



The Road Less Traveled: Andean Village Experience

About your Program



Bring Water Special Program June 29th - July 7th, 2013

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Introduction to Peru

Since Pre-Colombian times, Peruvian culture has been divided by nature. Beginning with the arid deserts on the coast, the Andean Sierra rises up to 19,700 feet. Containing deserts, mountains, and a portion of the Amazon jungle, Peru's diverse terrain makes for dramatic regional diversity and considerable inequalities in services and living standards. For this reason and several others, such as politics, health services and educational opportunities are unevenly distributed across Peru.



The social and economic consequences of the Spanish conquest and colonization is deeply embedded in Peruvian society and, at first sight, Peruvian culture may seem brutally divided between the indigenous and colonial societies - the mountain villages and the cities.

Within the industrialized cities, elite Creoles trace their bloodlines back to the Spanish Conquest of 1536. Like generations before them, most live in Lima, where European and American visitors feel a comfortable familiarity in the local cafes and modern supermarkets.

In contrast, while the highlands of Peru comprise only a quarter of Peru's territory, they are home to over half of Peru's population. For the communities in the Peruvian Andes, livelihoods continue to be based on family-owned fields that are farmed by hand or with the assistance of draft animals. In addition, the social organization of work, marriage, and land ownership for traditional Peruvian communities remains centered around a complex set of guidelines pertaining to extended family, and differs quite dramatically from that of Europeanized Creole culture.

As modern products and technology infiltrate into even some remote and traditional villages, the rural communities of Peru have struggled to adapt while maintaining traditional cultural values. Access to medical care, good nutrition, hygiene, jobs and education call all be hard to come by in many parts of Peru.

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Community

San Pedro de Casta is a small community at about 10,500 feet altitude only 50 miles from Lima (though the trip takes about 4-5 hours by car due to the difficult terrain). There are spectacular views on the way! This is an area that is one of the least frequented places in the Peruvian Andes, and is also one of the least spoiled. The population is involved mostly in subsistence agriculture, and is among the poorest areas in Peru. This region of Peru has a rich historical past and was inhabited by numerous pre-Incan tribes. The town of San Pedro de Casta was founded in approximately 1571, by the royal ordinance of the Viceroy of Toledo.



San Pedro's cobbled streets, tiled roofs and the perfect harmony of its houses and its monumental church, make this one of the most beautiful peasant communities in Peru.

The people of San Pedro are “campesinos” or peasants. They make their communal living by farming the terraced land of the surrounding mountains, as their ancestors did for thousands of years before them. A total of twenty tons of corn, alfalfa, potatoes and other crops are exported every year. More interesting, however, is that they export forty tons of medicinal plants which grow wild on the surrounding mountains. The few available plants found in the area seem to cover all of their needs.

San Pedro's cobbled streets, tiled roofs, and the perfect harmony of its houses, all facing the same direction, and its monumental church, make this one of the most beautiful peasant communities in Peru. From its steep square, one of the first glimpse of figures giving life to the magic plateau of Marahuasi.



There are five towns of ruins on the plateau of Marahuasi. It is thought that at one time, probably in the fourteenth century, that thirty thousand people populated the towns of Marahuasi. Judging from one prominent ruin, the “Fortaleza” or fortress, which occupies the second highest hill of the plateau, the people were warriors, concerned with surveying and protecting their territory.

Soxtacuri was the living God who ruled over the entire plateau of Marahuasi. Every January he would meet with all the chiefs of the surrounding valleys to exchange ideas. These legendary meetings are remembered today in a ritual performed every

January 5 by the “curandero” or shaman of San Pedro de Casta, Paolino Gonzalez, in front of the monument The Bruja.

Every year the people who lived in Marahuasi would offer the sacrifice of a woman to their beloved Soxtacuri. One year the people failed to make their offering and in anger, he left and moved to Bolivia. It is said that when Soxtacuri left, his godless people also moved from the plateau. By the time the conquistadors arrived, new peoples populated the mesa of the Marahuasi. Soxtacuri's house and throne still remain on the plateau.



Projects and Expectations

Bring Water! Project: Background

San Pedro de Casta: A Village of Transformation On hot summer nights, the coastal strips of Lima, Peru are dotted with beach-loving partiers, soaking up the moonlight and twisting and shaking to the rhythm of deep techno beats echoing through the air. The plazas are filled with families out for a night stroll, historical monuments glow on the cityscape, and entertainers ring out in song and dance, bringing cheerful grins to amused onlookers.

