

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



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Día de los Muertos/Día de los Difuntos – Day of the Dead

Anna Munro



The day of the dead is celebrated all throughout Latin America; however, the way in which each country carries out their celebrations is different. In rural parts of Peru it is common on the 1st November for people to set up small shrines in their houses in honour of relatives who have passed away. They set up the shrines with a photo of their loved one, along with flowers, candles and food. The offerings are usually food that the person enjoyed during their life or things that were important to them. The custom is to leave the offerings all night in the shrine and the following day on November 2nd the family carries all of the

food or drink to the cemetery, where they visit their tomb and leave the offerings in their honour. While it may seem morbid this celebration is looked upon as a joyful day when the whole family can gather together and remember their relatives and friends who have passed away. It is also very common to have feasts of lechón – roasted pig – and eat sweet bread such as tantawawas – you can find the recipe in this edition if you want to try making some for yourself.



The community of Yanacona

Peter Rothwell, Teaching Volunteer, Australia

On the 19th October a mudslide swept through the town of Urubamba forcing residents to flee to safer ground in the middle of the night. Those worst hit were from the smaller and more remote mountain-side community of Yanacona, close to the Projects Abroad office.

Sitting in the back of a pick-up truck, amongst our cargo of fruit, Jorge and I took the opportunity to have a quick bite to eat. However, the rugged ascent up the mountainous landscape made eating near impossible and most of our lunch ended up splayed out on the floor of the truck. We were on our way to make a delivery of food supplies to the people of Yanacona who had been left homeless as a result of the mudslide.



Arriving to the small field where the homeless had gathered, we unloaded the heavy sacks full of apples, bananas, papaya, pineapples, tuna, eggs and pasta. The truck-load of food was one of two donations made by Projects Abroad. Earlier that day we had scrambled through the markets in central Urubamba buying in bulk, bargaining for the best prices. One of the stall owners, hearing our cause, generously gave a small contribution to add to our stock.

We unloaded the food into a small tent that had been set up as a communal kitchen. As we made our way back to the truck, it was clear to see the despair in the eyes of those around us. Along with their homes they had lost all of their belongings; everything but the clothes that they wore. Mixed with this despair, however, was the overt feeling of fortune that radiated through the community. The feeling that things could have been worse, lives could have been lost. The disaster had crushed their homes, but not their spirits.

In the following days it emerged that the mudslide had been caused by a part of the Chicon glacier, which fell-off into a small lake, flooding the plains below. Whilst most glaciers experience the normal phenomenon of deglaciation, leading climate scientists predict that tropical glaciers are bound to disappear completely within the next 20 years. Perhaps, this disaster is evidence of the damage that human presence is having on the natural environment that we continue to pollute and neglect.

Project Updates

This month two of our **Care** volunteers, Denise Arnoldi and Laura Fargues, assisted our care supervisor, Yessika Espinoza, in training kindergarten teachers at workshops in Chumbivilcas, Anta, Cusco and Espinar. They showed the teachers the materials they have been using in their work at the kindergartens and how they can be incorporated in the classroom.

In November Laureline Six kindly donated new furniture and a small oven to her kindergarten in Calca. She also showed the children how they could use the oven to prepare sweet treats. Thank you very much to Laureline for her generosity.

This month we would also like to thank Anette Fuglkjaer who finished her 3 month period working at the kindergarten IEI 57 in Calca. She put in a great effort and we will miss having her with us.

Finally it is great to have all of the care volunteers still attending the workshops despite having to move our location to Calca for a few weeks while the office was closed due to damages from the mud slide.



Our **teaching** project has been running smoothly over the last month. Having the office closed because of the mud slide damage has forced us to take our workshops to different schools in Calca and Urubamba. The only thing we missed about having them at the office was not having our teaching materials handy. However, we are already moving back into the office to our usual workshop location. Special thanks to Johanne for her great work and effort even while she was sick during her time in Peru and we want to thank Frank also for his fast but noticeable stay at our program.

