

# MUSUQ CHASKI - El Mensajero Nuevo



ProjectsAbroad



The Official Newsletter of Projects Abroad Peru

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## Letter from the Editor

Welcome to the September edition of Musaq Chaski; our newsletter updating you on all our projects and recent events from Projects Abroad Peru.

This month is the start of Spring and we have already started to notice the change in the climate – a bit more rain and warmer temperatures. Trujillo, a city further in the north of Peru, celebrates Spring this month and therefore in this edition of our newsletter you can read a bit more about this city and learn how to make a typical Trujillian dish.

In September I was lucky to get the chance to visit the Inca Project in Huyro for a few days. It was an interesting experience driving up from the dry Sacred Valley, through the mountains and mist where there was little vegetation and down to the jungle with its tropical climate and banana trees. The Establo is a great community and the group of volunteers who are currently there make it a really nice place to join. On my arrival I was given a tour of the place – I was introduced to their chickens, geese, ducks and the many fruit trees that provide the volunteers with a constant supply of food. On our first day we took off early with our machetes up to the mountain of Qochapata to explore some of the hidden ruins. We hacked away at plants surrounding two sites in order to clear the stones so we could make out the shape of the houses and patios where Incans would have lived at least 500 years ago. While all of the volunteers are pretty experienced with the use of the machetes, I came back with blisters on my hands – I will have to harden up for my next trip there! Currently we have a really enthusiastic and positive bunch of volunteers at the Establo and thanks to all of them for the effort they are putting in around the community, at the Establo in the orchards and gardens and up in the mountains.

This month we have also had one of our teaching volunteers, Emma Walker, taking part in a dance with her fellow teachers to celebrate the 50th anniversary of her school General Ollanta in Urubamba. Many of the volunteers went along to watch and support her as she paraded through the Plaza de Armas dressed in her traditional costume whilst firecrackers went off around her. You can read more about her experience on page 8.

As our host families are such a huge part of our volunteer experience and we always get such positive feedback about them, we would like to introduce you to one of our families who have been with us for about one and a half years – the Rivera family.

Enjoy the newsletter and if you have any interesting stories for future editions please get in touch with [annamunro@projects-abroad.org](mailto:annamunro@projects-abroad.org)

Cheers,

Anna

## Project Updates

**Inca** volunteers have been very busy exploring and clearing many ruins in Inkatambo, Huamanmarka, IncaCarsel, Cochapata Mountain, Lauramarca, Aputiña, Choquello and Capillayok. They have also had various archeological lessons with Jhon to learn more about the Vitcos palace, Yurak Rumi, Inca religion and society. In the community the volunteers have been preparing bags for the ´pan sin plastico´ project in the Huayopata region. They helped to finish and distribute cloth bags to the community to encourage people to avoid using plastic bags for their bread. Around



Establo they have been working on many projects – amongst these they have been digging drainage to open up more space for crops, airing the compost to start a new cycle, maintaining the house by changing the mesh on the windows and organizing the store room. Finally they have had some social trips to Vitcos and Yurak Rumi, an afternoon visit to a waterfall near Pasto Grande where they all took the chance to go for a swim, the weekly board games and quizzes in the community house and some matches of volleyball against the Establo staff!

We want to thank all of the volunteers this month who arrived to help out in the **Care** projects. We are very excited to have started work with our new PRONOEI partners in the various communities in Chinchero. So far one of our volunteers, Anais Lehembre, has been introducing the new games and activities to the children in these centres.

In September we put together a workshop for all of the kindergarten teachers and the volunteers who work with them to introduce new materials and ways of teaching. Some examples of the activities were resources for teaching mathematics and parachutes for playing games and stimulating physical activity outside of the classroom.

Nine new **Teaching** volunteers are starting their placements this month which is great because we had quite a few schools begging to have one. Another nice addition to teaching is Carlos Carbajal who has been the supervisor since the middle of last month; he worked for Projects Abroad in this capacity in the past and we are happy to have him back.

This month we gathered teachers from 9 schools in the area and had a nice time in which 3 of our volunteers gave a class to show some techniques on a “student centred approach”; a special thanks to: Erin Furlong, Emma Alexander, Emma Walker and a mention to Christian Jansen and Johanne Andersen for showing up.

