

MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



The Official Newsletter of Projects Abroad Peru

July 2010

Issue No: 36



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Time for a Care Change!

After a complete evaluation we have decided to offer a new option in our Care programme, currently offering 3 options in special needs, day care and kindergarten, of which the latter has been by far the most popular, we will offer 4 options soon.

After years of collaborating with kindergarten teachers, training them, networking, elaborating materials and offering alternative educational activities, we must agree with the Ministry of Education when they conclude that our resources would be better served in different types of institutions, the PRONOEIs (PROgrama No Escolarizada de Educacion Inicial), which are early years programmes run by members of rural communities, called "animadoras".



PRONOEIs are an alternative for rural areas where there is no such thing as a kindergarten, most of the times, the "lessons" are held in a room made available by the community and there are no educational materials available. Animadoras only receive a "propina", a tip for their work, of around 120 US\$ a month and they work with smaller groups. More Quechua will be spoken and this makes intermediate Spanish necessary. We expect the rewards for a volunteer to be higher though as more possibilities are offered.

The evaluation of our CARE programme was done by Yessika, Tim and Patricia Luksic (early years educational specialists from Regional Educational Authorities) and although there is still room for improvement in the kindergartens, especially in diversity of activities and teacher training, the fact that "our" kindergartens had better logistics, infrastructure, programming, learning experiences and children competencies was a direct result of having had years of help from supervisors and volunteers alike. It soon became obvious that a new challenge was lying ahead. We came to the conclusion that kindergartens will still be an option, but we hope to defer the majority of the volunteers towards our new option.



We have contacted several groups of PRONOEIs in the different districts and have already planned a training day to see who shows more interest in working with our organization.

Luckily we have experience with working with PRONOEIs in our INCA programme and Tim has done quite a few training courses for "animadoras" since 2008 financed by UNICEF, so it is not a new field of work, but rather a natural progression from what we have been doing.

Volunteers with intermediate Spanish will have the opportunity to do their placement in different PRONOEIs, doing educational activities and working in a more horizontal way with the animadoras. Kindergarten teachers tend to be more in control of the daily activities, but as the animadoras haven't received any formal training and mostly just invent activities on the spot and work with the little resources they have, this option can be a more worthwhile alternative. Our impact as an organization



will be even bigger and volunteers will be able to work more independently and develop more activities.

Another great bit of news is the fact that we were the only volunteer organization invited to the RED Regional Para la Primera Infancia (regional early years network). 22 organisations, of which 10 are official institutions, make up this network and, due to our good contacts and work realized during the last couple of years, we were one of the 12

organizations invited from the civil society, together with World Vision, Plan and Tarea etc.

The network will work 4 pillars of early years (0 to 5 year olds) learning: education, health, nutrition and children's rights. A regional plan to 2015 has been formulated and as a founding member of this network we have assumed some responsibilities such as validating educational material, preparing parents, teacher training and we are also the representative of Civil Society for the La Convencion province.

We are looking forward to these new challenges and as a first step we hope to start this new project within our Care programme in August 2010.

In summary: we will offer special needs, day care, kindergarten and PRONOEI placements from August 2010 onwards but now as part of a bigger functioning network within the Cusco region!



Project Updates



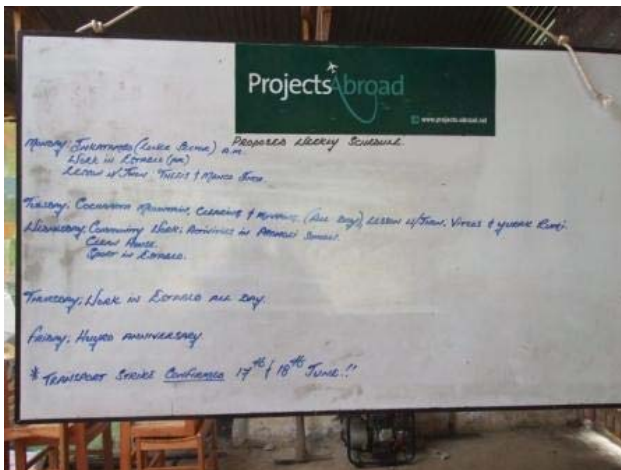
Teaching - Volunteers have been attending our weekly Teaching workshops in order to swap ideas for interactive games and activities for their classes. They have also used the weekly visit to the office to pick up necessary materials and resources for their classes. The end of July sees national school holidays to celebrate the Independence of Peru so many schools will be closed for 2 weeks from 26th July to 6th August. These holidays coincide with many volunteers finishing their Teaching placements and on behalf of your schools and students, we'd like to thank all volunteers for your efforts in your placements.