There is very good news for our **Sports** Program in Apu Pituisiray Sports School this Month. We have had great help and hard work from our volunteers, Christian Jansen and Frank Andersen, who are travelling during the week to our placements along the sacred valley and Cusco to work with different aged kids. Apu Pituisiray teams are competing for the yearly tournament. The team for 12 year olds won the Championship on Saturday 6th November and the team for 10 year olds came first in their category. Congratulation to the kids and to Christian and Frank for the great job they are doing.

This month we have the arrival of Jens Jacobsen, Yan Mathieu and Leo Rougier, who are coming to do their best and I'm sure they will be a very good help in Apu Pituisiray Sports School.



A New Hiram Bingham



In October the volunteers from the Inca Project found a new site in a place called Sihuaymarka. They discovered about 6 ruins and are pretty confident that there are more up there. Sihuaymarka is a small town between Amaybamba and Lauramarca. They spoke to one of the land-owners there and he has given the Inca project permission to start clearing around the structures on his property. Henrik Wetche, one of our many Danish volunteers who has been working on the project for 3 months, is becoming a bit of a Hiram

Bingham (Hiram Bingham discovered Machu Picchu in 1911) and he has now discovered 4 ruins in his time on the project. This is a site that we will be able to work on during the wet season as it is easily accessible by a road in good condition! Great news for the volunteers at Huyro!

Our new campaign...

Pan sin plástico – Bread without plastic

Projects Abroad Peru, along with the help of a lady in the community of Huyro, near the Inca Project, has been producing hundreds of cloth bags for our new project “pan sin plástico” (bread without plastic). In the following months we will be distributing these bread bags to our host families and partner organizations to encourage them to stop using plastic bags when they buy their bread each day. In this way Projects Abroad and our host families can all try and help against environmental pollution.



Qeshuachaca

Anna Munro

I had the opportunity to visit a fascinating spot about 2 and a half hours to the south east of Cusco. After driving through an area called Cuatro Lagunas, made up of 4 lagoons, we arrived at the hanging bridge, Qeshuachaca in the province of Canas.

Each year on the second Sunday of June about 1000 people from the area spend three days weaving a new bridge of Andean straw (Ichu). The bridge is 33 metres long and 1.2 metres wide and stretches across a canyon over the Apurimac River. It is a traditional ceremony that dates back before the Inca period and the weaving is accompanied by dancing and singing on the fourth day.

The bridge is very impressive to look at and the area is great for exploring. Also in the region you can visit the Cuevas de Qarañahui and see ancient rock paintings. I highly recommend the trip!



Volunteer News and Events

Volunteer Social Events

Anna Munro



We decided to celebrate Halloween a day earlier on the Saturday 30th October in Cusco. Over 30 volunteers from all over turned up in creative costumes to the Plaza de Armas. As our group of costume clad people grew so did the crowds of on-lookers. We felt like we were part of a famous theatre show as Peruvians were all pointing, taking photos of us and begging for sweets from our lolly bags.

That night we had a great dinner at Yanapay, a restaurant in Cusco that gives many of its profits to their charity organisation. The restaurant was a perfect environment for Halloween as it was decorated like a fantasyland for little children - we fitted in perfectly with our costumes.

There we all voted for the best dressed person and Johanne Andersen took the prize. She had created a skeleton costume from her chest x-rays she'd had done the week before when she

went to the doctor. At least something positive came out of being sick!

After our dinner we all headed back through the Plaza de Armas where there was an amazing fireworks display and a band playing. By this time everyone was ready to head out for a bit of dancing - a great night all and all!



In November we took a walk to the Salineras near Urubamba. It looked like it was going to rain as a huge black cloud loomed over us; however, we took the risk and were lucky! It was nice to have a cool breeze as we hiked our way up to the salt pans. The salt pans are formed with naturally occurring salt water that is channelled into about 3000 pools each of about 5 square metres. It is quite an impressive site when you come around the corner and see them nestled in the Montaña Qaqawiñay. After our trek up the hill we all went for a juice at a small bar alongside the river. A very pleasant late afternoon trip!



