno, Cusco.) Each of these cities are far apart from each other and will require some in-country travel. When we arrive in Lima, we will take an hour flight to Arequipa. When it's time to leave Arequipa, we'll take a 6-7 hour bus ride to Puno. This will be on a nice bus that has laydown "recliners" for seats. The bus ride will have beautiful scenery and many stops. The road will be curvy and may be bumpy at times. If you get car sick, don't forget to pack medication that will help as we travel. When it comes time to leave Puno, we will take another 6 hour bus ride to Cusco. This bus ride is called "The way of the Sun" and is well known for its scenic views. We'll make our way through the Andean Mountain range. The local communities and farms will fascinate you as much as the stunning mountain scenery. This route includes several stops including a stop at an old Catholic Church known as the 'Sistine Chapel of the America's'. This bus will also have very comfortable seats but the road will be windy. When we get to Cusco we will need to take a train to Machu Picchu. Again, the scenery is breathtakingly beautiful. We'll be in a train with big windows for lots of pictures. The train ride will be about 4.5 hours. When we get to Machu Picchu Town (located at the base of Machu Picchu,) we'll take a 20-30 min. bus ride to the top of the mountain where we can see Machu Picchu. This bus ride is very bumpy and goes up a switch back. After Machu Picchu and Cusco, we'll fly back to Lima on 2 hour flight.

## Money and Shopping

The official currency in Peru is the Nuevo Sol (usually people just say 'sol', plural soles 'so-less') but US dollars are also accepted as money in Peru, especially for higher-value transactions. So, for example, if you were just buying a cup of coca tea, then soles would be your first choice, but if you were ordering a meal at Astrid y Gaston in Lima you'll find the menu priced in dollars.

Latest Peru Nuevo Sol Exchange Rate:

1. USD = 3.29 Peruvian Nuevo Sol

Last Updated: 8:37 02 May, 2016

It is possible to buy Peruvian currency in the USA, and rates are increasingly competitive so this can be a good way to go. However, given that you can use US currency in Peru (and also exchange it locally at extremely competitive rates), you may find that US dollars are the best money to bring to Peru. You can always easily exchange them for Peruvian currency once you're in Peru, and if you have money left at the end of the tour, it's easy to change it back to dollars.

Revive will pay for most meals (three lunches will be on your own), housing, and transportation, so you won't need to bring a lot of money.

Many volunteers have asked ... HOW MUCH MONEY SHOULD I BRING?! Revive will pay for all group travel, hotels, and food (except for three lunches). Below is a list of what you will need to bring additional money for.

- There will be three different times on our tour where we'll eat at a mall. You'll be able to choose where you want to eat and will buy that meal. You can buy a nice meal for (\$8)
- Snacks (optional)
- Souvenirs (optional)
- Lake Titicaca boat excursion \$15 (optional)
- Chocolate museum \$20 (optional)
- Tips for hotel staff and tour directors

## Language

<b>English</b>	<b>Español (Spanish)</b>
Welcome	Bienvenido (sg) Bienvenidos (pl)
Hello	¡Hola! ¿Aló? (on phone)
How are you?	¿Cómo está usted? (frm)
I'm fine, thanks. And you?	Bien gracias, ¿y usted? (frm)
Long time no see	¡Cuánto tiempo!
What's your name?	¿Cómo te llamas? (inf) ¿Cómo se llama Usted? (frm)
My name is ...	Me llamo ..., Mi nombre es ...
Where are you from?	¿De dónde eres? (inf) ¿De dónde es usted? (frm)
I'm from ...	Soy de ...
Pleased to meet you	Mucho gusto Encantado
Good morning	Buenos días
Good afternoon/evening	Buenas tardes
Good night/evening	Buenas noches
Goodbye	Adiós, Hasta luego, Hasta la vista,
Good luck	¡Buena suerte!
Cheers/Good health!	¡Salud!
Have a nice day	¡Que pase un buen día!
Bon appetit	¡Buen provecho! ¡Buen apetito!
Bon voyage	¡Buen viaje!
I don't understand	No entiendo / No comprendo
Please write it down	¿Puede escribirlo, por favor?
Do you speak English?	¿Habla Usted inglés?
Do you speak Spanish?	¿Habla usted español?
Yes, a little	Sí, hablo un poquito de español,
How do you say ... in Spanish?	¿Cómo se dice ... en español?
Excuse me	¡Perdón! ¡Perdone! ¡Discúlpe!
How much is this?	¿Cuánto cuesta?
Sorry	¡Perdón! ¡Perdone! ¡Lo siento!
Where's the toilet?	¿Dónde está el baño?

## What to Wear

The best clothing tip for Peru is to wear layers. In the morning it may be cold, but throughout the day you will want to take of layers as it warms up. Modesty is important to the locals, and volunteers should not wear loud, or any other immodest or reveling clothing. Don't forget to pack church clothes as well! Revive will give you two t-shirts that we will all wear as a group on the same day.

## What to Bring

The golden rule of traveling is to pack as light as possible. If necessary, most of the things that you might need are easily available upon arrival. Packing list below.

### Suggested Packing List:

- Sunscreen
- Sunglasses
- Hat
- At least 7-9 changes of clothes
- Sweatshirt/jacket
- Church clothes
- Towel
- Flashlight/headlamp and batteries
- Sandals/work shoes
- Gym shorts
- Water bottle
- All necessary toiletries
- Bug repellent
- Soap
- Toilet tissue
- Wet wipes
- Snacks
- Photos of home to show the children
- PASSPORT and Flight Itinerary
- Personal spending money
- School donations (optional!!! See below for more information)
- Positive attitude
- Pillow
- Dramamine/other medications
- Fun games and activities for the children. (We will have the opportunity to teach. Feel free to bring a couple of lessons you can teach the students)

## Other information

### SCHOOL DONATIONS

You are not required to bring items to donate to the school, however, if you have room in your luggage and would like to bring items, you are more than welcome to do so. A majority of your tour fee covers our projects (building the school, book bags, paint, and other project materials.) If you are interested in bringing additional items or have monetary donations, below is a list of needs from the

school at which we will be working. We will be purchasing the majority of our needed supplies in country.

- BOOKS!! They really need books! English books are fine. They need books for all ages.
- School supplies (scissors, paper, activities, games, toys)

\*\*\*\*\*ALWAYS STAY WITH A PARTNER OR IN SMALL GROUPS\*\*\*\*\*