

The Heart of Travel

Authentic & Ethical Adventures in Latin America

TRAVEL IN PERU

Welcome Packet
Peru, 2017-18

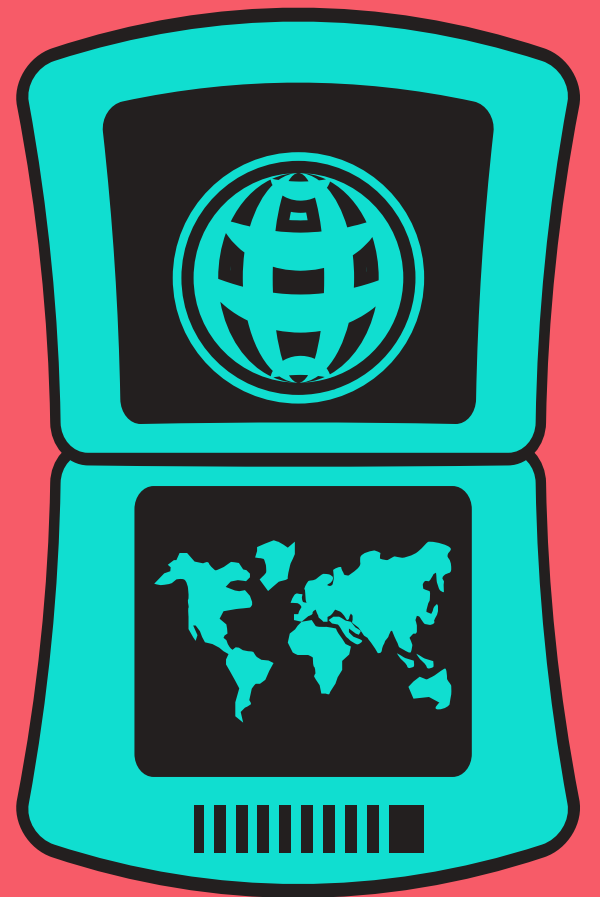
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FLIGHTS, IMMIGRATION, TRAVEL REQUIREMENTS



A variety of commercial airlines offer daily flights in and out of Lima from major U.S. cities like LA and Houston. We recommend searching for flight options on Google Flights and then booking directly with the airline or via a third party site, like Cheapoair. Online check-in will be available for most of these flights. Please arrive to the airport 2.5 - 3 hours early.

A passport valid at least six months with at least 2 free pages in the visa section is enough to get an entry stamp directly at the airport. Shortly before landing the stewardesses on your airplane will hand you the "Tarjeta Andina de Migracion" (TAM) and a customs declaration form. The TAM is available in Spanish and English. Fill out your personal data and after disembarking hand it together with your passport to the immigration officer at the immigration control. The upper part of the TAM stays with immigration; the bottom part is handed back to you. Take good care of your part of the TAM! You need it again when leaving the country.



Peru doesn't require any specific vaccines, such as yellow fever, in order to enter the country. However, we recommend being up to date on all of your shots and discussing any potential health concerns pertaining to travel in Peru with your doctor.

HOW TO PACK IN PERU



We recommend traveling with a large backpack or a light weight roller case, but keep in mind there may be times where you have to walk 5 - 10 minutes on cobblestone roads or dirt terrain with your baggage. Make sure you have a separate day pack to take on excursions!

Lima is mild and warm throughout the year without noteworthy rain making it one of the driest capitals in the world. Humidity is very high, and sunny, moist and warm summers (December - April) are followed by cloudy, damp and cool winters (May - November). In Cusco, because of the high altitude the sun is particularly intense during the day, but the nights are always cold. Dry season runs May through October, and rainy season runs November through April.



SUGGESTED PACKING CHECK LIST

- 1-2 pairs of shorts
- 4-5 cotton t-shirts/long sleeved shirts
- 1 pair of long trousers/pants
- Comfortable hiking pants/shorts
- Jacket or sweater for when it gets cold!
- Hat with a good brim
- Comfortable hiking/walking shoes
- Comfortable sundress/skirt
- Sandals/flats for walking in the city
- PJs
- Sunglasses
- Camera
- Spanish/English dictionary
- Swimsuit
- Water shoes
- Daypack
- Sunscreen
- Chapstick/lipstick with sun protection
- Personal Medication + Toiletries
- Powerbank to charge devices
- Hand sanitizer
- Luggage lock
- Device with alarm clock
- Insect repellent
- Ear plugs
- Rain jacket (rainy season)

TRAVEL TIPS



Schedule an appointment with your doctor or travel nurse to discuss the upcoming trip.



