

# MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad™



The Official Newsletter of Projects Abroad Peru

September 2009

Issue No: 26



*Photo: Piscacucho*

## What's Inside...

<b>Peru: Inside Out</b>	<b>2</b>	<b>Feliz Cumpleaños</b>	<b>11</b>
<b>Project Updates</b>	<b>3</b>	<b>Cocina Peruana</b>	<b>12</b>
<b>Volunteer News &amp; Events</b>	<b>4</b>	<b>Introducing....</b>	<b>13</b>
<b>Feature</b>	<b>7</b>	<b>Monthly Diary</b>	<b>15</b>
<b>Volunteer Stories</b>	<b>8</b>	<b>Announcements</b>	<b>15</b>
<b>Hot Spots</b>	<b>10</b>		

### Pago a la madre tierra

The month of August kicked off with the *Día de la Pachamama* (Mother Earth Day), and was the month of *la tierra* (earth). Peruvians, *campesinos* (farmers) especially, as their survival depends upon the Mother Earth, therefore paid honour to the *Pachamama* or Mother Earth. Tuesdays and Fridays are considered to be the best days to make your *pago* (offering) to the *Pachamama*. Last month some volunteers had the chance to see this ritual with their host families.



The *Pago a la tierra* is an Andean ritual which is practiced throughout the region of Cusco. Simply it is a ceremony where offerings - known as "pagos" - are made to the Mother Earth or Pachamama. The practice carries the idea of reciprocation - while the people give thanks to the earth, the earth in turn provides the population with longevity and success. The *pago* could be anything from coca leaves, *chicha de jora*, or mystical seeds from the jungle known as *huayruros* seeds, amongst other items. The ritual, if carried out on the 1<sup>st</sup> August on the día of the *Pachamama* marks the beginning of the Andean new year.



While the month of August is considered to be the best time to make your *pago*, as it is the time of the earth, they do occur at other times of the year. The reverence that is held for the *Pachamama* is reflected in many rituals where *pagos* are made to their Mother Earth. When people open new businesses a *pago* is made for success. Crippled or sick people who are thought to have fallen and been neglected by the Earth make *pagos* in order for them to become healthy again. If you are about to do any activity which affects the earth, be it agricultural, construction or mining, a payment needs to be made to the *Pachamama* so that there are no problems with the venture. Stories abound of sick children in the remote countryside of Peru and on the verge of death, whose families have made a payment to the mother earth, and the very next day they are running and playing healthily.



*Pagos* have been carried out by "shamen" for tourists as part of their tour around Cusco, but it is nothing compared to being part of a ritual, rather than just a show. In February 2006, for example, Inca volunteers were able to take part in a *pago* to the Mother Earth in the village of Patabamba.

## Project Updates

### What's New?

**Teaching** this month saw our third Network meeting on the 3<sup>rd</sup> of September, with our veteran volunteers, Christopher McDonald and Arjun Chaudhuri, explaining activities to our partner teachers to help make the learning of English more enjoyable for their students. Our newly arrived Teaching volunteers also attended the meeting and picked up a few new ideas for their classes. In the meeting we handed out CDs to our partner teachers with useful grammatical information, worksheets, flash cards and other teaching materials. We also began the filming of our Teaching workshops for the use of others in the Projects Abroad family around the world.

This month on the **Care** programme we have started to film our Care workshops, with our Care volunteers and Supervisor, Yessika, explaining new materials which are on the Projects Abroad Resource Database. These videos are to help other volunteers, staff and partners around the world have access to our ideas and materials. On the 15<sup>th</sup> of September we had a Care Network meeting with all our partner teachers and Care volunteers. The subject of the meeting was the *Use of Educational Materials* with materials distributed in the workshop.