Volunteer Stories

Stars for Señor de la Vara

Marleen Nijmeijer, Teaching and Care Volunteer, Holland

I'm writing this in my last week in Calca. A few more days and I'm back home in Holland. When I decided to come to Peru 3 months seemed like a long time, but now that it's almost over I can tell you it seemed like yesterday that I arrived. Of course I've done my share of travelling and I did see the most beautiful places. Chachapoyas is one of these great spots (try to go there for at least two days). However, the reason I really came to Peru was to work. And that was for me the most important thing. I started my first 2 weeks doing community work as the schools were on holiday. We dug a hole for a water pipe and we cleaned up a veggie-garden in two different places in the Sacred Valley. For me it was a good way to meet other volunteers.

In my second project, of which I have two days left, I worked in a special needs school in Calca. I fell in love with the kids instantly on the first day. On the second day I was already thinking that maybe I want to work with special needs back at home as well (even though I studied and graduated in Fashion and was originally thinking about finding a job in this field when I returned to Holland). In my third week at the special needs school, Señor de la Vara, Kate, another volunteer, started working here alongside me. Together we helped the school psychologist and we came up with a star chart as a rewards system for the children. At the end of the week the kids can turn in their earned stars for minutes on the computer, stickers, a candy and other prizes. The school doesn't have much money and we really want them to be able to keep working with the star-system so we bought them some more rewards for the future. The reason why the star-system is necessary is because some of the kids have bad behavior that disrupts the other students. If they display bad behaviour they lose the stars that they've earned. With good behavior, such as washing hands after blowing their nose, they can earn stars. So far it seems to work for most of the kids. It is now the 2nd week that we are working with the star-system and they are already behaving better than before.



Last week we also planted a veggie garden. One of the children, Italo, worked so hard on this project as he loves working outside. Therefore we made him the boss of the garden. Without Italo it wouldn't have been possible to finish the garden. Now I only hope that all the vegetables will grow. Wednesday is my last day and I have some surprises for them. The first surprise is that we are going to bake cookies, the second surprise is that we will be doing it with the electric oven I bought for the school, and thirdly the oven is filled with all kinds of stuff they need at the school!

So it is already almost time for me to leave. I am excited to go home again and see my family and friends but I'm also sad that it is over and that I couldn't stay for one more month or so. Even if I was able to stay one more month I probably would have the same problem again at the end of that month. All I can say is that looking back on it all, I loved every minute of it and that the 3 months passed so quickly. So for the volunteers that are still in Peru, make the most of it. Before you know it you're packing and panicking that it doesn't all fit in your suitcase.

Pérou entre conservation et enseignement

Alison Billaut, Care Volunteer, France



Lors de mon départ j'avais 18 ans, et je venais d'obtenir mon baccalauréat. Tout au long de l'année j'ai mis de l'argent de côté dans le but de partir en mission avec Projects Abroad. Il a été difficile de choisir vers quel pays m'orienter mais je savais que les projets humanitaires me correspondaient tout à fait. C'est ainsi que j'ai choisi de partir au Pérou. Mi-août, me voilà embarquée pour une aventure de 5 semaines, que je ne suis pas prête d'oublier.

Ma première semaine s'est déroulée dans la réserve de Taricaya, du côté de Puerto Maldonado. Une semaine dans cette réserve destinée à la réintroduction d'espèces protégées, une semaine pour découvrir la mission d'éco-volontariat, également proposée par Projects Abroad.

Généralement les journées débutent par un petit déjeuner servi dans une salle commune, puis différents groupes sont constitués pour les

activités de la matinée.

Activités diverses et parfois physiques. On va cueillir des fruits pour les animaux, on les prépare et on les leur donne, on construit des cages « grande nature » pour les singes, on prend soin des animaux, on cherche des œufs de tortue, on observe les oiseaux... Autant d'activités passionnantes, qui nous font prendre conscience de ce trésor qu'est la nature.

Les membres du staff sont là pour nous guider et nous font nous rendre utile. Chacun a un savoir-faire particulier et nous le fait volontiers partager.

Puis pour moi il est temps de m'envoler à destination d'Urubamba, petite ville calme et accueillante au milieu des montagnes. Sur place, je fais la connaissance de Luzmilla et Alfredo qui seront mes parents d'accueil pour un mois, ainsi que de leur fils Francisco âgé à mon arrivé de 12 ans.