Care – This month we had a visit from Lieke from the office in Holland and Scott from the UK office. They enjoyed visiting our partner placements. Our volunteers have been working hard in the kindergartens and day care centres and we are very pleased that the majority of them have been attending the care workshop in the office. Volunteers have made use of plenty of resources for their placements and have learnt how to use a film box to tell stories to the children.



As usual our **Inca** project volunteers have been busy working on the recently discovered ruins in Lauramarca (mapping, clearing and exploring) and also mapping and clearing in sector III of Cochapata Mountain. Volunteers cleared the Inca Trail in Sicre and combined this with a trip to the river to relax. Ruins were also cleared in Inkatambo and Choquello.

Inca volunteers got a chance to visit Capillayok, a colonial ruin which was restored last year with INC & Projects Abroad volunteers. Alongside their archeology work, volunteers have been given many lessons on local sites by resident Archaeologist, Jhon.



Volunteers have worked hard in the volunteer house and gardens, clearing the avocado area and the sachainchi area in Establo. Holes have been dug in preparation for passion fruit planting. Around the house volunteers cleared out the old store room after the new roof was installed, prepared a new compost pile, replaced mesh on office windows, cleaned the water tank and cleared and helped dig the drainage ditches in Establo.

Community work with Inca volunteers has seen Director Tim leading an educational workshop for PRONOEIs followed by volunteers using what they learnt to help with activities such as finger-

painting, jigsaws and ball games with children in PRONOEI institutions in Amarilluyok, Huertahuayco, Huyro, Iyape and Ichubamba. Volunteers also walked from Abra Malaga to a school in Panticalle to give the local kids fresh fruit. Fluoridation in Sicre has now brought the total of local children to be treated by Projects Abroad volunteers to over 400.

Volunteers have had a socially busy time this month with quizzes, volleyball matches, World Cup viewing, Projects Abroad Socials, a local birthday party invitation, Huyro anniversary and the dance festival of Huamanmarka Raymi, which saw Huyro schools winning all three categories. Volunteers also tasted Pachamanka - a traditional Peruvian dish cooked in the ground.

Sacsayhuaman Anna Munro

About a 30 minute walk north from the centre of Cusco you can visit Sacsayhuaman, some magnificent Incan ruins that are set on a hilltop overlooking the city. The origins of the great limestone walls of Sacsayhuaman are uncertain and there are many different theories about the significance of the architecture.



It is thought to date back to the period of Inca Pachacutec, the founder of the Incan empire. It most likely served as a fortress during the battles between the Spanish and the Incas between 1533 and 1536. During the first years of Pizarro's conquest, his army lived in the fortress; however, with the rebellion of Manco Inca in 1536 it was taken over by the Incas as a base to fight against the Spaniards. Eventually after the Spanish conquest a great part of the structure was destroyed and the stones were removed to build Cusco – just like a pre-cut stone quarry. Now only the larger outer walls that were too difficult to remove remain intact.

Sacsayhuaman is also considered to be an important religious site. Some theories say it was a temple or storehouse of the sun – a place to store goods. However, the zig-zag pattern of the outer walls could suggest it was built as a temple to the god of lightening. The zig zag pattern could also be representative of the teeth of the puma. (The city of Cusco was built by the Inca warrior Pachacutec in the shape of a puma, a symbol of power, with the puma's head being the hill of Sacsayhuaman). It is also interesting to note that the name Sacsayhuaman can be translated as "speckled head" from the Quechuan words "Sacsu Uma".