The **Inca Project** has also been busy over the past month. Community work has included painting the interior and exterior of the primary school in Alfamayo. Kids were also given some toys brought by previous volunteers, which they were unable to give out due to the strike and the early school break. 3 volunteers (Mark Ranson, Judith Wenckstern and Julien Landais) got the opportunity of a lifetime to go and work in Choquequirao for 1 week with Jhon and COPESCO. Archaeology lessons were cut back this month, due to Jhon being away, but there was a lesson on the valley and Manco Inca with Tim, a DVD on the Chavin culture (pre-Inca) and a lesson with Jhon on the Moche culture (pre-Inca). During excavation works in Capillayok with the INC in preparation for the restoration of this site, volunteers found quite a lot of pottery shards. The INC (National Cultural Institute) came up Q'ochapata mountain with us where the clearing of ruins has continued.

Volunteers also got to visit the ruins at Incatambo, Huamanmarka and continued work on the Inca Trail in Sicre (keeping on top of things while the INC are out of town for a 10 day break). In Establo a new foul water tank was build which meant the volunteers had to transport literally tons of rocks by hand, as well as dig trenches for the ductwork...a true Inca experience! A granadilla project was started with the planting of 50 plants, another project with the authorities in Huyro. Volunteers have also been de-graining corn to make sure there is enough food for the chickens and ducks...and the geese (4 new arrivals). We have also been turning over the compost and wetting it down (every 10 days or so). Finally, volunteers went to the social in Yucay.

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### The Continuation of our Spanish Partnership...

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The University of Alcalá de Henares in Madrid and Projects Abroad Peru has an agreement since July 2008 in which we help rural schools improve their infrastructure. Last year we helped in Cachiccate and Socma, and this year we are helping in Piscacucho. Alongside the work which volunteers did at Piscacucho school during the school holidays helping to improve the current infrastructure, Tim and Yessika have been holding workshops with visiting representatives and students from the university and the partner school teachers from the participating schools.



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### August Social: Discovering the mysteries of Yucay

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This month's social took place in the small village of Yucay, about a five minute drive from Urubamba on Friday 28<sup>th</sup> August. Led by Jorge, volunteers explored the mountains of Yucay and saw the pre-Incan rock paintings which overlook the impressive Incan water system. These paintings represent activities which they practiced such as hunting, domesticating animals and farming. Yucay was the centre of agricultural production and the resting place of the Incas.

During colonial times, Yucay was property of Sayri Tupac Inca (who was the successor of Manco Inca II as SAPA INKA - 1557) as a consequence of an agreement with the Spanish about surrendering his troops under theirs. Yucay, which according to some sources means "cheating" (because Manco Inca cheated the Spanish to escape them, by saying he would bring the statue of Huayna Ccapac made of gold) is one of the most beautiful places in the Sacred Valley and a great example of Incan irrigation channels and architecture with



terraces which are still in use. After exploring Yucay's hidden beauties, we all met in a local restaurant in Yucay, Don Kike, where we all enjoyed a traditional Alpaca or fish dish. The early dinner was enjoyed by all, especially after the afternoon's fresh air.



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## 3<sup>rd</sup> Projects Abroad Teaching Network Meeting of 2009

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As mentioned above, our 3<sup>rd</sup> Teaching Network Meeting of this year took place with volunteers and teachers from our partner schools attending. See below for photos...



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## Projects Abroad Peru on the move...

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From mid September the Projects Abroad office will no longer be situated in Jiron Mainique 629. The office will be moving after approximately eight years as the home of Projects Abroad. We will hold a social for volunteers in the new location, located in *Condominio Villa Andina* on the road up from Urubamba behind the cemetery towards Chicon. The new office is set in a beautiful background with the Chicon glacier looming behind. We are all looking forward to this new change and are sure that although the new office is further from the center, volunteers will enjoy the new surroundings; there is a seating and sports area which undoubtedly will be popular.



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## And a warm welcome to our new colleague, Tessa Okell...

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*As current volunteers know, Tessa joined us in mid September and we would like to take this opportunity to introduce her to you all...*

I first became involved with Projects Abroad when I volunteered in the summer of 2007 and worked on both Teaching and Care placements in Mexico. It was such a rewarding and fascinating experience that I decided I would do what I could to help promote volunteering abroad. I was able to return to Guadalajara and renew contacts there as well as attempting to improve my Spanish (Mexican version). Having greatly enjoyed this I now find myself in the fortunate position of anticipating a year in Peru! I have been given the roles of Assistant Manager and Social Manager. I can't wait to meet my new colleagues and all the volunteers already in Peru and look forward to getting to know you and all new arrivals throughout the year.

