

# MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



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## Letter from the Editor

Welcome to our February edition of Musaq Chasqi. We have had a great start to the year so far with volunteers starting to arrive from all over the world, even Kazakhstan. As the children in Cusco are on school holidays our Care volunteers have been busy organising Summer School activities for the primary school kids. I have been along various times to visit and have seen lots of artwork covering the walls of the classrooms, the volunteers helping the children with their maths and whether it is rainy or sunny they are also outside getting involved in sports games. Soon we will also have some volunteers arriving to take part in our new Teaching Adults programme. They will be helping the artisans in Pisac to improve their English so that they can communicate with the tourists who they sell their products to. We look forward to the start of this project early in February. This month is the time of carnival! Throughout Peru there will be celebrations and many water fights. In this issue you can read about the Carnival of Cajamarca, one of the most well known festivities in Peru, and you can try to make Sancochado, a typical dish from carnival time. We hope all our current and past volunteers have a great month and we look forward to hearing more of your stories from Cusco, the Sacred Valley and Huyro!

Anna Munro  
Social Manager

## Peru: Hot Spots

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### Chullpas of Ninamarca

Anna Munro

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On the way to Paucartambo from Cusco you pass by the Chullpas of Ninamarca. These are ruins of pre-Incan burial chambers from the Lupaca people. There are 17 restored tombs that are about 1 to 2.5 metres in height, 0.8 to 1.6 metres in diameter and are made from rock bound together by clay. The tombs were constructed between 1150 and 1250AD before the Incan period in Peru. The tombs are scattered in no particular pattern and most of the cylindrical tombs have doors that point towards the north.

In the past when the tombs were in use they would bury the bodies in a crouching position within the Chullpas. The bodies would be preserved in a way that made them shrink down in size. If you ever are traveling to Paucartambo or to the jungle in Manu, it is highly recommended that you make a quick stop on the way to see the burial chambers.



### Carnival of Cajamarca

Anna Munro



Cajamarca is known as the capital of Carnival for its elaborate festivities. Carnival in Cajamarca started back in the 1930's and since then year by year it has grown so that it now lasts almost the entire month of February. The celebrations are made up of many traditional events that mix together myths and legends with the reality of today's culture. Also as the carnival takes place in summer it is common throughout the festivities for people in the town to have fights with balloons filled with water or even paint. The central part of the carnival in Cajamarca takes place over 5 days from Saturday until Ash Wednesday. Prior to the main festivities the Carnival Queens are elected, they celebrate the "Concurso de Coplas" (Popular song contests) and "Jueves de Compadres" (A friendship contest). On the central Saturday, the first main day of carnival, they welcome the entrance of Ño Carnavalón to Cajamarca, a mythical character that represents Carnival. Following the arrival of Ño Carnavalón there are never-ending parties including the "Concurso de Patrullas y Comparsas" in which people parade, sing, dance and march through the streets in amazing costumes of bright colours. Some of the typical dances are the "Cilulo", "La Carolina", "Cumbre-Cumbre" and "La Matarina". Another highlight of Carnival in Cajamarca is the "Corso de Carnaval" when elaborately decorated floats travel around the city. On the Tuesday the festival starts to come to an end with the "Velorio del Ño Carnavalón" (The wake of the Carnival character). A chapel is built in the Santa Apolonia district and people dress in mourning clothes to say goodbye to Ño Carnavalón. On this day there is plenty of drinking, smoking and eating involved! On the Wednesday, the last main day of Carnival, the "Entierro del Ño Carnavalón" (The burial) takes

place. There is a procession and once they arrive in the "Baños del Inca" a funny testimony is read that mocks politicians and public figures from the city. This marks the end of the main Carnival events until the next year. However over the next week the "Unsha" parties continue. In each neighbourhood people dance around trees that have decorations and gifts hanging from the branches. While they dance, each couple has to try and cut the tree down with an axe. The couple that manages to do so has to organise the tree laden with gifts for the following year. During the month of February there are many celebrations throughout Peru however Cajamarca is one of the most memorable ones to attend!

## Project Updates

This month the **Care** volunteers have worked in Summer School at two different placements in Yucay and Calca. The volunteers took on the role as teachers and had full control of classes with an average of 30 kids. They have been teaching drawing, painting, making painted pottery sculptures, and teaching maths by playing games. The children have also commented a lot on the magic tricks that Lars showed them in Calca. Summer School finishes in mid February and we would like to thank all of our volunteers who have showed a lot of patience, care and determination in teaching. We hope that the kids and volunteers will always have good memories of this time!



Pisac is an important tourist town in the Sacred Valley in Cusco not only due to the amazing sites but also due to its typical market which is set up in the Main Square. Everyday the Piseños (people from Pisac) who are artisans display their products and sell them to tourists. Projects Abroad has been working together with the Pisac council to help the local people improve their English communication skills by providing classes to the artisans. We are happy to have Trine Gausland and Harry Geerts - **Teaching Project** volunteers - helping out with this project. Their enthusiasm is very contagious and is important in carrying out a project which involves teaching artisans of different ages. Already we can see that the local Pisac people are very happy to have such enthusiastic teachers.



