

# MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



The Official Newsletter of Projects Abroad - Peru

October 2007

Issue No: 5



## What's Inside...

<b>Peru: Inside Out</b>	<b>2</b>	<b>A Day in the Life of a Teaching Supervisor</b>	<b>10</b>
<b>Project Updates</b>	<b>4</b>	<b>Cocina Peruana: Cooking with the staff...</b>	<b>12</b>
<b>Introducing....</b>	<b>4</b>	<b>Meet the Family</b>	<b>13</b>
<b>Volunteer Events</b>	<b>5</b>	<b>September Diary</b>	<b>14</b>
<b>Volunteer stories</b>	<b>8</b>	<b>Announcements</b>	<b>15</b>

### Taking time out in the Sacred Valley...

When many people talk about Peru and Cusco, Machu Picchu is very often on the top of the list. However Cusco is the home of many interesting sites, hence its popularity as a tourist destination for *gringos* and Peruvian nationals alike. Thus, living in the middle of the Sacred Valley is an advantage to Projects Abroad volunteers as they have easy access to many historic and culturally interesting locations.

Cusco lies at around 3,500 metres above sea level and was once the heart of the Incan empire. With a population of around 300,000, mixed with the gringo tourists, Cusco is a colourful city, home to a number of Peru's most amazing archeological sites. It is a centre of art, culture and cuisine, where you can wander through cobbled-stoned streets, smell the *caldo* cooking in the early hours of the morning, hear languages from all over the world, including Quechua, which is still spoken by a large number of Peruvians. Crossing through the Plaza de Armas, calls of *señorita* follow you wherever you go, but that is all a part of being in Cusco.

Cusco Cathedral



The *boleto turistico* (tourist ticket) to many of the sites throughout the Valley is somewhat hampering as you are limited to ten days of visiting, however it is the key to seeing some amazing sites: from the enormous ruins of **Sacsayhuaman**, which used to serve as the main walls of the old fortress during the Incan Empire; to the



Ollantaytambo

ruins in **Ollantaytambo** where you can climb the steps of the old fortress to some pretty views across the countryside.

The ruins at **Pisac** are particularly memorable as you pass through the market where vendors sell handicrafts from the region to tourists (a particularly good place to pick up some gifts for the family back home). Views of the stunning

landscapes from the town of **Chincho** and its ruins are typical examples of what makes up an amazing drive through the Valley from the city of Cusco.



Pisac Market



The *boleto turístico* also allows access to the **Convento de Santa Domingo/Q'orikancha** (the underground archeological museum only, to enter Q'orikancha itself there is an extra entrance fee). Q'orikancha is a very interesting place to visit as Incan stonework was incorporated into the

structure of the colonial church of Santa Domingo. It was once the Inca Empire's richest temple; however, the precious stones and metals were looted by the conquistadors leaving behind the stonework. Q'orikancha is Quechua for "golden courtyard" and during Inca times the site was covered with gold, with golden statues in its courtyard. One of the most revered and respected temples in Cusco, it was dedicated entirely to Inti, the sun god.

The Church of Santo Domingo was built on the site, using the ruined foundations of the temple that was flattened by the Spaniards, in the 17<sup>th</sup> century. Major earthquakes have severely damaged the church, but the Inca stone walls, built out of huge, tightly-interlocking blocks of stone, still stand thanks to sophisticated Incan stone masonry.



Inside Q'orikancha



Another site which the *boleto* allows you to visit is **Tipón**, a rarely visited but extensive site which exists of terracing at the head of a small valley and has an ingenious irrigation system. South east of Cusco, Tipón was an important place to worship and respect the water element.

The site consists of agricultural terraces watered by stone-lined channels, a reservoir and temple block, terraces, large stone storehouses and dwellings. Although today there are still mysteries to discover, the peacefulness of the site, the sound of the water and the sensation of being near the gods overwhelm its visitors.

