

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



The Official Newsletter of Projects Abroad - Peru

May & June 2008

Issue No: 12



"The Model Volunteer"

What's Inside...

Peru: Inside Out	2	Volunteer Stories	7
Project Updates	3	Cocina Peruana: Cooking with the staff...	10
Introducing...	4	June Diary	11
Volunteer News & Events	5	Announcements	11

Inti Raymi: The festival of the Sun in Cusco



Every year on the 24th of June Cusco celebrates the festival of Inti Raymi. It is an Incan celebration known as the Festival of the Sun and honoured the Sun God. Inti Raymi was the most important festival of the Inca Empire Tawantinsuyo which based its religion on the cult of the Sun. On the 24th of June they celebrated the beginning of the Sun's New Year. Scientifically the solstice begins on the 21st of June, but according to the Pacha Unachaq, a sundial used by the Incas, the sun stays some days in the same place before rising on the 24th. This day was proclaimed by the high priest as the New Year: Inti Raymi!

Countless events are to be seen before, during and after the 24th. These include expositions; street and square activities in the daytime and in the evening live concerts are staged in the Plaza the Armas. Most of the concerts and expositions are free and sponsored by the city of Cusco and Peruvian companies.

The festival mainly takes place at the archaeological complex of Sacsayhuamán. Crowds of people come together to witness more than 500 actors proudly bringing the past alive. Most tourists buy tickets to sit in the grand stands, while locals fill the surrounding ruins to catch a glimpse of this famous performance. The highlight of the Inti Raymi performance is the speech given by the Inca and the high priest, in Quechua. .



Every year the Inti Raymi performance starts in the square in front of Qorikancha in Avenida del Sol. The Inca honours, with an eloquently strong voice, the blessings of the Sun and this most sacred day. After this initiation the procession moves to the fortress of Sacsayhuamán via the Plaza de Armas. At the top the Inca is carried on a golden throne. The abundant gold and silver worn by the men and women represent their status as the high society and invokes deep respect for their fallen empire.

To honour the Sun God, animals were sacrificed. Nowadays during the ceremony of the Inti Raymi there is a simulation of a sacrifice of a llama. Inca priests used to take out the guts of the llama through an opening on one side of the animal through which the priest also pulled out the heart still beating, and through the blood stains they could forecast the future for the Inca and the Empire.



These days Inti Raymi is one of the most anticipated events in Cusco, popular with both locals and tourists alike. It is a celebrated reminder of the Incan empire, whose roots remain dominant in present day Cusco.

What's New?

The **Teaching** programme saw the start of a new project this month with volunteers having the opportunity to help out teaching Tourism Police in Cusco. Last month saw the first Network meeting of 2008 with volunteers presenting teaching ideas to our partner teachers. We shall soon be seeing the launch of the newly expanded Library project this year in our main partner schools, which allows students the choice of reading a wider variety of reading materials.

In **Care** this month first aid boxes have been presented to all our partner kindergartens. We have also seen the expanding collection of educational story books which are a part of the rotating library in our six partner kindergartens. This month in Media Luna kindergarten there is a drawing and painting competition for the students.

The **Inca Project** saw the arrival of a new honorary Inca member on Friday 18th April. Iollan James O'Shea, the newly arrived son of our Inca Supervisor – congratulations Dan! Meanwhile in Huyro, volunteers have been working in order to create compost for the lands around the community house with worm farming. Volunteers will be working on a new site alongside the INC called Chilcachaca. Volunteers are also preparing for dental health campaigns in the area, the Nazca room has been painted and finally, the Projects Abroad football teams are constantly winning against the local Teachers team in Huyro.

The **Medicine** programme has a new placement this month. New volunteer Jonathan Stuebler is working in Centro de Salud de Ttio, a health centre in Cusco.

Introducing...

...New Volunteers

In May we welcomed 19 new volunteers in the Sacred Valley, Cusco and Huyro...

Joining the other Care & Community volunteers was **Pete Morrow** who is working in kindergarten 241 in Calca. **Sylvie Bousselet** joined us from France to work in Media Luna. **Carrie McCann**, worked in Señor de la Vara, our special needs placement in Calca. While friends **Kaitlyn Faraone**, **Kerry Mullin** and **Ashley Pollock** joined us from the USA to work in Lamay and Piste. Finally **Hannah Burd** came from the Conservation project in Puerto Maldonado to work in PISAQ.

The Inca project welcomed **Hester Fry**, **Bernard Mille**, and **Lily Shaw** at the beginning of the month. Also arriving on the project in May were **Christopher Ballard** from the United States and **Paul Archer**, from the United Kingdom.

The Spanish programme **Jennifer Riner**, from Georgia in the United States, joined us for a month working with the Centro Cultural Hispano-Peruano Spanish School in Pisac.