### Trujillo

Trujillo, known as ‘The City of Eternal Spring’ due to its sunny weather all year round, is the third largest city in Peru and is located in north-western Peru. This month The International Spring Festival is celebrated in Trujillo. The Spring festival has been running for over 50 years and takes place during 17th – 26th September. People from all over Peru go to experience cultural and artistic events such as bull-fights, horse contests, marinera dance festivals, cock-fights, a spring beauty pageant and the spectacular spring parade.



Even if you aren't in Trujillo during the Spring festivities it is still a great place to visit as it has many interesting archaeological attractions. One of the most important is the city of Chan-chan, the world's largest city built out of adobe brick – extending over 20 square kilometres. Chan-chan is located in the Moche valley, about 4 kilometres out of Trujillo. About 60 thousand of the Chimu people inhabited Chan-chan between the 12th and 15th centuries. When you visit you can see the remains of courtyards, homesteads, storage sites, workshops, roads, walls, temples. The walls are all decorated with amazing geometric reliefs.



Also in Trujillo are the remains of the Huaca del Sol and Huaca de la Luna. (the Sun and Moon temples). These large adobe brick structures were administrative and ceremonial centres for the Moche culture which developed about 1000 years before the arrival of the Spaniards. The Temple of the Sun is a pyramid that was said to be built in only 3 days by over 250,000 men using 70 million adobes. Quite an impressive site to be seen!

## Welcoming...

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### Welcome to our new staff member..

Mylène Lauberge

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Hi everybody,

My name is Mylène and I am a 27 year old French girl. I hold a Diploma focused on Local Tourist Management. I've been hired as a desk officer in the Project Abroad team in Peru. As I am accustomed to settling in foreign countries such as Spain or England I wanted to try out a new way of life and new ways of thinking out of the West.

Being keen on history, cultural heritage, foreign languages and civilizations this job is a very exciting opportunity to broaden my knowledge regarding sustainable development as well as to help local populations.



As I am a committed worker, always trying to keep calm and positive, I will try to carry out this job the best I can.

I am looking forward to meeting you all

Mylène Lauberge

## Goodbye..

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### Goodbye to our Social Manager...

Tessa Okell

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It's hard to believe that exactly a year ago I was just starting my new job here and settling into life in Urubamba. Time has flown and I'm very sad to be leaving everyone here after a fantastic year getting to know families, staff, volunteers and everyone who makes up the Projects Abroad team.

During my year here I would estimate I've met well over 300 volunteers, some of which I've naturally had more contact with than others but I've enjoyed getting to know each and every one of you! I've been very impressed by the decision of so many volunteers to live temporarily in a very different culture to offer your time, skills and energy to work for free to help people in more deprived circumstances.

It was really good to see everyone at the Coffee and Cake Social in Urubamba to say goodbye and for those I didn't get to see I wish you all the best for the rest of your time here.

The dedication of the Projects Abroad staff has provided a fantastic working environment and I'd like to thank every single member of the staff for welcoming me into the team, putting up with me hogging their computers for most of the day and my generally noisy presence. Thank you!

I feel very proud to have been part of the Projects Abroad staff in Peru and to have belonged to a team that has been responsible for many worthwhile projects and causes. To everyone who plays a part in the organisation - congratulations and keep up the good work.

During my last weeks here I've tried to say goodbye to as many families as possible but for those I couldn't get around to visiting, I want to say goodbye and a huge thank you for the truly wonderful way you look after our volunteers. I know how difficult it can be to live in a foreign country far away from home and all of our families have been so great at welcoming volunteers into their homes and have showed extreme generosity and warmth towards volunteers. A special thank you to my family who looked after so well (too well!) during my first months here – a HUGE thank you to Cyria, Pancho and Darío Casapino for giving me such a great start to my year in Peru! I'll miss



you very much.