**Where can you visit on your *boleto turístico*:**

**Within Cusco:**

- La Catedral
- San Blas church
- Santa Catalina convent
- Museo de Historia Regional
- Museo de Arte Religioso
- Museo Palacio Municipal
- Museo Arqueológico Coricancha (Q'orikancha)

**Outside Cusco:**

- Saqsaywaman
- Qenko
- Puca Pucara
- Tambomachay
- Pisac
- Chinchero
- Ollantaytambo
- Pikillacta
- Tipón

## Project Updates

### What's New?

In **Teaching** this month the "Minisaga writing competition" will be starting, look out for the winners in November. Also this month the Teaching volunteers will be forming a Projects Abroad-Peru choir in order to record children's songs onto CD for all our partner schools. Keep an eye out for more information in the office and if any other volunteers are interested in helping with this, please contact Claire. Finally, this month we would like to say a special thanks to Esther Goldsmith, who left us at the end of September, for all her efforts in IEMx Ollantay. She has generously set up a scholarship programme within her school, giving all the students in the school a chance to earn either a dictionary or talking translator.

In **Care** we shall be seeing the launch of the painting competition within all our partner kindergartens. The results will be announced next month. All Care volunteers should help encourage the children in their kindergarten to take part. Prizes will be given to the winning students.

The **Inca Project** will be welcoming Leonie Dorn who will join the team in Huyro after completing a months Spanish programme. In Huyro on 14<sup>th</sup> September a volleyball and football tournament was held between different institutions, educational centres and Projects Abroad volunteers & staff. The Projects Abroad team managed to beat the competition & come out the tournament winners!

We have a new placement in **Sports** in the Agropecuario-Urubamba where volunteers have the chance to help out in Sports lessons teaching volleyball, basketball and football.

This month Spanish volunteers Kyle Freeman and Willemijn Aarden will be starting their **Medicine** placements after finishing their Spanish programmes in mid-October.

## Introducing...

### ... New Volunteers

**This month 6 new volunteers will be joining us in Cusco, the Sacred Valley and Huyro.**

In our care & community programme **Jennifer Genten** will be joining us for three months working in IEI Coya. After which she will be joining the Teacher Training programme with us in January.

The Inca project will welcome **Lydia Schaedlich** from Germany, who will be joining the project for five months

Arriving for the teaching programme this month, we have **Maired Broderick** who will be working in IEMx Señor de Torrechayoc in Yanahuara and IEMx Agropecuario-Huarán. Coming from the UK, **Hadleigh Stollar** will be helping out in Agropecuario-Urubamba. **Evelyn Brakema** will be joining the programme working in IEMx Tahuantinsuyo in Cuyo Chico.

We have one new Sports volunteer coming this month: **Michiel Smit** who will be teaching football with Jaime in the **Apu Pituisaray Sports Centre** in Calca.

## Volunteer Events:

### Pollada in Urubamba for Earthquake Victims

Last month's social took place on 7<sup>th</sup> September in the Projects Abroad Peru office in Urubamba. We arranged a pollada (a Peruvian chicken roast) for all Projects Abroad volunteers, host families, partner teachers and staff. The aim of this social was to raise more money for those in need of it in the Chinchá area, who especially are in need of food and supplies after the earthquake in August. Although it looked like we might be hampered by the rain (just like in the UK!!), the sun came out and we were able to sit out in the garden, with staff, families, teachers and volunteers mingling together in support of this worthy cause. We all enjoyed the chicken, potatoes and salad that were on offer for just S/10 a plate.



Projects Abroad Peru would like to say thank you to everyone who supported and helped to arrange this event, in which we managed to raise S/850 towards buying more supplies for those in need in Chinchá. On Friday 21<sup>st</sup> September Yessika, Mayten and Projects Abroad Spanish volunteer, Willemijn Aarden, went to Cusco to buy further supplies to send to Chinchá with the money that was raised in early September.

See below for an update on Chinchá, photos & the donation report from Willemijn...