The Medicine programme will be welcomed four volunteers. **Jonathan Stuebler** arrived at the beginning of the month and is working in the Centro de Salud de Ttio. **Micheal Puente**, who also arrived early in the month, from the United States is working in San Juan de Dios. We also welcomed **Charles Howell**, who arrived from a Medicine project in India and is working in Santa Rosa. Finally, Dentist **Grace Buckley** also joined us to work in Cusco.

We have one new Teaching volunteer this month. **Caitlin McGee** arrived at the beginning of May from New Zealand to teach in Maras and Pongobamba.

In June we will be welcoming 21 new volunteers on our programmes...

Joining the Inca project are nine new volunteers, including **Aoife Morrison**, who is coming from a Care project in Bolivia, **Sarah Rimes**, Americans **David Mitsche** and **Rosemary Sheets**, from Holland, **Margreit Luttikhuizen** and **Ray Yuill**. Coming as part of the 2 week Inca Special programme are **Donald Woodbury**, **John Yoon** and **Alicia Levine**.

The teaching programme will be welcoming **Caleb McCall** who will be teaching in IEMX Ollantay in Ollantaytambo. **Lindsay Linning** will be helping out Prof. Cesar in IEMX Bernardo Tambohuacso. Also coming to PISAQ will be **Grace Stein** who shall be teaching in Coya. **Angela Maloney** shall be working in Agro-Calca. American **Alexander Jacobson** will be working in Lamay. Finally, coming from France is Caroline-Rose Nassif who will be working in Chinchero.

The Care programme will be welcoming one new volunteer, **Pete Browning** who will be working in Señor de la Vara in Calca.

Joining the Medicine programme will be friends **Ryan Dunn** & **Nicholas Roetker** from the USA who will be working in Belepampa. **Dan Cho** will be joining us for six months working in Ttio. Also joining the programme is **Stratton Beatrus** who shall be working in 7 cuartones and **Mary Riddle** who shall be working in Hospital Regional.

Volunteer News & Events:



Señor de Torrechayoc



In Urubamba on Saturday 10th and Sunday 11th of May there was the annual festival of Señor de Torrechayoc, the local religious patron.

Dancing took place on Saturday during the day in Urubamba stadium followed by a procession through the streets. In the evening fireworks were set off outside the Señor de Torrechayoc temple where festivities carried on throughout the night. The principal day, Sunday, saw more dancing and lots of food. For a lot of locals, Señor de Torrechayoc is the most anticipated festival of the year. Each of the different dances represents different aspects of Peruvian culture and each year one person is chosen to lead and organize each of the dances for the following year, which is known in Peru as the "cargo." This person is responsible for the cost of the dance as well as providing ample food and drink for the dancers afterwards. Many volunteers also saw their host families involved in the festivities, in past years volunteers have even been invited to participate themselves.



Cusco Tourism Police head back to the classroom...

As of Monday 12th May, some of our teaching volunteers embarked on a new, slightly different extra-curricular project. Two evenings a week for the duration of 24 weeks, they will be working alongside the Cusco police department and in coordination with COPESCO (a governmental agency promoting the development of tourism) to provide English classes to the department of Tourism Police in Cusco.

This is certainly invaluable in the development of relations between the police in Cusco and the many tourists that visit the magnificent city throughout the year. The first volunteers that have offered to take part in this new project are Steef Engels, Katherine Wragg, Caitlin McGee and Ruth Frost. This opportunity once again shows how Projects Abroad Peru is recognised as the leading non for profit organisation in English teaching in the Cusco region.

May Social

On Friday 16th May from 2pm, Projects Abroad volunteers and staff enjoyed an afternoon of games in the recreation area in the grounds of the Royal Inka Hotel in Pisac. Although the weather was not in our favour, everyone enjoyed a barbeque and games of volleyball and basketball, while some people even braved the cold to take advantage of the swimming pool available!!



June Social – Inti Raymi in Cusco!

June is a very exciting month in Cusco's calendar of events, as the festival of **Inti Raymi** (festival of the sun) takes place on the 24th of the month.

.....for more background info on Inti Raymi see the article on page 2.

Therefore we think that **Inti Raymi** presents a great opportunity for everybody to get together to enjoy the festivities... and for a bite to eat of course!

For details of times and places, etc, keep an eye out for the up-coming Social poster that will be put up in the office and emailed around to all current volunteers.

Important tip: Cusco will be extremely busy on this day... therefore please keep an eye on your belongings, and always remember to stay with other people.

IMPORTANT NOTICE: Carrying identification in Peru

Police are making more identification checks here in Cusco. Please be aware that you need to **always** carry your passport or a legalised photocopy of your passport (which has been signed by a notary) with you, especially if you are travelling in Peru, whether that be to your placement, Cusco or a long weekend in Puno. You may be asked by a police officer for proof of identification and you should be able to present this to them. If you have any questions please do not hesitate to ask in the office or email: hannahpartis@projects-abroad.org.