I shall miss many, many aspects of day-to-day life here. I'm mentally preparing myself for all those relatively small and subtle changes that will make me miss my life in Urubamba so much more: swapping buying fresh produce at the market where everything goes hand-selected and loose into the same shopping bag to trailing round a huge supermarket trying to be inspired by pre-packed and frozen foods; replacing late night 'emergency' phone calls from volunteers who've accidentally locked themselves out of their house to cold-calls for credit cards and double glazing; changing the view from my window from stunning mountains and the neighbours' garden bursting with fresh fruits to a seemingly endless stream of traffic, and tired and stressed out mothers screaming at their bawling children as if in competition with them; from squeezing into a packed combi being surrounded by curious, giggling school kids, livestock and with a dodderly old woman perching on my knee to fighting my way into an equally packed tube train at rush hour making a 15 minute journey without even talking to another human being, let alone making eye-contact.

Having said all that, I can't wait to get back to see friends and family and to restart my life in England with a completely fresh outlook and appreciation for all those things I used to take for granted. You never know, it might not last long and you may see me back in the valley in no time at all!!

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## Volunteer Social Events

Anna Munro

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For our August monthly social all of our volunteers from the valley and a handful from the Inca Project in Huyro met in Cusco for an evening of dancing Salsa and a meal. Coco from InkaTeam bar started off the Salsa class teaching the basics and by the end everyone was paired up, spinning and dancing a complicated routine. We had some great coordinated dancers and I'm sure many of them went out later for a bit more dancing to practice what they had learnt. After an hour and a half of dancing everyone was starving so we made our way to El Cuate restaurant for some salad, pasta and lemonade. Many of the volunteers then met up afterwards for a pancake dessert and more partying.



In the beginning of September we had many arrivals so it was a good opportunity to get everyone together in Urubamba for an afternoon tea. Along with our Urubamba volunteers, we had the others join us from Cusco, Calca and Pisac. We had a great turn out with over 20 people and we all met in a café in the Plaza de Armas for nachos, juices and ice creams – a great end to the week! While many new volunteers were meeting others for the first time, others were sad to say goodbye as they will now be leaving to head back to their countries.



## Volunteer Stories

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### Happy 50<sup>th</sup> Anniversary General Ollanta

Emma Walker, Teaching volunteer, England

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Last weekend the school in Urubamba, General Ollanta, celebrated its 50th anniversary with dances and processions through the town. As the volunteer teacher, I was invited to join the other teachers in dancing the Carnivale Cusqueña, a traditional dance of Cusco. This dance involves ten men and ten women, and I think its closest equivalent in England would be something like Morris dancing – but without the bells! The school spent many weeks practicing for the event, especially the teachers, who worked on the dance almost every day after school for an hour or so. There were always a few students who stayed behind to watch the teachers practice; no doubt bemused to see their usually formal professors dancing around the school hall!

Traditional Peruvian dress involves many bright colours and bold patterns, and the outfits we wore were very flamboyant – I had to go all round the town trying to rent all the different items of clothing required. This particular dance required a large pleated skirt, a minimum of four underskirts, a frilly blouse, a sash, a traditional Peruvian hat (very similar to a bowler hat!) and a handkerchief to wave around. Dancing in all these layers was definitely a challenge, especially as the skirts were done up so tightly it was hard to breathe! But I think the overall effect was worth the effort. The men on the other hand only had to wear trousers and a shirt!

Before the dance the whole school and the school band processed round the town, cheered on by many onlookers, after which we made our way to the Plaza de Armas. I had had no idea how big an event this would be, and was completely taken aback by the number of people who had come to watch. Most of what I'd learnt during the rehearsals went out the window, as we tried to keep in time with the music and remember all of the steps, but hopefully our enthusiasm made up for this.



After the teachers' dance, many of the students – a lot more skillfully – performed traditional dances and the event finished with a party in the school – with more music and dancing and a large firework display in the evening. Before coming to Peru I had no idea that before the end I would be involved in a traditional dance, but I was very thrilled to be part of their celebrations and it is definitely something I will never forget.

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## Jenny's Experiences in Calca

Jenny Badewitz, Care volunteer, Germany

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Hi ihr!

Hier kommt für euch ein "Short-Report" über meine Zeit in Peru =).