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## Donation Report

### Willemijn Aarden - Spanish & Medicine

#### CCHP

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On Friday the 21st of September, I went with Yessika to Plaza Tupac Amará to meet Mayten. One month ago the Projects Abroad volunteers managed to collect a great amount of money for the victims of the earthquake. Having been in Peru for only one week I thought it would certainly be interesting and wonderful to buy food for these victims and we were able to buy a great amount of food!

While buying the food and supplies, Mayten told me about her experiences in Pisco. She had been there for a while to find the best ways to help them effectively. It was fascinating to hear her stories and at the same time very sad as she told us there is an enormous lack of help from diverse authorities. I'm definitely convinced that with the collected money from Projects Abroad volunteers, Partner teachers, host families and staff, we've made a useful contribution. To all involved thanks so much for your contribution!!! And let's think about how we can help them even more!



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## More Chincha Update...

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The products that Yessika, Willemijn & Mayten bought included:

- 5 packets of pasta
- 3 boxes of 48 tins of tuna
- 3 boxes of 48 packets of milk
- 5 boxes of 24 packets of Porridge
- 2 packets of yoghurt
- 6 packets of fruit juice
- 1 large packet of salt
- 2 tins of oil



In September Projects Abroad Peru received a thank you letter from Mayten Sanchez Ruiz, with whom we have been coordinating our efforts to help those in the Chincha area. She has managed to help more than 14 areas within the province of Chincha with the aid of Projects Abroad and other organizations. This aid has reached around 1300 families which consist of between 5 and 27 people. She also reported on the progress that was being made in the area: Mayten managed to engage the voluntary services of 6 doctors to attend the victims; one doctor was set up in her living room for three weeks. There has also been a centre set up in a school providing various lessons to children and adults. However, there is still a lot that needs to be done, there are people still living in shelters made of cardboard and plastic, with no electricity or water, nor have they received supplies or medical attention. Therefore, Mayten asks that people continue to support her cause as there is an urgency and necessity to continue help the people of Chincha which we should not forget as time passes by.

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## Salsa night in Urubamba...

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This month we arranged Salsa lessons for all Projects Abroad volunteers on Tuesday 25<sup>th</sup> September in the Projects Abroad office. Profesor Cesar arrived at 4pm and began to teach the volunteers some salsa basics for them to practice on the dance floor in Cusco at the weekend. Some volunteers showed themselves to be salsa experts while others decided not to display their cases of two left feet! After the lesson we enjoyed drinks, snacks and pizza. Overall it was an enjoyable Tuesday evening for everyone who took to the dance floor or just enjoyed the music.



We will keep you informed about our next social...



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## Projects Abroad & the CIRPLAST Campaign...

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Between the 26<sup>th</sup> and 29<sup>th</sup> September many Projects Abroad volunteers took the time to help out in the CIRPLAST campaign which carries out harelip surgeries for the poor children with cleft palate in the region for 2 days. This year 20 doctors helped out on the campaign. Projects Abroad volunteers helped out by cleaning the house for the children and playing with them. Some volunteers were also able to enter the operations room. This was the third year running that Projects Abroad volunteers have helped out in this campaign.



Volunteers from various projects helped to clean the rooms and make the beds for the cleft palate children...

### When students flirt or fight for homework...

Sara Hartel - Teaching

*IEMx Inka Tupaq Yupanqui, Chinchero*



I'm in Peru for 5 ½ months teaching in a school in Chinchero, which has become a routine by now – just day-to-day-life. But there are two experiences, that disturbed me quite a bit – but in the most positive way.

But before I talk about that, one short explanation: In Peru they start counting the grades again after the six years of primary school. So a 1<sup>st</sup> grade would be a 7<sup>th</sup>, a 2<sup>nd</sup> grade an 8<sup>th</sup> and so on.