Our **Sports** volunteers keep working hard in the rainy season. Kenny Fadda from France and Morten Moller from Denmark are a very good help. Their experience at playing football has been very important for the kids to learn both the basic skills and new techniques during their training sessions. In February we will have Katherine Kucera, Parker Lathrop, Derek Smith and Koen Carrera joining our sports programme too.



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### Volunteer Social Events

Anna Munro

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This month the volunteers have been getting involved in lots of physical activity. We started off with an energetic salsa lesson in Cusco at the nightclub Inkateam and were instructed by professional salsa teacher Coco. He made sure that all the legs and arms that were waving in the wrong directions were all swinging together in unison by the end. He even managed to get the volunteers dancing in pairs and spinning. Our night in Cusco was topped off with a typical meal of Aji de Gallina in the town centre and some more dancing.



Even though it is currently the rainy season in the Valley and Cusco, we have been lucky enough to avoid the downpours twice to go on a walk. Our first walk was up a hill near the office in Urubamba to visit a cross and see a great view over the town and the Chicon glacier. It was a tough zigzag walk up the hill but the sights from the top made it worth the climb. We rewarded ourselves with juices and teas in Café Kai once we reached the ground again. The week after our trip to the cross, we took off to visit the Salineras near Urubamba. It was amazing to see salt forming in amongst the Andes Mountains when usually we associate it with the seaside. It was a cool afternoon but it made the walk a lot easier so we were thankful for the clouds!



## Volunteer Stories

### Patacancha, el pueblo en las montañas

Jacqueline Poupart, Teaching Volunteer, Luxembourg



Un día Elli, la otra voluntaria que vivía conmigo en Urubamba, y yo tuvimos la suerte de visitar la escuela primaria de Patacancha. Salimos en una combi de la terminal de Urubamba a las 6:40 de la mañana. Esta combi sale todas las mañanas y es muy utilizada por las profesoras de Patacancha. El viaje dura 2 horas y media, durante el trayecto vamos pasando por Ollantaytambo, varios ríos, montañas, paisajes naturales, pequeños pueblos y casas desoladas.

Al llegar vimos adultos y niños vestidos con ropa tradicional del Perú: ponchos, monteras, chullos y polleras. Estas personas siempre visten así y los niños van con ropa típica al colegio.

La gente aquí es muy pobre y vive de los productos que venden en el mercado.

Fuimos a visitar la escuela, el segundo grado para ser precisos. Por tres días de la semana la profesora enseña en quechua y por dos días los cursos son en castellano. El día de nuestra visita fue en quechua y no entendíamos nada pero la profesora nos explicaba que estaban hablando de las plantas, como crecen y sus partes como se llaman:

Flor - T'ika Rama - K'allma

Hoja - Mas'i Raiz - Sapfi

Tierra - Allpa Fruto - Ruru

Muy interesante!

Después fue el curso de matemática:  $2 \times 2 = 4$ . Esto sí entendimos!

A las 11 era la hora del almuerzo. Los responsables del colegio cuidan mucho que los niños tengan una dieta balanceada para mantener su buena salud. Por ejemplo, tienen 8 pozos con truchas que ellos mismos crían y así los niños pueden comer pescado. Antes de irnos los niños recibieron los panes que habíamos comprado en la mañana. Estaban muy felices porque el pan es un alimento bastante preciado y escaso para ellos.

A la vuelta el sol iluminaba el paisaje y Elli y yo estábamos de acuerdo que este día fue memorable.



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Robert Goedecke, Care volunteer, Australia

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Living in a new environment can always be scary, especially if it's your first time, or if everyone around you speaks a different language. Luckily for me, I was able to adjust to the Peruvian lifestyle quickly, with the only real drama being knowing when to leave the table after a meal in my home, and knowing when is an appropriate time to arrive home at night. Doing the Care Summer School Project in the Urubamba region is a full on job so I was happy to do it for only a month or two, however the joys of arriving each morning to many smiles will live long in my memories. These kids may not grow up like I have, and will have limited teaching resources compared to what I received in school, but they still seem to enjoy working on their activities and having fun together, whether it be sport, art, or a crazy water balloon fight. My role has been to provide the students of all ages with activities that would both present them with a challenge, and entertain them for the duration of their stay in the Yucay Summer School programme. Most of the time I was successful with the aid of prior preparation, although sometimes it was an effort trying to get across the simplest messages. On the good side, from the day I arrived to my final days in Peru, I can definitely say my Spanish has come a long way from "Como te llamas". Also the relationship with the children has become closer over the past month, so much that you can't escape a hug, or being dragged from one class to another (they all wanted us for each lesson). Living in Urubamba has been the ultimate reward and it will be sad to leave behind the friends and family I have made here. There are still many items on my "to do" list which I hope to fulfil here as Peru is such a wonderful country, with many attractions in all directions. I will go home knowing I have many stories to tell of experiences about the country and of things I have grown to like throughout my stay. Of course the main things I will miss when I return to Australia will be the surprises awaiting me every time I sat down for lunch & dinner and the awesome friendship formed with my room mate (and temporary sister) Signe, who not only helped me to remain energetic throughout my placement, but also made communication with the family in that first week a lot less stressful. I would like to thank all of the other volunteers in Pisac, Calca, Cusco & Huyro for their contribution to making my placement unforgettable, and to Signe & Jennifer for making life in the class a breeze. I know that one day I will return, but for now it is adios, and I hope that all future volunteers entering Peru can have just as great an experience as I have had.