Just to tell you a little about myself – I come from Somerset and went to college near London – Rose Bruford College in Kent. After graduating in theatre I worked for a year in London as a personal assistant before my first visit to Mexico. For the past two summers I have been involved with a summer school in Somerset for students from abroad – mainly China – teaching English and Drama, finding suitable home stay families, and arranging outings and social activities.

I am just off for a short holiday in Greece with some friends – travelling and beaches are among my favourite pastimes, as well as theatre, going to festivals – especially Glastonbury – and befriending stray dogs (good job I've had my rabies injections!). Then it's – South America here I come!

### ¡Come on you Reds!

By Jorge Espinoza, Assistant Manager & Sports Supervisor



In 2003 *Cienciano*, Cusco's local team, achieved for the very first time the greatest feat ever of Peruvian football history: they won the South American Cup championship after defeating the most popular and successful teams from throughout South America, including Peru (Alianza Lima), Chile (Universidad Católica), Brazil (Santos), Colombia (Atletico Nacional) and Argentina (River Plate). Following this they won the "Recopa Championship" after defeating the famous Boca Juniors (from Argentina who were the 2003 Champions of the *Libertadores* Cup and of the Inter Continental Cup after beating AC. Milan that same year).

The team from Cusco was coached by Freddy Ternero (2003), and the club was founded in 1901 as the football team of *Ciencias* School in Cusco. Since 2003 it has become one of the most supported teams in Peru. *El Equipo de los Rojos* or "The Reds' Team" has many fans throughout Peru and Cusco. Many people, even entire families, are supporting *Cienciano*, which is doing well in this year's National Tournament too.



This year *Cienciano* is representing Peru in The South American Cup and defeated Liverpool (from Uruguay) already in the first phase, on the 20<sup>th</sup> August. The next challenge will be *Independiente* from Argentina - a very strong team - but *Cienciano* has showed that they are able to defeat any team, especially playing at home, where the altitude and the Cusqueños support are its best allies.

## Volunteer Stories



### A letter home

**Christopher McDonald - Teaching  
IEMx Eusebio Corazao, Lamay**

*Hey Guys, I have had an amazing couple of weeks. I took some time off work and managed to stretch it out to two weeks by using the public holidays. So I've been everywhere from La Paz in Bolivia to Lake Titicaca, to the cities of Arequipa and Lima, and to the desert in Ica and a Canyon in between.*



*In La Paz we went quad biking around the city, which was absolutely amazing. You occupy yourself zooming around and making the road as thrilling as possible when you suddenly notice the view off the cliff you're driving along. La Paz had a lot of sad mountains and crystal-like rocks to gander at. Besides that, we took advantage of the chance to see a movie (Harry Potter) and eat some closer to home food (a great steak and a Japanese meal).*

*From there we went to Isla del Sol, which had amazing views of the very blue water of Lake Titicaca. You could see over the entire lake, with foggy mountains creating the horizon. I'm travelling with two other volunteers, Alex and Zoe. Alex left early, so for a couple of days it was just Zoe and I, before I headed back to Cusco (I had to work on Monday) and Zoe carried on up to the north of Peru, before leaving for England.*

*From the Isla del Sol we hit Puno, a town on the Peruvian side of the lake. Here the water was not so blue, due to a large barrier of reeds which must have kept in the pollution. From Puno we visited the Floating Islands, which are these small islands constructed out of the reeds. The story goes that, to avoid invasion from the Incas, the islanders left the land and settled for an existence living on these small islands (or massive reed barges if you think of it that way) They survived by fishing. It's bizarre to walk on as you sink into the ground, and some places are less stable than others.*



