

# Brochure 2011

Volunteering-Peru



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*Have fun while you support our projects!*

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## GENERAL PROGRAM INFORMATION



### What does Volunteering- Peru do?

Volunteering Peru was founded in 2008 by Carlos Rojas. In November 2009 Agnes came to Peru to help Carlos with the organization.

The mission of our organization is to help projects in Cusco and its surroundings by sending them volunteers who give a helping hand, they make a valuable contribution to the society and to bridge the gap between foreign visitors and the local population. The volunteers can work in different kinds of settings, for example: childcare, healthcare, construction, etc. Each volunteer chooses his/her own project where he/she want to work.

Besides offering help to the several projects in Cusco, we want the volunteers to discover the real way of life in Peru. Therefore we offer the volunteers a complete program with a volunteering, Spanish classes and staying with a host family.

### Who is Volunteering- Peru?

Volunteering Peru is managed by 2 persons: Carlos and Agnes. Carlos is in charge of the promoting and marketing of the organization, keeping updated the websites, contact with the host families and Spanish school.

Agnes is in charge of the support of all the volunteers. From their pick up from the airport until their last day in Cusco. She has an eye on the wellbeing of the volunteers and is always available to help them with anything the volunteer need.



**Carlos Rojas Moreano, 34 years old, Peruvian**

With studies at the University of Cusco in the career of Geological Eng. And some studies on online marketing. He has extensive experience in working with volunteers, family accommodations and Spanish school. Since his family participates as a volunteer host family for foreign students since 1998 Carlos has a great training and experience in dealing with foreigners. Since its introduction in social programs he has always been familiar with volunteer projects, mainly in projects involving children, because these new people transmit their messages to future generations and because a child should grow up with education. Carlos chose some projects where the volunteer can participate, regarding to the needs of the volunteers, like public transport and located within the city.

So the interest is to continue contributing to the society led him create a place where they could give more opportunity for volunteers to know the reality of the region with a direct benefit to the society for his enormous contribution to Cusco. All of this, added with the customs a volunteer will experience by living with a Peruvian family and learn the Spanish language in their environment makes the volunteer program an unique experience. This is how Volunteering-Peru was made possible in 2008 and together with the active participation of both Carlos, Agnes, volunteers and some other people who are still promoting assistance to these projects for which may be many more help!



### **Agnes Schepens, 28 years old, Dutch**

Agnes studied in Holland social work and has several years of experience working with disabled children and adults. In 2007 she went to Peru for a volunteering for 6 months. This time she worked in a school for disabled children and a shelter for abandoned girls. In this first period in Peru she was staying with Carlos' family and a great time living and working in Cusco.

After 6 months she left for Bolivia, where she found a job as a volunteer-coordinator. Working as a volunteer-coordinator meant supporting a group of volunteers from their arrival in Bolivia until their departure after a period of volunteering. This included airport pick up, city tour, introduction to the culture and history of Bolivia, support in case of emergency and illness, etc.

Also she guided several interns, who came to Bolivia to do their internship.

After this, Agnes went back to Cusco to do some months more volunteering there. Again staying with Carlos' family they talked a lot about the organisation which Carlos was setting up. With her working experience in Holland and in Bolivia she had several ideas how a volunteer organization should work, and also saw in the projects that they really need help. They found out that they were thinking the same about a lot of things and that they could mean something to each other setting up this organization.

Back in Holland she stayed in contact with Carlos about the things he was doing and on a certain moment Carlos needed a hand more to do all the work for the organisation so Agnes decided to go back to Peru in November 2009. From this moment they are managing the organization together and still full of plans to grow and improve and offer more help to the projects which need this.



## PROJECTS & CULTURAL EXCHANGE



### 1.- Don José de San Martín- Project

Don José de San Martín is a school for mentally handicapped and deaf children. The ages of the children who visit the school varies from 3 to 25 years. The levels of intelligence are varied and range from severely mentally limited to a small learning disability, to normal intelligence, but deaf.

There are 5 sections where the children and youth receive education:

1.- Deaf School: Here the deaf children are divided per age in a class. There are 3 classes with deaf children. The children are generally taught in sign language, but it is backed with spoken language for children who hear a little bit. Some children learn to talk.

2.- Kindergarten: Here the younger children are taught. There are 2 or 3 classes (depending on the number of children), each with about 10 to 15 children. The children are divided according to their level of intelligence.

3.- Primary school: In this part of the school are most children. After kindergarten, the children will go to the 1st class of primary school. Primary school goes until 6th grade.