## Donation – Help for one of our host families

Jacob Eiding is one of our previous teaching volunteers who stayed with the Villena family in Urubamba. He has recently raised a lot of money to help Alfredo Villena, the father in the family, with eye operations he has been having in Lima. Alfredo Villena suffers from diabetes which has caused blindness in one of his eyes and means the sight in his other eye is deteriorating rapidly. Alfredo still manages to work however everyday activities are always a struggle for him and if things get worse he may not be able to work anymore. Jacob found out about Alfredo's situation while he was staying in Urubamba and after returning home to Canada he started to raise money to help out. He has sent Alfredo money to travel to Lima and have laser therapy to prevent further deterioration in his sight. I visited Alfredo the other day and he said he has seen that there is also type of surgery that can be performed in Lima especially for patients with diabetes who are losing their sight. Hopefully Alfredo will be able to undertake the operation, gain back more of his vision and become a new man!



## 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](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

**Musuq Chaski**

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

## Cocina Peruana

### How to make ... **Sancochado**

Sancochado, also known as Puchero, is a typical dish of carnival time. It is a stew made of vegetables and meat that is cooked up together and then served as two courses – a soup and then the vegetables and meat.

#### Ingredients:

2 kg (4.4 lb) of beef (breast or hip)  
1/2 kg of (1 lb) of chickpeas – soaked since the night before  
4 medium carrots, peeled and cut in halves  
1 kg (2.2 lb) of broad beans  
2 leek sticks, cut along in halves  
4 celery sticks  
1 turnip, peeled and cut in 2 or 3 pieces  
8 medium white potatoes, peeled and cut in halves  
1 medium cabbage, cut in half  
1 kg (2.2 lb) of cassava (yellow, preferable) peeled and cut in medium pieces  
1 kg (2.2lb) of sweet potatoes, peeled and cut in halves  
4 corns in 2 or 3 pieces each one  
1 teaspoon of sugar  
Salt



#### Preparation:

Pour a lot of water in a big pot and boil. When it's boiling, add the pieces of beef and let it boil again. If a bit of foam appears in the water you must remove it with a slotted spoon to eliminate the impurities from the stock. Boil covered for an hour on a medium flame.

Season and add the carrots, broad beans, turnip, celery and leek. Boil for 5 minutes and add the cabbage, potatoes and cassava. When the vegetables are ready you can remove them and put them in another pot.

When the beef is ready, remove it from the pot and put it with the vegetables. Strain the stock and season.

Cook the corn in water and 1 teaspoon of sugar. When they're ready, put them with the rest of vegetables.

Separately cook the chickpeas in water without salt and serve in a different dish. Serve the stock, hot as the first course. The vegetables and are served separately in another dish as the second course and can be seasoned with chili sauce.

## What's happening in March?

Festival	Description	Place	Date
Semana Santa	The biggest festival during March and April is Semana Santa, which is celebrated throughout Peru, though perhaps with the most fervour, in Ayacucho. Typically, on Domingo de Ramos (Easter Sunday) Jesús enters on a donkey with the devoted hundreds kneeling as he passes the palms and branches of olive trees. On the Wednesday a procession leaves the cathedral with images of the Virgin and Saint John to meet with the Nazarene in the Plaza de Armas. On Good Friday the Señor del Santo Sepulcro passes silently along the streets accompanied by the faithful dressed in black and carry large candles. On Sabado de Gloria (Easter Saturday) night many people fill the Plaza de Armas with the intention of seeing the dawn of Easter Sunday when the image of the resurrection of Christ leaves the cathedral and passes around the Plaza de Armas accompanied by colourful fireworks and the sound of bells.	Peru	29th March – 4th April

### Reminders:

If you cannot attend work for whatever reason, please let your Supervisor or the office know as soon as possible with a phone call. If you have your partner teacher's number you can also let them know.

If you are unwell and would like to see a doctor, please call the office or the emergency number and a member of staff will accompany you to a nearby clinic. We will do our best to be with you as soon as we can but whilst you are waiting be sure to keep drinking plenty of fluids (water or tea).

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