High up above, in the quiet stillness of the vast Andes Mountains, lies a tiny village tucked away in a remote corner of the rugged peaks. In San Pedro de Casta, a town of only a thousand people, families gather around their stoves to keep warm, resting on dirt floors as the evening fog rolls in.

In the morning, these families will wake with the sun and set to work on the land. There are crops to be tended to, cows to be milked, water to be collected, and the children are needed for help.

Thousands of years ago, San Pedro was a lush plateau with green landscapes sweeping over the mountainsides and bountiful water sources bubbling plentifully. Over the years, the climate changed and the water dried up. What's left is a rugged, dry land, with no real water source except what melts from the mountain peaks in the winter. While this water is better than none at all, it is limited, dirty, and unharnessed. Collecting the water each day proves to be a difficult and burdensome task for the villagers, and what is collected isn't clean.

Without clean and sufficient water, the village suffers severely.

Villagers struggle to grow crops in the arid climate, so what does grow is mostly used for sustenance rather than as a financial resource. Typhoid and waterborne illness are rampant among the villagers, and children are frequently infected with parasites and diseases. Lack of water also creates a cycle of malnutrition for the livestock -and thus the villagers-, leaving 80% of San Pedro's children malnourished.

Water is an essential human right. Every human being on earth deserves access to clean, safe water. Currently the water available to the villagers of San Pedro is neither clean nor safe. The quality of life in San Pedro would exponentially increase with proper access to this basic human need.

A few years ago, Globe Aware volunteer, Beth Karbe, traveled with a few friends to help out in the village of San Pedro for a week-long volunteer vacation. During their time in the village, these women experienced firsthand the difficulties of life without abundant clean water and saw the effect it has on the people.

Their time was rich, full of culture exchange and understanding, and even included the opportunity to join in on a special village ritual before departing. Beth would tell anyone who visits the village of San Pedro to beware: upon departure you will not be the same person as you were when you arrived. The joyful and determined spirit of the people of San Pedro will open your eyes to a type of people many humans will never meet. In fact, ask any Peruvian about the small, isolated village, and most will be unsure what you are referring to.

But to those who have been and have seen the mystical wonders of this ancient mountain town, intrigue, delight, and joy light up their face when they think back on the experience it offered.

For Beth Karbe, interaction with the San Pedro villagers left her wanting to do more to help. Teaching the village children, working on construction and improvement projects for facilities, and providing a heater for the local school were all great accomplishments the volunteers saw during their week-long trip, but Beth could not shake off the community's need for water. She knew that since clean water was not available to the village, she was going to have to Bring it!

Bring Water! became the name of the new project Beth initiated throughout the next year to help fundraise \$22,000 for the village of San Pedro. This money would supply innovative, top of the line water filtration systems within homes and community facilities in the village. The resources have even been able to extend beyond San Pedro and provide water filtration systems for numerous villages in Ghana as well.

Water Filter Project

Over large parts of the world, humans have inadequate access to potable water and use sources contaminated with disease vectors, pathogens or unacceptable levels of toxins or suspended solids. Drinking or using such water in food preparation leads to widespread acute and chronic illnesses and is a major cause of death and misery in many countries. Reduction of waterborne diseases is a major public health goal in developing countries.

Water has always been an important and life-sustaining drink to humans and is essential to the survival of all known organisms. Excluding fat, water composes 70% of the human body by mass. It is a crucial component of metabolic processes and serves as a solvent for many bodily solutes. The United States Environmental Protection Agency in risk assessment calculations previously assumed that the average American adult ingests 2.0 liters of water per day. However, the United States Environmental Protection Agency now suggests that neither science-based age-specific ranges or an all ages level (based on National Health and Nutrition Examination Survey 2003-2006 data) be used. Drinking water of a variety of qualities is bottled. Bottled water is sold for public consumption throughout the world.

Over 90% of deaths from diarrheal diseases in the developing world today occur in children under 5 years old. Malnutrition, especially protein-energy malnutrition, can decrease the children's resistance to infections, including water-related diarrheal diseases.

According to the World Health Organization (WHO), 884 million people in the world don't have access to safe water. As a result, 1.4 million children die every year from water-borne illnesses - that's one child every 20 seconds.

Through the Globe Aware special Bring Water! program, volunteers will help address this problem by installing high powered water filtration systems in the village of San Pedro de Casta.