All major credit cards are accepted at restaurants, hotels, shops, and even at some of the market vendors! Let your bank know you're traveling!



Mind your step while exploring the city as the cobblestone streets are notorious for tripping people up a bit, especially after a couple cervezas.



Contact your cellphone provider to discuss options for international plans for Peru.



Keep in mind Cusco has an elevation of over 11,000 ft. We advice you take some medicine with you for altitude sickness, take it easy and adjust slowly!

CURRENCY

The Peruvian Sol is the local currency and floats between 3.2 and 3.7 to the dollar. We recommend against exchanging money at the bank or airport as the exchange process can be timely. Instead, you can bring Soles from the US or pull out cash from an ATM, which will be faster and easier. Make sure you call your bank to let them know you will be in Peru. If you would still like to exchange money at the bank once in Peru, you will need your passport. Don't exchange money at the airport, as they usually offer an unfavorable exchange rate.

HEALTH & SAFETY TIPS



Tap water is not safe for drinking. Use purified water only. We will provide water to refill your bottle on the van! The tap water is fine for showering and brushing your teeth.



All the places we eat at are clean and safe in terms of food handling. Still, you may experience mild traveler's diarrhea. If it persists please let your program director know.



Most of our lodging will have a safe to lock up valuable items. If your room doesn't, ask your program director to help you find an alternative to safely store any valuable items.



Dress modestly and don't display excessive jewelry or flashy items that call attention to you.



During the daytime it is safe to walk around the towns and cities on your own. Nevertheless, we recommend walking in groups at night and taking a cab if you're far from the hotel.

CULTURAL ETIQUETTE

As with travel to any foreign destination, it's important to remember that you are a guest in that country. You're likely to encounter social and cultural differences and we ask that you remain respectful, open minded and willing to learn about the country you are visiting. Travel is a great privilege and therefore it comes with responsibility. Locals are extremely friendly and welcoming to visitors and we hope you make new friends on this trip. Here are some things to keep in mind!

- Don't photograph people's faces without permission.
- Tipping, while not required, is greatly appreciated. 10% is standard.
- Cat calling on the street is more culturally accepted in Peru. Unless you feel threatened or physical assault, it's best to ignore it, look ahead and continue walking.
- Tourism is a large part of the economy and we encourage you to buy from local vendors to support the local economy. However, you should never feel pressured to do so. A polite "no gracias" is fine!

WANT TO LEARN MORE BEFORE YOUR TRIP?



Recommended Books

Death in the Andes by Mario Vargas Llosa

The first man of the Peruvian literature, Mario Vargas Llosa wrote dozens of stories set in Peru. In his novels, he comments on the difficult Peruvian reality, complicated history and the country's quirks. *Death in the Andes* is a gripping page-turner that brings the readers back to the times of the Shining Path, the cruel Maoist guerrilla group that reigned in the Peruvian sierra since the 1980s. The novel mixes the country's tragic history, local customs, and the landscapes of Peru in a masterly way. Llosa skillfully portrays traditional beliefs, and manages to include Peruvian poetic traditions in what can be classified as a political thriller.

The Peru Reader

This collection of texts on Peru's history, culture and politics is the size of a brick. It's a wonderfully vast selection of essays, poetry, legends, short stories, autobiographical accounts and more. As a result, *The Peru Reader* is a great help in understanding the contrasts of that country.

Turn Right at Machu Picchu by Mark Adams

You can't find any list on Peru-related reading without several stories about Machu Picchu and the Inca heritage. *Turn Right at Machu Picchu* is one of the more popular books. Mark Adams did a remarkable job, first researching thoroughly the Inca history, and then tracing the steps of Hiram Bingham, the legendary discoverer of Machu Picchu. Along with a murky Australian guide John Leivers, Adams explored the wild land of the Incas, and described it in such a light, graceful way, that it's a treat to read even if you're far away from any jungle.

The Conquest of the Incas by John Hemming

The account of how a small flock of cheeky Spaniards conquered a mighty kingdom deep in the Andes reads like a fairy tale. John Hemming's impressive scholarship, attention to detail (that causes the book to be almost 700 pages long) and outstanding storytelling skills, turn the story of the bloody contest into a spectacular read. Hemming's story covers 40 years, starting from the initial invasion of Francisco Pizarro's cruel band of 168 men, until the death of the last Inca emperor Túpac Amaru in 1572.