Sacsayhuaman is very impressive as it stands tall at 8.5m and the stones can weigh up to 130 tonnes. It is also incredible how the stones fit together so perfectly. The Incas did not have hard steel tools and engines to chisel the rocks; however, they had a very patient, strong and motivated labour force. They would split the stones by pounding on them with hard stone or wooden wedges that would expand and split the stone when soaked with water. They could then move the shaped rocks over long distances using log rollers or levers.



Some Spaniards thought that it couldn't have been possible for the Incas to create the stone walls and that they had been helped by demons or gods. However, it is not supernatural powers that have created these fascinating structures but just good hard work and lots of dedication!

Yawar Fiesta Festival

The Yawar Fiesta (the Blood Festival), or the struggle between the bull and the condor, is celebrated in Cotabambas and Pampachiri (Apurimac) on July 26th. It is a long standing cultural tradition.

In the villages of Collurqui, in the province of Cotabambas, and Pampachiri, in the province of Andahuaylas (both in the Apurimac region, and both around an eight-hour drive from the city of Abancay up a dirt road), the locals celebrate Independence Day with a bullfight, whose symbolic characteristics have turned it into a ritual. Taking part are a bull and a condor, portraying the Spanish and Andean worlds, respectively.



Trapping the condor is a ritual involving a rotten sheep (condors are scavengers) and days of waiting until the campesinos can catch the condor who cannot escape due to his full belly. Once the condor has been trapped, it is lashed to the bull's back, which the bird pecks at savagely in a bid to free itself. At the same time, the bull is released in the ring and surrounded by spontaneous bullfighters who fend off the animal with their ponchos. The bull, maddened with pain, leaps into the air trying to rid itself of the condor.

When the bull has been overcome the condor is set free amidst music and general rejoicing. The Andean world has won its symbolical battle with the Spanish invader. If the condor is badly wounded, or dies, it is taken as an omen for the village.



At night, dancers take to the streets, fireworks are set off and the villagers sometimes stage a torch-lit procession. Tourists are not really appreciated at the Yawar Fiesta as many organisations that defend animals' rights have used images out of context and showed insensitivity to local history and culture. The very popular writer, Jose Marie Arguedas, wrote a book about this, set in Puquio, called Yawar Fiesta.

Volunteer News and Events

Volunteer Social Events

Tessa Okell

Volunteers have had a busy and exciting month Social-wise! Firstly, volunteers were treated to Inti Raymi Festival (Festival of the Sun) in Cusco on 24th June where everyone watched the re-enactment of the Sun worshipping festival of the Incas in the grounds of Qoricancha and in the Plaza de Armas.



After the performance was over we all headed to a nearby restaurant and were treated to delicious quinoa soup and lomo saltado (tofu saltado for those who preferred), washed down with a refreshing lemonade. It was a great day and a fantastic opportunity for all volunteers to get to meet each other. A special thanks to Inca volunteers who made the trip to take part in the celebrations.



Medicine volunteers living in Cusco were treated to coffee and cake in 'Coca Leaf' café in Cusco on Thursday 8th July. It was a nice chance for volunteers who hadn't previously met each other to meet and exchange stories and advice and also a chance for everyone to meet Anna Munro, our new Assistant Manager and Social Manager, and Director Tim DeWinter.



Volunteers from all corners (that's to say Cusco, Pisac, Calca and Urubamba) came for a beautiful walk (the idea of our new Social Manager, Anna) around Urubamba to the ruins 'El Palacio de Huayna Ccapac', through the village of Chichubamba and back into Urubamba for milkshakes, smoothies and coffee in Francesca café in the Plaza de Armas.



Volunteer Stories

“Qué será, será – whatever will be will be!”