4.- Division multiple complex behaviors: In this section are the classes with children and youth with severe mental handicap class, and often accompanied by complex and difficult behaviors. Here the classes are smaller and more focused on teaching practical skills (for example washing hands after toilet, eating, motor development, etc.)

5.- Practical training: Here the oldest students of the school get lessons. There are several practical classes: carpentry class, sewing class, craft class, bakery class. Here young people learn practical skills they can use into the future when they leave school.

Besides these classes the school also has a speech therapist, physiotherapist and psychologist employed.

Each class has an average 10 to 15 children, and is taught by one teacher. In the classes, children with different levels of intelligence are taught together, for the teachers this makes teaching even more difficult.





To teach the children, the help of volunteers is very useful. They support the teachers in the classroom with all activities during a day of school and do individual activities with the children. For the volunteers there are also always opportunities to come with their own ideas and activities.

San Martin always pays much attention to the various holidays of Peru and Cusco. Regularly these are events where the volunteers are actively involved. There are dances and plays prepared, the children get dressed and they prepare different kinds of food. These extras make the work in San Martin extra fun!



**Workdays:** Monday to Friday from 8.30h - 13.00h

**Kind of people to work with:** Mentally disabled and deaf children and youth

**Spanish level:** Basic

**Minimum availability:** 2 weeks





## 2.- Olimpiadas Especiales - Project

The Olimpiadas Especiales is a nationwide project in Peru with different sections in 10 departments of Peru. The project is designed for children and young people with intellectual disabilities.

In Cusco, about 130 children participate in the program.

Every afternoon, attention is paid to a number of different sports. The children receive training, learn the rules and also learn discipline.

After several months of training the best athletes of each department go to Lima for the national finals and the best athletes there broadcast to the 'real' Speciallympics. In 2011 this will take place in Athens, Greece.

Obviously the performance is not the most important for the children and youth who participate. As with the 'real' Olympic Games participating is more important than winning.

The pleasure in sports and playing together are far more important than winning the contest. Every day the children enjoy to do sports, learn and play together

The Olimpiadas Especiales run entirely on volunteers.. The trainers, organizers, PR people, are all Peruvian volunteers. The project welcomes with open arms foreign volunteers.

As a volunteer you are primarily involved in training the children, learning game forms, techniques, running competitions. Interest in sport is therefore definitely an advantage!

There are several branches of sport practiced, among others, soccer, volleyball, basketball, gymnastics, athletics.

This project runs every afternoon from 14:30h to 16:30h, throughout the year except December.

**Workdays:** Monday to Friday from 14.30h - 16.30h

**Kind of people to work with:** Mentally disabled children and youth

**Spanish level:** Basic

**Minimum availability:** 2 weeks





### 3.- Aldea Infantil Juan Pablo II - Project

The Aldea Infantil Juan Pablo II, a children's home for orphans and children who are placed in care by the authorities. It has a total population of 60 children aged between 0 and 18. There are seven houses, in each house there are 8 or 9 children living with a 'mama'. The ages of the children in the houses are mixed, to simulate a sort of family situation.

Children from 3 years and older go to a school outside the orphanage. The schooltimes of the children are different, some go to school in the morning, others in the afternoon.



Besides the houses, the orphanage has some general areas, such as a large diningroom, a chapel and a park and sports field.

Volunteers in the Aldea Infantil help with all activities in the houses. As a volunteer you will be placed in one of the houses, where you will stay the whole period of volunteering. The activities consists mainly of help with homework, helping with the care of the kids, play with the children, offering activities during leisure time, like sports or trips to the park. Attention and love is what the children in this project need a lot!



**Workdays:** Monday to Sunday from 9.00h – 13.00h or 14.00h - 18.00h (Days in agreement, preferably in the afternoon)

**Kind of people to work with:** Orphans and neglected children aged 0 to 18 years

**Spanish level:** Basic

**Minimum availability:** 4 weeks





#### 4.- Colibri – Project

Project Colibri is a project where children who are working on the streets can be child again for a while. In Cusco there are many kids working on the streets, they sell candy, cigarettes, are cleaning shoes, etc. Often they are forced by their parents to work or they don't have parents and working on the street is the only way to make some money to eat.

Each afternoon, these kids can go to Project Colibri, where they do educational and entertaining activities. Every afternoon about 25 to 30 children visit the project. There is one coordinator present everyday to organize the activities for the children, she is assisted by volunteers.

The age of the children who visit the project is between 5 and 15 years. In addition to the activities the children can get psychological help and assistance in planning their future. The kids are encouraged to go to school.