Now to my strange experiences: The first one – in short – is that I was “attacked” by students, who desperately tried to get homework: They begged for it clinging to my clothes and pushing me against the classroom wall. Disturbing, isn't it? I'm still asking myself: “What did I do wrong?” But that is, what actually happened.

A few weeks ago I decided to do group-work with my 1B, which they absolutely love, because group-work is something really rare and special in Peru. For the groups that finished early I had prepared word-searches. What I didn't prepare for was that the students of 1B are absolutely crazy about word-searches – how inexperienced I was... So I didn't bring enough photocopies for all students, just for the ones that would finish early – what a grave mistake...

So I only had three more word-searches left, but around 15 students wanting them. I explained that they wouldn't have time to do them during the lesson, but their answer was: “Como tarea!” (as homework) And then it happened, what I already mentioned: Those 15 students rushed at me all trying to get one of the last word-searches to do them at home.

Now to my second unforgettable experience: There had been a spontaneous timetable-change and I was suddenly to teach the 4C about parts of the body, even though I'm actually a teacher for grade one and two. I'd usually have done that together with Profe Valentín, but he had a very urgent meeting with the principal – teachers often have “very urgent” reasons not to come to their classes – and so I went to dear 4C alone.

I didn't know them, I hadn't prepared anything, the students in there were nearly my age, I was scared, but it turned out to be the greatest fun.

Because of the small age-difference the teacher/student relationship turned into a rather amicable one. So while I was writing words like “eyebrow” or “toenail” on the board, one special male student suddenly stood up and told me: “Eres bonita, Profesora!” (You are beautiful, Teacher) That did somewhat irritate me, but I just kept writing body parts on the board and then pointing at my eyebrows or fingernails saying the English words to have the students guess their meaning.

This special male student didn't give up though, but asked me a little while later: "Tienes novio, Profesora?" (Do you have a boyfriend, Teacher?) Then I thought it was the time to take away all his hopes by explaining that Peruvians are way too short for me. For some reason only my female students thought that was amusing...

Well, the lesson went on and – no idea why, maybe to impress me – most male students suddenly became enthusiastic about English and started fighting over the whiteboard-marker just to write example sentences like "This is my nose" on the board.

That confused me just as much as the flirting attempts of my special student. But I must say, I didn't mind; especially not because this special student actually asked me, why "my" doesn't change in singular and plural ("my hand, my hands"), which it does in Spanish. And that is really encouraging for a Peruvian student, who is not taught to challenge what a teacher says.

In the end he made me a butterfly out of paper and since then the boys from 4C stopped greeting me with the usual "Good morning, teacher", but say: "Good morning, my love." Where they learned that from, I do not know...



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**Sarah Corke - Spanish**  
***CCHP***

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This has been one of the most intense ways to learn Spanish – but it's been a blast. Arriving with hardly any Spanish, I was plunged into a family and a village where the amount of English spoken was equal to my Spanish! My host family was very welcoming and patient with my "span-glaise," and after a few lessons no longer looked baffled by everything I said.

The Sacred Valley is a breathtaking place to live and Pisac is an excellent place to practice bartering at the market in Spanish. Any worries I had about loneliness were also pushed to one side with regular unofficial volunteer socials, and various treks to ruins and other towns has meant there has hardly been a quiet moment. This has been one of the most enjoyable months of my life, and hopefully I will have the chance to return and once again bewilder with my Spanish.

## A Day in the life of a Teaching Supervisor



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### Ex-volunteer and current Projects Abroad - Peru Teaching Supervisor, Claire Pegler tells us about what her job entails...

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One of the things I like best about my job is the fact that there is no such thing as a typical day. I enjoy a lot of variety in my work and the balance between my mornings, out and about, and my afternoons in the office, works well.

From 8 until 1 most days I am cruising up and down the valley visiting teaching volunteers in their schools. This means I spend a lot of hours on the bus each day and sometimes the overcrowding and *huayno* music can get a bit much but generally I feel pretty lucky to be able to travel through the stunningly beautiful Sacred Valley as I go about my work.