*Alex returned to Cusco from La Paz while Zoe and I visited Arequipa, "la Ciudad Blanca" (the White City). It's the most beautiful of Peru's cities I think, although the coastline in Lima is beautiful too. We did spend some time visiting a massive monastery and looking around, but really we used Arequipa to visit Canyon del Colca, which is apparently the deepest or second deepest canyon in the world, depending on who you talk to.*



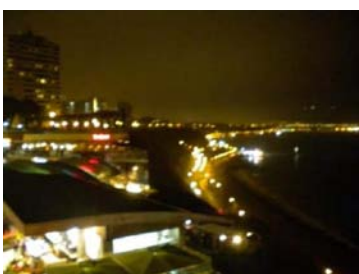
Here we spied condors - massive birds - and attempted a self-invented trek from Yanque to Chivay. I ended up falling into a river, a self-sacrifice of course so that Zoe could throw her valuables to me and cross more or less unscathed. So for the rest of the day, while thanking god for the great views and the fact my camera and phone and myself had survived, I was walking barefoot. Many a Peruvian dared comment "Esta muy frio,

porque no tienes zapatos?" (it's very cold, why don't you have shoes?) and interpreted my explanations in a variety of ways, from "they're wet" to "I lost them in the river current". Also in the Canyon we visited some hot springs. They really were hot and I want to live in one! We could only stay for an hour unfortunately before heading back to Arequipa.



Anyway, after snoozing in Arequipa we got another lengthy bus for Ica, searching for a place called Huacachina, which is surrounded by sand dunes. Here we went sand boarding, which I suppose is like snow boarding only not as cold. It was really fun. I just enjoyed being in a really dune desert, like in Aladdin or something. I didn't think these places existed, only in movies, until I surfed and plummeted down some ridiculously large and vertical dunes. It's a really beautiful place too, with a lagoon in the centre of town and with palm trees surrounded by towering dunes. A real Oasis.

Lima, however, was not so beautiful. But we did meet some very nice people who helped us wherever we went and asked for nothing in return. The people in our hostel (we ended up staying in a two star hotel, Hotel Solis Dias on Calle Porta in Miraflores, which was only marginally more expensive than the dens that were offered to us when we first arrived) not only gave me the numbers of 5 bus companies for the trip back to Cusco, but called all of them and found out what time their buses went, and for how much. Consequentially I had a decent bus for 100 soles and not 180.



The last night we went to the coast, or the viewpoint onto the coast because you wouldn't go to the beach at night. Lima is odd because it's always overcast but never rains. Also the pollution makes the sky seem alight and keeps the night warm. Consequentially the temperature seems absolutely constant and always seems like late afternoon. But looking out to sea, you could see real black, and it really looked like the end of the world was hanging out there.

A place which you should try and visit if you have time during your stay in Peru is the Sacred City of **Caral**, which is located in the Supe Valley, 182 km north of Lima, in the central north area of Peru. Caral is the oldest known civilization in the Americas, and was a thriving metropolis at roughly the same time that Egypt's great pyramids were being built. Because of its size and its architectural complexity, this is one of the most outstanding urban settlements that has been identified on the American continent from the period of 3000 to 2000 B.C. The inhabitants of Peru were considered to be ahead of those of Mesoamerica, the other centre of civilization (of the six recognized worldwide) by at least 1,500 years.



Caral extends over 66 hectares, and consists of a central and a peripheral area. The former boasts monumental architectural structures, four kinds of distinctive residential complexes, residences of the elite, two sunken circular plazas and spaces for mass public assemblies. The area in the periphery has many housing units along the length of the terrace adjacent to the valley, distributed like "islands" of dwellings. Archaeologists also found buildings that had evidence of adoration of fire, which indicates their political structure was related to religion.