Ich habe mich für 2 verschiedene Projekte entschieden und war 2 Monate zum arbeiten im Care-Project und eine Woche im Conservation-Project im Regenwald. Die Zeit in Peru war super gut für mich, nur leider etwas kurz. :(

Meine Gastfamilie war sehr nett und ich hab mich gleich wie zu Hause gefühlt! Auch das Essen war super lecker, allerdings muss man sich auf sehr viel Reis einstellen.

Die Erfahrung, mit Kindern zu arbeiten, war sehr interessant für mich und hat mir auf jeden Fall auch für meine berufliche Zukunft weitergeholfen. Auch wenn es oft nicht ganz so einfach war, z. B. mit der Sprache, hat mir die Arbeit Spaß gemacht.

Auch mit der Betreuung von Projects Abroad während des Projekts war ich zufrieden. Es war einfach cool zu wissen, das man immer einen Ansprechpartner hat, und ich hab mich in sehr guten Händen gefühlt.

Die Woche im Regenwald war mein krönender Abschluss, die Arbeit mit den verschiedenen Tieren und die wunderschöne Natur kann ich nur dringend weiterempfehlen!

Ich hab die Zeit in Peru sehr genossen, die Kultur, Leute, Essen und vorallem die wunderschöne Natur!

Eins steht fest ich komme wieder! =)

Liebe Grüße  
Jenny (Deutschland, 23)



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### Introducing the Rivera Family, Pisac

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#### **How long have you been a host family for Projects Abroad?**

We first welcomed a volunteer into our family in April 2009, so nearly a year and a half.

#### **What do you most enjoy about having volunteers living with your family?**

There are so many things we enjoy about looking after volunteers! I suppose one of the most important things is that our family gets to make relationships with people that we normally wouldn't meet and we get to learn about the volunteers, their culture and life experiences.

Having volunteers in the house is also really great for our children. It's great to have volunteers around to help with English and they also really encourage our kids to study. Since we've had volunteers living with us, our daughter's overall academic grade has gone from 12 (out of 20) to 16! We are very proud of her and grateful to the volunteers for telling our children about the importance of studying and giving them the incentive that if they really work hard they'll have more opportunities in the future and can even travel to see the volunteers in their home countries.

Although he only stayed with us for one month, we had a volunteer called Timothy who really became part of the family and was like a brother to Rafael who took him everywhere – even to Machu Picchu! Being able to share things with volunteers as friends is something that really means a lot to us. With my work, I don't have a set schedule so I often take the volunteers out and about with me when I am going somewhere interesting or going to work in the fields etc. It's always something they enjoy as they get to see more of my culture.

#### **What have you learnt so far about hosting volunteers from other countries?**

We've learnt that no matter where volunteers come from, we still find we have a lot of things in common with them. We have learnt that everyone is very special. We've had many volunteers from different backgrounds and cultures and all have been very special indeed.

#### **Do you have any special or funny stories about volunteers who stayed with you?**

We once had a very nice volunteer called Martin who one day decided he'd like to go to work with my father in the chakra (fields) to plant seeds. We gave Martin a bucket from home so he could put the seeds in whilst out in the chakra and we sent him off to work! Martin has to be one of the tallest people I've seen so bending over to plant the seeds was very difficult for him. My father saw he was struggling and suggested they take a break to drink chicha (a slightly alcoholic fermented corn drink). We don't know if Martin was affected by the chicha but when he came home he didn't have the bucket we gave him! We never asked him where it was and he never told us, but to this day when my father comes around he always asks about the bucket we gave Martin that day he went to plant seeds!

We also had a volunteer Mark who was very quiet and shy when he lived with us for one month. He then spent the next part of his time in Peru on the Inca project in Huyro with Projects Abroad and came back to visit us after that. He was a completely different person! We couldn't believe the change - from the quiet boy we'd known at home to the life and soul of the party!

### **How do the volunteers normally feel when they leave your family?**

Normally both the volunteers and the family feel very sad when the time comes for them to go home. We have been very touched that when volunteers come to leave they often like to show their appreciation by preparing us food or organising a cake. Seth made us a traditional pudding from his home country, Timothy made pizza, Martin got a cake and Calla, Sara and Laetitia were the volunteers who most liked to cook for the family and helped us prepare lots of meals.