Sawyer Hollow Fiber Membrane Filters



The Sawyer filter was developed using dialysis technology. The Hollow Fiber Membrane filter has tiny “U” shaped microtubes with 0.1 micron pores to filter harmful bacteria and contaminants. The filter uses gravity and can be attached to any bucket or bag. The extremely fast flow rate and compact size (it weighs just 3 ounces) allows individuals to filter water in their own homes as they need it, eliminating the need for a large water storage system as well. The Sawyer filter is easily cleaned with an included backwash syringe. It has a fast flow rate of up to 60 liters per hour, and reduces quickly and effectively water borne illness more dramatically than any other known technology. It should effectively never need to be replaced as long as it is cleaned / backwashed.

Each filter is certified for ABSOLUTE microns; that means there is no pore size larger than 0.1 or 0.02 micron in size. This makes it **impossible** for harmful bacteria, protozoa, or cysts like *E. coli*, *Giardia*, *Vibrio cholerae* and *Salmonella typhi* (which cause Cholera and Typhoid) to pass through the Sawyer biological filter. This filter attains the highest level of filtration available today.



The type of filter you will install is the 0.02 purifier, which offers the same level of protection against bacteria and protozoa, and is the first and thus far only portable purification device to physically remove viruses. It does so at a 0.02 Micron Absolute 5.5 log (99.99997%) removal rate. It is the **highest level of filtration available today**. It can provide up to 170 gallons of clean water per day.

These filters/purifiers remove:

	Waterborne Diseases	EPA Requirement	Exceeds EPA Recommendation	Removal Rate
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;"> ↑ ↑ </div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);"> Purifier </div> <div style="margin-top: 10px;"> ↓ ↓ </div> </div>	Bacteria Which Cause: I.E.: Cholera, Botulism (<i>Clostridium botulinum</i>), Typhoid (<i>Salmonella typhi</i>), Amoebic Dysentery, <i>E. coli</i> , Coliform Bacteria, Streptococcus, Salmonella	99.9999% 6 log	Yes	99.99999% 7 log
	Protozoan (Cyst): I.E.: Giardia, Cryptosporidium, Cyclospora	99.9% 3 log	Yes	99.9999% 6 log
	Viruses: I.E.: Hepatitis A (HAV), Poliovirus, Norwalk, Rotavirus, Adenovirus, Hepatitis E (HEV), Coxsackievirus, Echovirus, Reovirus, Astrovirus, Corona Virus (SARS)	99.99% 4 log	Yes	99.99997% 5.5 log

We understand your desire to know as much as possible about the project you will be working on. It is important to understand that projects are often not set in place until about two weeks prior, as they are based on factors such as which projects were finished by the last group, what supplies are available, how many volunteers are in your group, weather conditions, the changing priorities of the community, etc, and can even change upon arrival, for example based on the fitness level of the specific volunteer group and changing weather. Therefore its best to approach the experience with an open attitude, knowing you'll be working approximately 6.5 hours a day during the week days, usually concentrated earlier in the day, and you'll have a couple of hours of unstructured free time every day. Communicate with your coordinator. If you find the work level is too much, or not enough, he or she will do as much as possible to work with you.

Leisure Activities

San Pedro has a number of sights to check out in your free time and as planned activities with the group. Be sure not to miss:



El Mirador (the lookout point) - It's in the highest part of town, where you can see all the Valley of Santa Eulalia.

The darling cobbled streets of San Pedro are just a photographic dream. You will enjoy just walking around town and getting some great shots!

Artesian Cheese Production - 2 brothers have been producing cheese in a small operation using local milk for decades.

San Pedro has some phenomenally well-preserved mummies that almost no one in the world seems to know about. The goal is for the community to use this as an asset to help the community (museum entrance revenues). At the moment, they are subject to degradation by the elements. The mummies were found at Marcahuasi and were sacrifices to ancient gods. The Museum is run by the tourism class at the high school, and can be opened upon request.



Marcahuasi means "house with an attic" in Quechua, the native language of Peru. It is on a plateau located about a one-mile walk up from the town and it can be reached in about 2 hours on horseback. It is a sacred place with many rock formations and is said to have mystical electromagnetic energy spots. Many locals feel strongly that the earth formations seen here were created by extraterrestrial life.

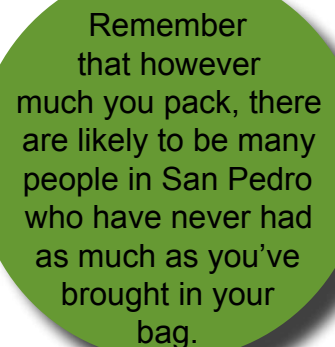


Centuries ago, a Pre-Incan tribe converted this plateau into a fortress and a religious center with four huge altars. These ancient people are said to have decorated the area with hundreds of marvelous sculptures. However, many experts insist that natural erosion led to the wonderful shapes. A scientist named Dr. Daniel Ruzo dedicated many years to studying Marcahuasi, to prove that man, not erosion, created this place and he is somewhat of a local hero.