Paul Kosok discovered Caral (Chupacigarro Grande) in 1948, but it received little attention until recently because it appeared to lack many typical artifacts that were sought at archeological sites throughout the Andes at the time. Since 1994 it has been further explored by archaeologist Ruth Shady Solís of the INC. It is believed that Caral may answer questions about

the origins of Andean civilizations and the development of the first cities. No trace of warfare has been found at Caral; no battlements, no weapons, no mutilated bodies. Shady's findings suggest it was a gentle society, built on commerce and pleasure. The town had a population of approximately 3000 people. But there are 19 other sites in the area (posted at Caral), allowing for a possible total population of 20,000 people for the Supe valley. All of these sites in the Supe valley share similarities with Caral. They had small platforms or stone circles. Shady (2001) believes that Caral was the focus of this civilization, which itself was part of an even vaster complex, trading with the coastal communities and the regions further inland – as far as the Amazon, if the depiction of the monkeys found is any indication.



*Entrance into Caral is from Monday to Sunday between 9am to 5pm. It is possible to pay for the permission to camp in the area or for a Spanish speaking guide. For more information on Caral you can visit:*  
<http://www.caralperu.gob.pe>.

## Feliz Cumpleaños !!

**A HUGE Happy Birthday to the following staff and volunteers who celebrated their birthdays in Peru over the past month...**

- **Stephany Verstrepen** our Care volunteer working in Sillacancha turned 27 on the 27<sup>th</sup> August.
- Señora **Luzmila**, the Projects Abroad Accountant, celebrated her birthday on the 1<sup>st</sup> September.
- Spanish teacher **Fernando** also celebrated his birthday on the 5<sup>th</sup> September.
- Teaching Volunteer **Christopher McDonald** celebrated his 19<sup>th</sup> birthday on the 14<sup>th</sup> September.



*Here in Peru one birthday tradition is that after singing "Happy Birthday" and blowing out the candles you should take a bite out of the cake. Watch out from behind though or you will end up with chantilly cream all over your face like Luzmilla!*

This month's specialty is for those with a sweet tooth...



### TORTA DE NARANJA / Orange Cake

*This month's recipe comes from our very own Teaching Supervisor's personal recipe book...*

#### Ingredients:

- 100g margarine
- $\frac{3}{4}$  cup of sugar
- 5 eggs
- $\frac{3}{4}$  kg flour
- $\frac{1}{2}$  teaspoon baking powder
- 8 juicy oranges
- *Anis Najar* (Aniseed Spirit) or other spirit of your choice. (to taste)

#### Preparation:

- Melt the margarine on a low heat.
- Add and mix the sugar and egg yolks.
- Squeeze the juice from the oranges.
- Add the flour and baking powder, plus the orange juice.
- Add the *Anis Najar* or other alcohol.
- Note: The mixture should not be too thick and dry.
- Put the mixture in a cake tin which has been greased and coated with flour.
- Bake in the oven on a low heat for approximately an hour.

**In October we are welcoming 15 new volunteers to the Sacred Valley, Cusco and Huyro...**

<b>Volunteer Name</b>	<b>Arrival</b>	<b>Programme</b>	<b>Town / Placement</b>	
Pierre Simon	01	Sports	Calca	
Cynthia Bun	01	Care	Calca	Lamay
Cortney Wagner	01	Inca	Huyro	
Dominique Hyvert	06	Care	Urubamba	Wawawasi
Nicole Kemp	07	Teaching	Pisac	Coya
Nathalie Scouarnec	09	Care	Urubamba	Palccaraqui
Zorelly Cepeda- Derieux	09	Inca	Huyro	
Edith Perrey-Kuhn	11	Spanish	Cusco	CCHP
Jane Moncrieff	11	Care	Urubamba	Cuna Jardin
Emily Kyte	11	Care	Pisac	Pisac
Stella Charrington	16	Teaching	Urubamba	Chincho
Anouk Lafortune-Bernard	16	Inca	Huyro	
Samantha Harrison	16	Spanish	Pisac	CCHP
Laura McCready	17	Care	Cusco	Ttio
Brigitte Cannuel	25	Inca	Huyro	
Sarah Blyth	26	Teaching	Urubamba	General Ollanta

**Changing Projects** this month is Care volunteer Geraldine Herweijer who shall be moving from Calca to Cusco for her Medicine project in the Centro de Salud de Ttio.