There are often a few tears when the time comes for the volunteer to leave us but we were most surprised about Ashley! She was very calm and reserved and didn't always join in with the family activities quite as much as some other volunteers. We thought maybe she wasn't very happy living with us or maybe it was just her personality but when the day came for her to leave she cried and cried and spent about half an hour saying goodbye and hugging us and really she didn't want to leave us! We were very touched by her showing us her emotions and affection this way.

There was also a volunteer who lived with another family nearby in Pisac called Toshinori. Toshi became a very good friend of the family and would come round most evenings for a drink or to chat with us or play with the children. When the time came for him to leave, he prepared us a delicious Japanese meal at home. He is travelling in Bolivia at the moment but has promised he'll come and visit us before he goes back home to Japan.

We are very grateful to all volunteers for accepting us as their family whilst they are here in Peru and for sharing so much of themselves with us. We often feel very lonely and empty when they leave and always hope that one day in the future they'll come back and visit us.



## Feliz Cumpleaños !!

A big happy birthday to the following volunteers and staff members who celebrated their birthdays this month!

Luzmila Rondan (Host family and accountant) – 1st September  
Apoorva Ballal (Teaching volunteer) – 3rd September  
Denise Arnoldi (Care volunteer) – 4th September  
Fernando del Alamo (Projects Abroad Spanish teacher) – 5th September  
Frank Andersen (Sports and teaching volunteer) – 8th September  
Johanne Andersen (Teaching volunteer) – 11th September  
James Ozog (Teaching volunteer) – 14th September  
Alison Billaut (Care volunteer) – 16th September

## Cocina Peruana

### How to make ... **Alfajores Trujillanos**

#### Ingredients

##### Dough:

2 kg flour  
1 kg butter  
Water with salt as necessary

##### Filling:

2 kg of sweet potato, peeled, cooked and mashed  
2 ½ kg chancaca (similar to molasses)  
¼ kg peanuts  
50g toasted sesame seeds  
1 T aniseed  
Cloves to taste  
Cinnamon stick  
3 C water

#### Preparation

##### Dough:

Mix the ingredients to form a dough, flatten with a rolling pin and cut into 30 cm squares.  
Cook in a pre-heated oven at 180 C. Remove and allow to cool.

##### Filling:

Put the molasses in a pot with the water and bring to the boil until it is almost the consistency of honey. Remove from the heat and add the pureed sweet potato, the cloves, cinnamon stick and aniseed. Mix and heat on a low flame, stirring continuously until it thickens and you can see the bottom of the pot. Remove the cloves and cinnamon. Add the peanuts, toasted sesame seeds, stir and let the mixture cool. Once it is cool spread the filling generously on the square biscuits and cover with another biscuit. Serve and eat!



## What's happening in October?

| Festival                        | Description  | Place                          | Date  |
|---------------------------------|--|--------------------------------|---|
| <b>Fiesta Patronal de Jauja</b> | Catholic Festival celebrated in Jauja-Junin city Central part of Perú.   | Junín                          | 01  |
| <b>Señor de los Milagros</b>    | "Lord of Miracles", big religious celebration. The most famous act about this celebration is the processions (considered the largest periodical catholic manifestation in the world) followed by thousands of people through the main avenues and streets in Lima.                             | Lima                           | Monthly celebration, starts on the 02 <sup>nd</sup> |
| <b>San Francisco de Asis</b>    | Catholic Festival, The main day Mass and dance presentation. Staging of the seizure of Atahualpa in Cajamarca, and representation of the old tile exchange for salt.   | Tinta, Urcos and Urubamba      | 04  |
| <b>Semana Jubilar de Piura</b>  | Piura city celebration, they organize festivals, traditional handcraft markets, parades, etc.  | Piura                          | 1 <sup>st</sup> week of October                     |
| <b>Virgen del Rosario</b>       | Religious Celebration in honour to Virgin of Rosario, traditional catholic rituals, followed by Andean typical ones and the preparation of traditional Peruvian dish "Pachamanca", they also organized "Toro Pucllay" (kind of bullfight but they only play with the bull without killing it.) | Quispicanchis, Canchis - Cusco | 10  |