Julie Curran, Teaching volunteer, Australia

My choice to volunteer in the Sacred Valley ticked these boxes:

- ❖ An opportunity to live amongst mountain landscapes with spectacular starry nights;
- ❖ A long held desire to learn another language and find it really useful;
- ❖ The opportunity to “sample” a career that was different to working as a nurse;
- ❖ A chance to live in a non-Western country and perhaps have an impact.

I don't want to mislead you with sunny Doris Day quotations but there is wisdom in her warbling “Qué será, será – whatever will be will be!” Those words sum up for me, the union between expectations and experiences whilst volunteering in Peru.

So the hot showers may only be a trickle, the roads will be noisy and dusty, the bus from Cusco will be crowded and you will find out how a sardine feels, you like potatoes but more so when they are 'chippies'. If teaching, the best lesson plan is flexibility and the home cooked foods are better than anything in the restaurants.



The most memorable moments of my volunteering experience occurred during the challenge and excitement of teaching. My preparation commenced 10 months prior to my arrival in Spanish language classes; a very useful endeavour as the students and local English teacher had limited English skills. Great for my Spanish language challenge! Now, as I recall, the title of the English grammar book from which I learnt English when I was at school, which was some years ago - was “Let's make English live”. Indeed, how did I make English live in those classrooms when it was often the third language. The average class size was 35, all boys, all teenagers and all very noisy.

Let me explain: your classes will not always go as planned but don't panic because, to quote another volunteer, "we (as volunteers) don't realize the impact we make" So along with the photos, stickers and posters I had brought with me, I had an A – Z Pictionary of animals. I had hoped to integrate these things into learning – somehow. The book proved to be a good panacea for boredom in teenagers. And then a spontaneous role reversal. To quote Shakespeare, "to hold as 'twere the mirror up to nature". So, the 13 year old boy had become the teacher. He was teaching me the names of the animals in Quecha coaxing me with positive reinforcement, reading the name in English then giving the Castellano. But, don't tell the Teaching Supervisor as that doesn't follow the Peruvian Education curriculum!



But even though we all bumbled along with our mixed language skills, this did not deter progress. If you spend time engaging your students you can build a rapport. After 2 months it was difficult to leave the company of my students. My rewards are memories; of being made *Madrina* (Godmother) by the jubilant students of 3C; the many boys who on my departure asked me when I was returning to be their teacher; the student who on the title page of his *cuaderno* had proudly stuck the class photo of me with the students and had entitled it our "Nuestra profesora voluntaria"; and the miniature Peruvian nativity scene given to me by a student on my last day, that was very touching to receive.

So, ¿qué será de ti mi amigo? - You'll just have to come and see for yourself.

Een vleugje Peru.

Lieke Terlouw, Programme Advisor for Projects Abroad, The Netherlands



Ruim een jaar geleden (in maart 2009) ben ik begonnen bij Projects Abroad in Nederland en dit jaar mocht ik op bezoek bij mijn collega's in Peru. Ik vond het echt een hele mooi ervaring om zelf te zien hoe het eraan toe gaat in één van onze bestemmingen. Hoewel ik maar 10 dagen in Peru ben geweest, was het zeker de moeite waard.

In de omgeving van Urubamba heb ik verschillende sociale projecten en lesgeefprojecten bezocht. Ik had mezelf voorgenomen om zoveel mogelijk Spaans te praten en dat is nog best goed gelukt. Je hebt de taal ook echt nodig bij deze projecten omdat de kinderen, en zelfs sommige docenten, weinig en slecht Engels spreken. Hoewel mijn Spaans nog lang niet vloeiend is en ik soms weer overga in het Engels, wordt het zeker gewaardeerd dat je het probeert.

Voor mijn collega's in Peru heb ik nu echt nog meer respect gekregen. Ze werken hard en met veel plezier en passie. Ook kan je ze gewoon midden in de nacht bellen als je een dokter nodig hebt. Let er wel op dat je ze niet zomaar 's avonds laat of 's nachts belt voor iets wat ook tot de volgende ochtend kan wachten.