Larissa Haberer - Medicine
Centro de Salud de Siete Cuartones

A Day in the life of a Medicine Volunteer: Vaccination against Hepatitis B

At 6 o'clock my alarm-clock woke me up on a Sunday morning. I forced myself to get up so I would be able to be punctual at 7 o'clock at my workplace "Centro de Salud – 7 Cuartones". (It was harder than I thought ^^)

I'm now a volunteer for almost two months in this medical center, assisting a doctor and learning a lot...

At the moment there is a vaccination campaign against Hepatitis B, free for children from 2 - 19 years and you wouldn't believe how many are scared of a shot – and I don't just speak of the younger ones.

The majority has already been vaccinated in school, but because here you have to attend school till 17, there are two vintages left...and not to speak of the smaller ones who simply escaped from vaccination.

So all the Centers and Puestos searched for volunteers, parted whole Cusco in sectors and told these people where to go to knock on every door and ask if every child has got their vaccine.

So here we are at 7 o'clock in the Center where I was told to go with Shirley and Pamela to the sector "Villa San Blas" (which is totally different from San Blas that you surly will get to know – if you haven't already ^^)

The funny thing was, that none of us three had a clue where this neighbourhood was... so after a few conversations with our taxi driver and a few local persons it was located to be above "el cristo blanco" just beside of Qenq`o (which is a way up).

So finally we started our knocking-door-trip and it was amazing how many people just abandoned their houses or simply got such a fear of a tiny shot for their health and how many dogs were up there – wow !

At 12.00 we vaccinated 15 people (a few older children just refused) and started our hiking down to the center for our report.

When we arrived at 7 Cuartones I almost fell asleep on a chair and after 15 minutes more we were allowed to go – which I did.....straight to my bed ;)

...but after all it was a nice experience, really ☺





**Katie Wragg - Teaching
*IEMx General Ollantay***

I can hardly believe that it was over 2 months ago that I arrived in Peru! Those first few daunting days seem like a lifetime ago now (although I still feel as though I am walking around with my mouth hanging open most of the time – both in shock and amazement!) and I really feel settled here now.

At first it wasn't easy at all – partly due to it being the beginning of the school year and partly due to my apparent lack of an immune system – however you can't be too worried about those kinds of things in such an incredible country, surrounded by what is possibly some of the most amazing scenery in the world.

I have been teaching in General Ollanta school in Urubamba which has been an experience in itself and I have loved every minute of it so far even despite the teething problems we had at the beginning...My first day at work was also the first day of the Peruvian school year and I arrived with Claire (the teaching supervisor at the time) to discover that half of the school had been knocked down the day before! This meant that there was a timetable nightmare to be resolved - with 700 kids in the school and only enough classrooms for half of them the school decided to teach the 1st, 2nd and 5th grades at school in the morning and the 3rd and 4th grades in the afternoon! This solved half of the problem but then there was the problem of teachers... it was the first day of term and there were only about 3 teachers there! I was the only English teacher (for about the first 4 weeks!) and as I only work in the mornings this meant that the 3rd and 4th grade were getting no English classes at all to start with which was such a shame as they would keep coming up to me asking when I was going to teach them but there was no way I could physically teach every class in the whole school on my own!



However, 2 months in and there are now two English teachers in the school which takes a lot of the pressure off me in terms of classroom control (the kids are all so excited about learning English which is brilliant but also exhausting when you are trying to teach!) and I can concentrate on making the lessons really fun and interesting for them (and me!) which they really appreciate, the most incredible students are the 1st grade ones who come up to me in break shouting "teacher, teacher!" and then launch into reciting the alphabet in English and I also hear them singing the English songs we have been doing in class on the way too and from school most days which is amazing

Teaching in Urubamba has been the most incredible experience of my life so far and I know that with 2 more months left here there is plenty of excitement still to come! It really is the opportunity of a lifetime to come out here, live with a Peruvian family and explore the country, I just don't want it to end!!

Adventures of an Inca Handmodel

By Peter Ward

Arriving in the darkness of Establo "au natural" (without electricity) in the combi with Americo, I was surprised to be met outside by the girls (but significantly not the guys) ,little did I know what the next months would hold for me. Things were soon explained to me conspiritually by Dan, he and Tim had somehow managed to convince everyone that I was actually a model! Unsure of what to make of this and trying hard not to strike any poses I (somehow) easily managed to make friends quickly and the question "so are you a handmodel or something?" quickly broke the ice. From then on, the Inca Project had gained its first Handmodel (or Hands to my friends)

I found life at Establo a perfect mix of work and fun. Jokes, such as convincing an entire group of volunteers I was a model, or phantom wasps nests sending volunteers scattering through the ruins jumping out of their mosquito bitten skin (although the irony of Dan, one of the chief instigators, getting bitten a few weeks later wasn't lost on me!), were a perfect way to chill out before, after and even during a days work machete-ing on "our" mountain Cochapata, perhaps working with the local schools, or my personal favourite (and every other true Inca Warrior's favourite too) a few hours de-graining corn listening to Grupo 5.