Accueil très chaleureux, on sent chez eux une envie d'apprendre sur chacun de leurs « invités ». Ils me questionnent, me mettent tout de suite à l'aise, et notre relation au fil de ce mois passé chez eux nous rapprochera.

Premier lundi, premier jour de travail. Yessica chargée de me guider, prend avec moi le bus jusqu'à Huayocari, ville dans laquelle se trouve mon école. Arrivée, puis découverte des lieux. L'école est perchée dans la montagne, et comprend deux petites salles de classe, et une salle pour le repas du midi. J'apprends très vite que ni l'une ni l'autre des maitresses ne parle anglais et il va donc falloir communiquer dans leur langue.



Les enfants sont agréables et il n'est pas si difficile de communiquer avec eux malgré leur âge (entre 3 et 5 ans). Une maman vient le matin pour préparer le repas de midi, les enfants eux commencent à arriver vers 8H30 puis finissent entre 13H00 et 14H00.

Ma présence permet de proposer aux enfants des activités dont ils n'auraient pas l'habitude. Je les accompagne dans leur journée et ils rendent la mienne vivante. C'est en voyant leurs sourires toujours intacts que j'ai pu avancer et les aider.

Il est vrai que dans cette expérience il y a eu des moments plus difficiles que d'autres, mais au fond un mois d'investissement dans leur vie, dans leur classe, et dans leur pays n'est rien à l'échelle d'une vie.

Je recommande vivement à ceux qui sont intéressés de se lancer et de donner ce qu'ils ont de meilleur en eux. On rentre chez soi avec un vide d'avoir quitté ces enfants, les professeurs et la famille d'accueil. Ce voyage, je l'ai pris comme un test, d'une part parce qu'il y a une immersion culturelle énorme du fait d'être en famille d'accueil, et d'autre part parce qu'il faut faire appel à une certaine débrouillardise aussi bien au niveau de la langue que dans l'accompagnement de tous ces enfants.

Sans aucun doute une expérience que j'aimerais recommencer.

Eva-Maria Schmitt, Inca Project Volunteer, Germany

Die Freiwilligen im Inka-Projekt waren in den letzten Wochen sehr beschäftigt. Vor allem natürlich mit dem Freilegen von Ruinen, aber auch in und um El Establo gab es viel zu tun.

In El Establo standen das Reinigen des Wassertanks, das Jäten von Unkraut und Arbeiten auf den Feldern und im Garten an. Vor allem der Garten soll wieder auf Vordermann gebracht werden, um dort bald Kartoffeln anzupflanzen. Darüber hinaus haben die Freiwilligen neue Holzpfähle für die Obstfelder mit Teer gestrichen und eingelassen, sodass sie in der Regenzeit nicht allzu schnell verrotten.



Neben der Arbeit am Haus haben alle Freiwilligen auch viel in den Bergen an den Ruinen gearbeitet, vor allem in Cusco. Diese Ruinen wurden erst dieses Jahr entdeckt. Nachdem ein paar Sträucher und auch ein paar, nicht gerade kleine, Bäume gefällt wurden, zeigte sich, dass die Anlage immer größere Ausmaße annahm. Es handelt sich sicherlich nicht „nur“ um kleine landwirtschaftlich, zum Beispiel zur Ernte von Coca-Blättern, genutzte Häuser. Es bleibt daher spannend und interessant, bis das Rätsel um diese Ruinen geklärt ist.

Die Kinder in den örtlichen Kindergärten freuen sich immer wieder auf die Freiwilligen, die meist jeden Mittwoch Morgen dort vorbeischaun. Bei den letzten Besuchen haben die Freiwilligen den Kleinen Geschichten und Märchen vorgelesen, aber auch Fragen dazu gestellt. So mussten die Kinder aufmerksam zuhören, und ihre Aufnahmefähigkeit wurde trainiert. Anschließend konnten die Kindergartenkinder dann noch ihre

Liebblingsfigur oder – situation der Geschichte malen.