In Search of an Inca by Alberto Flores Galindo

In Search of an Inca is a dense, informative account on the Incan influence on building the identity of the Andean peoples. Alberto Flores Galindo, a famous Peruvian historian and social scientist, writes about 500 years of history of the Andes, analyzing the utopian visions of implementing pre-Hispanic, Inca models into the postcolonial reality of Peru.

The Next One to Fall by Lily Moore

Travel writer Lily Moore has been persuaded by her closest friend, photographer Jesse Robb, to visit Peru with him. Jesse is convinced that the trip will lure Lily out of her dark mood, but Lily is haunted by betrayal and loss. At Machu Picchu, the famous Lost City of the Incas, they discover a woman clinging to life at the bottom of an ancient stone staircase. Just before the woman dies, she tells Lily the name of the man who pushed her. When the local police investigate, the forensic evidence they find doesn't match what Lily knows. Unable to accept the official ruling of accidental death, Lily hunts down the wealthy man who was the dead woman's traveling companion and discovers a pattern of dead and missing women in his wake. Obsessed with getting justice for these women, Lily sets in motion a violent chain of events that will have devastating consequences.

WANT TO LEARN MORE BEFORE YOUR TRIP?



Recommended Films

The Motorcycle Diaries by Water Salles (2004)

On a break before his last semester of medical school, Ernesto "Che" Guevara (Gael García Bernal) travels with his friend Alberto Granado (Rodrigo De la Serna) from Brazil to Peru by motorcycle. The two men soon witness the great disparities in South America, encountering poor peasants and observing the exploitation of labor by wealthy industrialists. When they reach a leper colony in Peru, Ernesto's values have changed so much that he sides with the sufferers, forgetting his own comfort.

The Milk of Sorrow by Claudia Llosa (2009)

The film stars Magaly Solier and addresses the fears of abused women during Peru's recent history. Fausta is suffering from a rare disease called the Milk of Sorrow, which is transmitted through the breast milk of pregnant women who were abused or raped during or soon after pregnancy. While living in constant fear and confusion due to this disease, she must face the sudden death of her mother. She chooses to take drastic measures to not follow in her mother's footsteps.

The City and The Dogs by Francisco Lombardi (1985)

This film is based on Mario Vargas Llosa's first novel, *The Time of the Hero* (1963). This is the story of a cadet who witnesses a murder in his military school, a microcosm where hierarchy is marked by violence and loneliness.

Don't tell anyone by Francisco Lombardi (1998)

This film generated lots of controversy because it was the first Peruvian film to deal with homosexual themes. It tells the story of a high-class young man who must hide his homosexuality from his conservative family – especially from his homophobic father – until he falls in love with a boy.

Ciudad de M (2000)

A young man named M is desperate to find a job, but he has nothing to back up his employment history. Faced with pressure from his girlfriend to change his lifestyle, plus the lack of decent work, he is tempted by friends to do a risky and illegal job. Great soundtrack by local bands and a realistic view into Peru's urban lifestyle.

La Boca del Lobo by Francisco Lombardi (1988)

Based on a true story, *La Boca del Lobo* is one of the most important films of Peruvian cinema and considered the best of director Francisco Lombardi. Vitin Luna is a soldier based in Chuspi, a small village in the Andes, during times of internal conflict with terrorist militias. When a lieutenant arrives, he accuses the whole town of being terrorists and treacherous. Faced with an unjust and imminent retaliation ordered by the lieutenant, Vitin Luna debates whether to stand by his military duty or do the right thing.

La Última Noticia by the collective Grupo Chaski and Alejandro Legaspi (2016)

During the 1980s, subversive groups of extreme left ideologies began to torment the Andean populations, annihilating anyone who didn't collaborate with them. *La Última Noticia* is a thriller about a radio journalist and a public school teacher in an Andean town where communist militia Shining Path suddenly appears and triggers a violent persecution.

Gregorio by Grupo Chaski (1984)

This film is another look at the life of the Andean migrants in Lima during the 1980s. Gregorio is a boy who has just arrived to the capital. In the face of his father's illness, Gregorio is forced to work shoe-shining to provide for his family. When his father dies, he takes refuge in drugs and theft, incited by other street children.