Meeting locals from playing football or volleyball (dangerous with hands as delicate as mine) also played a big part in my enjoyment of Establo, I was seeing and meeting the real Peru, not just the sideshow thrown on for the tourists in Cusco. I feel I made real friends through the games and social events.

Days of being guided by Americo, who even when he admits he has no idea where we are, still manages to stumble into exactly the right place we want to get to, also played a big part, particularly the infamous Waterfall walk. Apparently an easy half hour jaunt, we walked, crawled and nearly swam up a river for an hour and a half with Americo cheerfully swinging his machete up front. The view (and the shower under it I took) definitely made it a worthwhile trip and only continued in bringing the group closer together, although this did lead to worrying nicknames, Rob Murder, Brown Bear and Merman being the pick of them.

I also found the knowledge that I was working for the goal of self sufficiency at Establo and to help the local community in the long run was important to me, to feel I was actually doing something useful and worthwhile helped me to feel the blisters less (especially hard for me with my special hands to care for) Other days such as a good walk to Inca Carcel (an excuse for double portions of Isa and Frieda's cooking afterwards) or talks about the Incas, or Peruvian history in general by both Tim and John the archaeologist were also really good, although admittedly in very different ways. A 2-3 hour walk up a mountain, down the other side and up another to Inca Carcel is a very different type of challenge to trying to understand Inca quipus!

All in all I loved my time at Establo, fights with mosquitoes, mosquito nets (mine ended up used as a pillow, a blanket or thrown on the floor more than it was actually used as protection) and of course my hand moisturising problems aside, I had a perfect 2 months in Establo and just as importantly learnt the valuable Establo motto- Todo es posible, nada es imposible in my time there.

Cocina Peruana: Cooking with the staff

This month's choice is from the new Social Manager, Cliona Stenton...

Rocoto Relleno

Serves 8 people



Ingredients:

- 8 rocotos (round chilli peppers)
- 400 grams minced meat
- 4 tablespoons garlic powder
- 2 tablespoons red chilli pepper powder
- 2 onions
- 2 boiled eggs
- 2 fresh eggs
- 100 grams peanuts
- 200 grams fresh cheese
- 8 boiled potatoes
- 1/4 cup evaporated milk
- oil
- Chopped parsley
- cumin
- sugar
- Salt & pepper

Preparation:

- Cut the rocoto so that there is a small lid, clean the inside and take out the seeds with a knife, take care while doing this. Then, wash the rocotos for a prolonged time in hot water and salt. Change the water at least twice. This stops the rocoto from being too spicy.
- For the stuffing, fry the minced meat in a frying pan with the finely chopped onions, red chili pepper powder, garlic, salt, pepper and cumin. Add a little sugar. Once the meat is browned, add the toasted peanuts and slowly grind, and finally add the chopped boiled eggs.
- Fill the rocotos with the meat filling. In another bowl, grate the cheese, add a little milk and add two beaten eggs. Season with salt and pepper.
- Finally place the rocotos in a oven tray and pour a spoon of the cheese mix on top of each rocoto and add the lid of the rocoto. The oven tray should be greased.
- Before placing in the oven, cut up potatoes in four pieces and place around the rocotos and sprinkle the parsley over the top.
- Cook for forty minutes and enjoy!



Did you know...

Rocoto is among the oldest of domesticated peppers, and was grown up to 5000 years ago.

June Diary

What's happening in June?

Festival	Description	Place	Date
Raqchi Folk Festival	Folk Festival which takes place in Raqchi and Sicuani.	Raqchi & Sicuani	June 16 th - 22 nd
Fiesta de Huancaro	An agricultural show based in Huancaro sector of Cusco.	Huancaro	June 20 th - 30 th
El día de Cusco	Celebration of the city of Cusco	Cusco	Principal day: 23 rd June
Inti Raymi	Popular fiesta re-enacting the the Inca festival of the Sun in the grounds of Sacsayhuaman.	Cusco	June 24 th
Ollantay Raymi	Staging of Ollantay drama, dances and typical dishes	Ollantaytambo	1st or 2nd week of June
San Pedro y San Pablo	Catholic festival	Peru	June 29 th

Announcements

- Thank you to everyone who has helped bring about this months issue of *Musq Chaski*. If you would like to contribute your experiences, stories, photos or anything else to the next edition then please send them to:
hannahpartis@projects-abroad.org