Auch die Freiwilligen im Inka-Projekt konnten viel lernen - vor allem über Peru. Tim DeWinter, der Direktor von Projects Abroad Peru, der sie in El Establo besuchte, gab ihnen sozusagen „Unterricht“ an verschiedenen Abenden. Er sprach vor allem über Religion und religiöse Vorstellungen der Inka und des gesamten Inka-Reiches. Außerdem erklärte er die heutige politische Lage und das politische System Perus. Dabei kamen die Probleme, die damit verbunden waren und sind, auch nicht zu kurz. Ausschlaggebend für diese „Unterrichtsstunde“ waren die Regionalwahlen, die am 03. Oktober in Peru stattfanden.

Eine kleine Überraschung hatten Tim und Dan, der Supervisor in El Establo, dann noch für die Freiwilligen. An einem Nachmittag fand das Lunch nicht wie gewohnt zu Hause in El Establo statt. Alle gingen zusammen zum Wasserfall Islayunka. Nach einem etwas anstrengenden Aufstieg wurde man dann aber mit einer herrlichen Aussicht, und natürlich dem Wasserfall selbst, belohnt. Die Meisten ließen es sich nicht nehmen und sprangen zur Erfrischung in das kühle Wasser.

Quote of advice

“After a month you feel as if you are a part of the people, the culture and the society, so stay more than a month and you will enjoy this even more” *Jacqueline Poupart, Inca Project and Teaching Volunteer, Luxembourg*



Feliz Cumpleaños !!

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

Carlos Carbajal, Staff - Teaching supervisor – 4th November
Amanda Blazey, Care volunteer – 5th November
Brandin Bear, Teaching volunteer – 12th November
Edo van den Berg, Teaching volunteer – 13th November
Peter Rothwell, Teaching volunteer – 19th November
Luz Antonella Lenci, Medicine volunteer – 23rd November
Jens Jacobsen, Sports volunteer – 27th November



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/group.php?gid=2251335736>

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/mod/blog/group_blogs.php?gl=true&group_guid=267

You can find all past issues of our Peru newsletter online

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

Cocina Peruana

How to make ... **Tantawawas**

Ingredients

3 pounds white flour
1 cube of fresh yeast
1/2 pound ground sugar
2 tsp salt
1 pound margarine
4 eggs
1 sachet of ground cinnamon
1 sachet of yellow food colouring
2 cups milk



To prepare

Sieve the flour.

Mix the flour with the margarine so that it becomes like the texture of sand.

Form a well with the flour mix and in the centre add the yeast, sugar and salt.

Add the eggs, food colouring and ground cinnamon and mix the milk in slowly.

Knead it well and leave it to rest for 15 minutes. Repeat 4 times.

Form balls in the size of the figures that you would like to create. Leave them 30 minutes to rise.

From each ball form a shape - you can make the bread in the shape of babies, horses and skeletons etc.

Brush each bread loaf with beaten egg to give it a shine.

Put in a pre-heated oven for 15 – 20 minutes.

Serve.

What's happening in December?

Festival	Description	Place	Date
The Immaculate Conception	An important religious festival for the populations in the mountains of the Cusco area. Celebrations include church masses, local dance presentations and, in some cases, bull fights.	Peru	December 8th
Celebration of the Virgen de la "O"	A celebration which takes place in the village of Yucay, where a procession is held and ten different local dances are performed.	Yucay	December 18th
Feria de Santurantikuy	Santurantikuy means "venta de santos" or the sale of saints. This is a market where you can buy nativity figures of all shapes, sizes and colours. Nativity scenes are then put up in homes across Cusco.	Plaza de Armas, Cusco	December 24th
Christmas	Christmas is celebrated on the evening of the 24th in Peru. Families gather together to eat panetón and hot chocolate and welcome in the nochebuena at midnight.	Peru	December 24th
New Year's Eve	Peruvians along with others around the globe see in the new year. Particular to Peruvian tradition is the colour yellow, which represents luck. It is not uncommon for people to wear yellow underwear or clothing for the new year.	Peru	December 31st