It's important that I keep in regular contact with our volunteers in their schools. I think it's only fair that volunteers should feel supported in what can be a very tough working environment. The kids are generally fantastic but the frustrations of the Peruvian education system can be pretty trying and the schedule of a teacher is mentally and physically demanding. I want my volunteers to know that I've been through the same things myself as a volunteer and can now offer a little moral and practical support that the schools can not always provide.



It's also important for our future volunteers that I build and maintain good relationships with the staff of the schools that we work with. We don't want our partner teachers to feel less important or less useful because we have placed a volunteer in their school so we also organise monthly meetings for them. During these meetings our Partner teachers have an opportunity to practise some English Grammar with us as well as being able to pick up some new teaching ideas and techniques. We also offer a free Teacher Training course in January and February which offers them an extended course to improve their skills. As part of my weekly visited I also try to encourage them as much as possible to take part in these opportunities that we offer.



In the afternoons, I am based in the Urubamba office. It is always a time when volunteers visit the office for some help in lesson planning, some advice or sometimes just a chat. I really like this part of my job as it allows me to get to know my volunteers a lot better. It also allows me to indirectly improve the learning of the

students, by helping the volunteers to become more effective. Also, on Monday and Wednesday afternoons, we have afternoon classes at a local Urubamba school, General Ollanta. Though my volunteers do the bulk of the work for this project, I oversee the coordination and organisation of this program with the local school. Every Thursday we also have a workshop, which gets volunteers together to discuss lesson ideas and any problems they might have. I hope these sessions are a social opportunity for the volunteers as well as something that is helpful in improving their teaching. Once a month, this workshop session is used to include our partner teachers in the Network Meetings too.

I use whatever time remains to monitor, prepare and carry out a number of other projects that are currently on the go. The Library project operates in six of our schools, where students can choose from a list of 300 books and then keep their chosen book for a month. This takes a fair amount of maintenance and monitoring. We are also launching a "Minisaga" writing competition in October, which will allow

students to compete for prizes for their schools by using creative writing skills in English or Spanish. Earlier this year we also had volunteers take part in video dialogues so that schools can benefit from hearing English spoken properly all year round and not just when we have enough volunteers for all of our schools. The next related idea to this is to record children's songs onto CD so that our schools can all receive a copy of this too. These extra projects are really rewarding to be part of but they also take a fair amount of planning too. Add to all of this, the daily admin tasks that are part of office life, like paperwork and checking emails, and you can see that I'm kept fairly busy!



I originally came to Peru as volunteer myself but I still consider myself lucky to have been offered this job. I'm now half way through my one year contract with Projects Abroad and I haven't regretted my decision to stay yet. I find what I do both challenging and rewarding and still think that my life here in Peru is one that will be pretty hard to leave.

## Cocina Peruana: Cooking with the staff

This month's choice is from Desk Officer, Hannah...

### LOMO SALTADO

Serves six people



Lomo Saltado is a Peruvian dish with Asian influences...

#### Ingredients:

- 500g of red meat
- 250g onion
- 3 potatoes
- 3 tomatoes
- Fresh chilli
- 3 tablespoons of vinegar
- 6 tablespoons soy sauce
- 3 teaspoons of ground garlic
- Cumin
- Oregano
- Salt and pepper

#### Preparation:

- Cut the meat into strips and fry in oil.
- Once the meat strips are fried put them to one side and peel and cut the potatoes into strips. Fry these in the same frying pan. Once ready put to the side.
- For the garnish, add the salt, pepper, cumin, garlic, and oregano to taste.
- Add the meat and cover it with the chopped onion and the chilli also cut in strips.
- Add the vinegar and soy sauce and cover, leaving it on a low heat. When the meat is tender add the fried potatoes and slice the tomatoes. Stir while the potatoes heat up and mix in the tomatoes. Leave to heat.
- Serve with rice.