Additional Packing Information

Please refer to the general orientation handbook for a general suggested packing list. Please remember this is meant as a guideline, as what is considered essential will be different for every person. Pack what you think you will need to be comfortable, but do not get preoccupied about items that you didn't bring, weren't on the list, etc. The weather is unpredictable and often cold and wet; so keep this in mind when packing. You may hand wash clothes in a laundry sink, but they will not dry quickly, this should not be necessary on a weeklong trip. Some recommendations:

- **Work clothes that may get dirty or ruined**
- **Sunscreen**
- **Towel**
- **Comfortable walking shoes**
- **Toiletries and any prescription medication needed**
- **Rain gear**
- **Warm clothing - at night it can be in the 30s and there is no heating - many sleep in layers, including hat, gloves, and even several pairs of socks**
- **Day pack / small backpack**
- **Strong money belt**
- **Reading material for free time**
- **Cash for personal expenditures**
- **Flashlight**
- **Sleeping bag (not necessary, but it can get cold)**
- **Snacks**



Remember that however much you pack, there are likely to be many people in San Pedro who have never had as much as you've brought in your bag.

Accommodations

You will be staying in the local "hotel," owned by the municipal government. It is extremely basic, and rooms are generally furnished with a bed, sheet, and wool blankets. Some rooms have private baths, though there is very minimal hot water. Depending on the number of volunteers in your group, you will generally be placed in a double room with a private bath, though some volunteers may have a shared bath. There is no heat in the hotel, and it can get very cold! In comparison to the adobe homes with dirt floors in San Pedro, the hotel is quite nice. You will notice that no one in the village has a bathroom in their home, and none have heat.

Electricity



There is limited electricity, enough to recharge digital batteries, but not enough to do heavy-duty hair drying. Electricity is 220-240V 50 Hz. Check to make sure that your device can handle the higher voltage, and/or remember to purchase a travel voltage converter before you go.. Read the label near the plug on your device to make sure it can handle this voltage.



Electrical plugs will generally accept European plugs with two circular metal pins or American/Japanese style plugs with two parallel flat blades.

Food

Meals will be taken in the hotel and will be basic and hearty. Andean cooking is heavy on starches. If you have any dietary restrictions or food allergies it is important for you to notify Globe Aware personnel prior to the program in order that special provisions be arranged for you.

Please note that the Andean diet is very basic, and while basic commodities are readily available in local shops, specialty items such as pre-packaged snacks or wine are limited in San Pedro. You may wish to bring some familiar snacks from home, such as peanut butter, granola bars, etc.

Weather

The dry season in the Andean Highlands is from June to August, and this generally coincides with peak tourist season, as it also tends to be warmer. The wettest months are from December to March, and will make for lots of mud at the program site. The cold is particularly noticeable if it is also wet. We recommend bringing at least minimal rain gear and layered clothes appropriate for colder climates. While it may be in the 60s or even 70s during the day, nights are almost always cold.

Money

Peruvian currency is called the Nuevo Sol. The best way to get currency is either to use an ATM or to change US dollars. Please note that when changing cash, it is important that your bills are free of tears, creases, or marks, as they usually won't be accepted. There is no ATM or bank in San Pedro, so make sure that you get money at the airport or before you leave Lima. It is advisable to have small bills in San Pedro, as most merchants won't have change for larger ones, and your purchases will likely be minor.

Your program fee covers all of your food, accommodations, and related expenses during the course of the week. Items not included are souvenirs, alcohol, snacks, etc. San Pedro is very small, and there is not a lot to buy so you shouldn't need much additional money during the program week.

****Also, a note for all program locations—it is a good idea that you call your bank and credit card companies before you depart and notify them of the country you will be traveling to and the dates of your travel so that they will allow charges and/or withdrawals internationally.****

Phone and Internet

There are two public pay phones in San Pedro at shops in the center of town, which are open during business hours. The service can be unpredictable in bad weather, etc. You should not need to use the phone during your brief stay in San Pedro. Should you find it necessary to make a call, you can call North America by using many coins, or purchasing a Peruvian phone card. There is almost non-existent mobile phone reception here (on perfect days if you stand in just the right spot below the school, you may get a weak signal), nor is internet service available.

Health

Altitude sickness: Although San Pedro is at a relatively high altitude; most of our volunteers do not have any major problems adjusting to the elevation. Our programs are designed to be very relaxing for the first couple of days, before work projects begin.