Verder ben ik ook naar Huyro geweest voor een bezoekje aan het Inca project. Het viel mij op dat het gelijk als thuis aanvoelt als je El Establo binnen komt. De sfeer is heel ontspannen en er is altijd tijd voor een praatje en er wordt ook vaak gelachen. Ook het natuurproject in Puerto Maldonado heeft een leuke sfeer en een prachtige omgeving. De dieren waren heel bijzonder om te zien en vooral de jonge aapjes zijn geweldig.



Op 2 dagen van mijn bezoek waren er stakingen waardoor er geen transport was in de hele omgeving. Daardoor had ik wel mooi de kans om een aantal gastgezinnen in Urubamba te bezoeken. Ook kwam ik maar een half uur binnen, ze waren zo gastvrij en vriendelijk dat ik zo een paar maanden had willen blijven. Houd er wel rekening mee dat je gastouders meestal geen of zeer beperkt Engels spreken, maar ze wel graag veel van jou en je familie, cultuur, vrienden, etc. willen weten. Ook kan je veel van hen en hun cultuur leren, als je maar een poging doet om de taal te leren.

Tot slot nog een paar tips:

- verwacht minstens 3x per dag iets wat je niet verwacht
- stel je flexibel op
- gebruik je eigen talenten
- leer Spaans
- vraag om hulp als je ergens niet uitkomt
- lees je myprojectsabroad website (voordat je vertrekt)
- luister naar het advies van mijn collega's en je gastgezin
- pas je aan aan de cultuur
- geniet van je tijd in Peru, voordat je het weet ga je weer naar huis!

Op www.mytripblog.org kan je mijn hele verslag lezen (klik op Peru en je vindt het verslag met foto's in het Engels en in het Nederlands).

A dream come true.

Rona Horak, Care volunteer, Australia



Coming to Peru has been a dream of mine for many years. Being in my 50s I didn't want to pass through as a tourist but rather stay in one place and absorb the culture. Projects Abroad has given me the opportunity to do this; living with a family in Urubamba for one month has truly been a wonderful experience. I was made to feel so welcome, looked after extremely well and given patience with my limited Spanish. My placement in a kindergarten in Media Luna has been another amazing adventure. Being an early childhood teacher in Tasmania, Australia, I was able to assist the teachers where

possible and provide some new experiences for the children. A display of native animals, photos and books from home proved to be a great hit.

Thank you Projects Abroad for making this experience in Peru possible – your support has been great and your social activities a wonderful way to meet other volunteers.

To other interested volunteers I'd say "do it", no matter what your age, but come with a good understanding of the Spanish language!

Feliz Cumpleaños !!



What a busy month full of birthdays! Many happy returns of the day to all the following volunteers who celebrated becoming one year older in beautiful Peru!

Happy belated birthday to Zach Tidmore who celebrated his birthday on 27th June!

Michael Pope - 3rd July
Emily Raup - 14th July
Emily Weingart - 15th July
James McGoldrick - 16th July
Caroline Simoni - 21st July
Sarah Haroldson - 25th July
Ditte Thogersen - 26th July
Ola Stuj - 27th July

Cocina Peruana

How to make ... **Ponche de Habas**

Ingredients (10 servings):

- ❖ 100g broad bean flour
- ❖ 1 tin of evaporated milk
- ❖ 1 teaspoon of vanilla essence
- ❖ 200g sugar
- ❖ Water
- ❖ Cinnamon and cloves to taste



Preparation:

- ❖ Heat the water in a large saucepan and add the cinnamon and cloves.
- ❖ When it starts to boil add the broad bean flour and let it come to the boil completely.
- ❖ Add the sugar, stir and add the milk and vanilla essence.
- ❖ Serve in large mugs with a sprinkle of cinnamon on top.
- ❖ Here you have your ponche ready to drink – simple as that!