## Meet The Family

Projects Abroad works with a number of host families throughout the Sacred Valley and in Cusco, this month we introduce you to the **Zambrano family** in Calca...

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### ZAMBRANO FAMILY FACTS

Family members: *Ricardo Aguayo, Beatriz Zambrano, Oliver and Brissa Aguayo Zambrano*

No of family members: 4

Town: *Calca*

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**Projects Abroad:** How long have you been working with Projects Abroad?

**Sr. Ricardo:** We have been working with Projects Abroad for about three or four years.

**Projects Abroad:** What is the best thing about having a volunteer living in your family?

**Sr. Ricardo:** The most important thing is that you can learn and share new experiences. First, we learn some English, and learn about other countries that the volunteers come from; secondly, we share experiences together in Peru. Finally, we make friends for the rest of our lives.

**Projects Abroad:** What is your most memorable experience with a volunteer?

**Sr. Ricardo:** We had a volunteer called Alfred Luijdjens, who stayed with us in March 2005 teaching English for about three months. He was a friendly Dutch man, and as an older volunteer we got on very well. We went traveling together to Huchuyqosqo and Machacancha (hot springs). We visited many local sites together and he was like a member of the family. However, all the volunteers that stay with our family are like our sons and daughters and we always remember our experiences with them.

**13 year old son Oliver also remembers previous volunteers...**

**Oliver:** Having volunteers in my house is a wonderful experience because I live with them and we share lots of customs. Also because they are like my brothers and sisters and I learn some English. One of my favorite memories is Matthew Stroud, because he was very special. He was good, we went out together, and played with me a lot. We played hide and seek, listened to music, played football and a crazy game which we invented called "knock the table". Another of my favorite volunteers is Carina Owen. She was nice and played a lot with me. She took lots of photos with me and taught me how to play chess. I always remember the volunteers that stayed in my house and now I have a new brother, Noah, and a new sister, Julia that are very nice with me and my sister. I hope that we will become very good friends.

### What's happening in October?



**Señor de Los Milagros:** Throughout the month in Peru there are processions in honour of Señor de los Milagros. Therefore, every Sunday in Cusco you will be able to see these processions. In Lima, however, this is a very important procession, particularly after the earthquake in August. The first procession took place in Lima after an earthquake on 20<sup>th</sup> October 1687. Sebastián de Antuñano took a replica of Señor de los Milagros and with members of his congregation who had been affected by the earthquake, took to the main streets of Lima. After a second earthquake on 28<sup>th</sup> October 1746, the Señor de los Milagros became accustomed to leave its resting place on 28<sup>th</sup> October visiting streets, monasteries, churches and city neighbourhoods. Throughout the month people wear purple clothing to show their devotion to the Señor. Buildings are decorated in white and purple garlands. Petals and confetti are thrown in front of the Señor and the bells of the churches and monasteries ring accompanying him on his route. A brotherhood representative guides the procession through Lima. Many people take to the streets to view or follow the procession, which is the largest Catholic procession in the Americas.

Festival	Description	Place	Date
San Francisco del Asis	Catholic Festival	Tinta, Urcos and Maras	October 4
Virgen del Rosario	Catholic Festival	Cusco	October 7
Combate de Angamos	The naval battle of Angamos took place of 8 October 1879 and was an important struggle in the War of the Pacific. The Peruvian ironclad <i>Huáscar</i> was surrounded and captured by the Chilean navy. The captain, Peruvian Admiral Miguel Grau, was killed in the combat. After this battle, the Peruvian Navy was unable to prevent the invasion of its territory as the seas were cleared for the invasion of Peru and Bolivia	National holiday	October 8

## Announcements

- Please note that all Teaching & Care volunteers may not have work on 8<sup>th</sup> October as it is a national holiday. Please check with your partner teacher.
- If you would like to contribute your experiences, stories, photos or anything else then please send them to: [hannahpartis@projects-abroad.org](mailto:hannahpartis@projects-abroad.org)