Some people may experience minor altitude-related symptoms for the first couple of days such as headache, stomachache, and shortness of breath. These symptoms are generally mild, and are not a cause for concern. Local remedies such as coca tea are generally effective against these symptoms.

- If you still have concerns about visiting a high-altitude destination, you may want to discuss the trip with your personal physician prior to departing the United States, particularly if you have a medical condition that affects blood circulation or breathing.
- You may be prescribed a medication such as Acetazolamide (Diamox) to reduce the symptoms of altitude sickness, though this drug carries significant side effects such as increased urinary volume, numbness, tingling, nausea, drowsiness, myopia and temporary impotence. This drug should not be taken by pregnant women or those with allergies to sulfa drugs.

It is important to insure that you are up to date with routine immunizations and boosters. In addition, you may consider getting vaccinations for food and water borne illnesses such as hepatitis and typhoid. Please defer to the CDC's Peru travel recommendations page for the authority on this subject:

<http://wwwn.cdc.gov/travel/destinationPeru.aspx>

Arrival and Meetup

It is essential that you communicate your flight details to Globe Aware so that we may arrange meet-up.

Your coordinator: Ana Quintanilla



Hi there! I was born in Mexico City and raised in Dallas, Texas. When my parents left Mexico, they left their parents and siblings behind. To avoid the loss of my cultural background, my parents sent me every summer to my grandparent's home in Monterrey. So, growing up, I spent all my summers in places such as, Ixtapa-Zihuatanejo, Puerto Vallarta, Cancun, Baja California, Mexico City, and Monterrey of course.

After having been exposed to the Aztec and Mayan cultures, I was hooked on cultural awareness. So I sought out places in Mexico such as Tulum, Chichen Itza, and Tenochtitlan and other remote places. Most, if not all, my travels have been driven by my desire to learn and understand new cultures. Before I started leading Globe Aware programs in 2004, I spent a couple of weeks in Cuzco, Peru in search of learning about the Inca and found a beautiful countryside and amazing people. My travels also include Puerto Rico, Austria, Germany, France, and England.

I studied at SMU in Dallas and chose to focus on International studies in Oxford, England and Salzburg, Austria. Most of the jobs I have held have maintained or sought out the development of international relationships and appreciation of different cultures.

As I continue to practice my interest in cultural awareness, I look forward to growing and sharing that interest with others. I've really had some fantastic experiences with Habitat for Humanity and Hearts and Hammers – great ways to feed the soul! - and hence am excited about the wonderful work we get to do with Globe Aware. I'm trilingual: Spanish and French. I'm really looking forward to meeting you!

Entering and Leaving Peru

A valid passport is required to enter and depart Peru. U.S. citizens do not need a visa for a tourist or business-related stay of 90 days or less.

IMPORTANT NOTE: When you fill out your landing card for arrival in Peru, be sure to check that you traveling as a TOURIST (so they know you are not there engaged in an activity where any taxes may need to be collected from you).

An airport exit tax of \$28 per person must be paid in U.S. currency when departing Peru. There is also a \$6 airport fee for domestic flights.

Safety and Security

Our program locations are generally very safe, though it is important to use common sense at all times. Please review the State Department's travel information at http://travel.state.gov/travel/cis_pa_tw/cis/cis_998.html for further information.

The United States Embassy is located in Lima at:
Avenida Encalada, Cuadra 17
Monterrico, Lima, Peru
Phone: 434-3000
Fax: 618-2724
Emergency contact: [011] (51-1) 434-3000

Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program is a free service provided by the U.S. government to U.S. citizens who are traveling to a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency, keep you up to date with important safety and security announcements, and help your friends and family get in touch with you in case of an emergency. The link to STEP is <https://travelregistration.state.gov/ibrs/ui/>

In Case of Emergency

US Embassy

No. 24, Fourth Circular Rd, Cantonments, Accra

P.O. Box 194

Accra, Ghana

Telephone: (233) 21-741-000

After Hours Emergency: (233) 21-741-775

Fax: (233) 21-741-389

Further Readings

- Lonely Planet Peru
- The Peru Reader: History, Culture, Politics - Orin Starn
- History of the Incas - Pedro Sarmiento de Gamboa; Paperback
- The Secret of the Incas : Myth, Astronomy, and the War Against Time - William Sullivan
- History of the Inca Empire : An Account of the Indians' Customs and Their Origin, Together with a Treatise on Inca Legends, History, and Social Institutions - Father Bernabe Cobo