**Thanks** to all our leaving volunteers for all your help during your stay here in Peru:

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### End of August:

- Benjamin Ross (Teaching)
- Neal Barsch (Teaching)
- Hannah Cumming (Teaching)
- Craig Bannerman (Sports)
- Houda Benjelloun (Care)
- Isabel Campos-Cleary (Care)
- Claire Fitzgerald (Medicine)
- Camilo Tapia Urdaneta (Inca)
- Anne Boulton (Inca)
- Amrita Patel (Dentistry)
- Timothy O'Donnell (Teaching)
- Alison Laughlin (Care)
- Riccardina Sgaramella (Care)
- Pasquale Perella (Sports)
- Andrew Mikhalyuk (Medicine)
- Benjamin Smith (Inca)

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### Beginning of September:

- Darren Ostridge (Inca)
  - Takuro Ochiai (Inca)
  - Fred Campbell Jones (Medicine)
  - Mark Ranson (Inca)
  - Alexander Simpson (Sports)
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## AND AN INTRODUCTION ALL THE WAY FROM THE USA...



### **Hello Projects Abroad Peru!**

My name is Tiffany Fowler and I'll be working in the Teaching program. I'm very excited to be a part of this experience. Hannah asked if we would like to write a little something so I thought I'd contribute a little by introducing myself. I'm from The US, the state of Colorado. Just recently I finished my undergraduate program with a degree in teaching. I actually do have a teaching license; it's just a matter of finding a job right now. Traveling has always been something I've wanted to do and visiting Peru has always been at the top of my list. I think I've wanted to travel to Peru because of Macchu Pichu, but after reading more about Peru, I want to travel all over! I'm definitely interested in Nazca and Lake Titicaca. I love learning about other cultures and sharing experiences so I'm very excited to meet new people and make new friends. This will be the first time I've been out of the country so I'm pretty nervous, especially the flying to Peru part, but I believe I'll have a blast once I get there. I look forward to meeting other volunteers!

*Tiffany joined us in Urubamba on the 8<sup>th</sup> September...*

## What's happening in October?

Festival	Description	Place	Date
San Francisco de Asis	Catholic Festival	Tinta, Urcos and Maras	October 4 <sup>th</sup>
Virgen del Rosario	Catholic Festival	Cusco	October 7 <sup>th</sup>
Combate de Angamos	The naval battle of Angamos took place on the 8th of October 1879 and was an important battle in the War of the Pacific. The Peruvian ironclad Huáscar 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 <sup>th</sup>
Señor del los Milagros	Processions are held in honour of Señor de los Milagros every Sunday in Cusco. In Lima, however, this is a very important procession, which first took place in Lima after an earthquake on 20th October 1687. After a second earthquake on 28th October 1746, the Señor de los Milagros became accustomed to leave its resting place on 28th October, visiting streets, monasteries, churches and city neighbourhoods. Throughout the month people wear purple clothing to show their devotion to the Señor. Many people take to the streets to view or follow the procession, which is the largest Catholic procession in the Americas.	Peru	October 28 <sup>th</sup>

## Announcements

- There are new visa regulations that have been passed by the Peruvian government. If your tourist visa is to expire it is no longer possible to extend this in Cusco. You will need to make arrangements to travel to Bolivia or Chile, for example, and re-enter the country, where the immigration official will give you another stamp for further days.
- Please can all new arrivals be aware that you need to pick up your luggage in Lima when arriving from an international flight as it is not forwarded directly onto Cusco. Lima is the first point of entry into the country and you need to pass customs with your luggage.
- Please be aware that you need to **always** carry your passport or a legalised photocopy of your passport (which has been signed by a notary) with you if you are traveling within Peru, whether to your placement, Cusco or a long weekend in Puno. You may be asked by a police officer for proof of identification and you should be able to present this to them. If you have any questions please do not hesitate to ask in the office.
- Thank you to everyone who has helped bring about this month's issue of *Musuq Chaski*. If you would like to contribute your experiences, stories, photos or anything else to the next edition then please send them to: [hannahpartis@projects-abroad.org](mailto:hannahpartis@projects-abroad.org)