As a volunteer you help with setting up and implanting activities. It is highly appreciated if you come with your own ideas of activities that can be done. You can organize for example painting or music classes or teach English. Use your imagination and your own abilities!

**Workdays:** Monday to Friday from 16.00h – 19.00h

**Kind of people to work with:** Street kids aged 5-15 years

**Spanish level:** Basic

**Minimum availability:** 2 weeks



## 5.- "Hogar el buen Pastor" - Project

Pastor is a home for girls aged 12 to 18 years. There are an average of 50 girls in El Buen Pastor. Most girls live here because they can't live with their family due to domestic violence, neglect and/or behavior problems from the girls themselves. In most cases the authorities decided to place the girls in this home. Some of the girls are orphans who lived on the street before they found a place in El Buen Pastor.

In the home the girls follow a reintegration program. This program consists of three phases, the entire program takes approximately 2 to 3 years. When the girls end the program, some go back to their families, others go to a program for young women. The pillars of the program are orientation, workshops and studies. The girls go to a school outside the home and when they don't have classes they have programmed activities and workshops in the home, for example: sport classes, homework, tutoring, workshops in ceramics, sewing, knitting, cooking, etc.

El Buen Pastor is a religious project, led by a sister. They receive government money for food and staff. A volunteer at El Buen Pastor doesn't have to be religious, but has to have an open mind to religion and show respect.

As a volunteer, you support the girls in all the work they have to do during the day. When making their homework, support during the workshops, but also help with cleaning, etc. from the home.

Finally, it is appreciated when you as a volunteer bring some of your own experience and qualities you can teach the girls. You get all the space to organize your activities!

**Workdays:** Monday to Friday from 8.00h – 12.00h or 14.00h - 17.00h (Days in agreement, preferably in the morning)

**Kind of people to work with:** Neglected girls aged 12 to 18 years

**Spanish level:** Basic

**Minimum availability:** 3 weeks



## 6.- "Madre Teresa" – Project

Hogar Madre Teresa de Calcutta is a home for mentally and physically disabled children and adults. There are approximately 20 children and 50 adults and elderly in the home.

The home is run by sisters, also there are working therapists and caretakers.

Madre Teresa of Calcutta is a religious project. Volunteers don't have to be religious, but it is expected that they show respect. The home consists of three sections: a men's department, a women's department and children's department. Until the age of 15 years, the children are in the pediatric ward. Some children go to school in the morning, the rest remains in the home and get therapies, go to church and receive the basic health care.

In this project there is a lot of need for volunteers which help with eating and taking care of the residents and also do some activities with them and give a lot of love and attention. You will also be asked to help with cleaning. The inhabitants, especially the children are very vulnerable so the hygiene is very important.

Introducing your own initiatives about doing activities is greatly appreciated, there is not much staff, so the provision of leisure activities and giving attention is something that a volunteer can do a lot for the residents.

Also volunteers with expertise in physiotherapy, occupational therapy or experience in working with disabled people are very welcome!

**Workdays:** Monday to Sunday from 8.00h – 11.30h or 14.00h - 17.00h (Days and hours in agreement)

**Kind of people to work with:** Mentally and physically disabled children and adults

**Spanish level:** Basic

**Minimum availability:** 2 weeks



## 7.- Instituto Alter Ego – Cultural Exchange

The Instituto Alter Ego is a language school where lessons are given in several languages (Spanish, English, French, Italian, Quechua). The founder is a Frenchman called Willian, who has launched this project in 2008. Language classes are given in the Institute for anyone who wants to learn a language. The institute collaborates with NGO's (non governmental organization) in the region.

This cooperation consists mainly of giving scholarships to some young people who do not have the financial means to learn a language at the institute or any other language school in Cusco. By a scholarship they can still learn a foreign language and thus increase their chances for the future. The cooperation of the Instituto Alter Ego and Volunteering-Peru consists of a language-exchange. The volunteer teaches a language to young people and in return the volunteer receives Spanish lessons (or another language if the volunteer wants). Before the volunteer starts with teaching he or she works along with an experienced teacher for a week before he gets his own classroom. Textbooks for students and teachers are provided by the institute, in addition, the volunteer / teacher have access extra materials as foreign newspapers, videos, music and internet to make the classes attractive.

**Workdays:** Monday to Friday, hours in agreement (afternoons)

**Kind of people to work with:** Young people and adults

**Spanish level:** Intermediary

**Minimum availability:** 6 weeks



## 8.- Coya - Project

Coya is a small village in the Sacred Valley, one hour from Cusco. In Coya are living about 3000 people, mostly farmers who live from their own land. Life is simple, people do not have much, but live peacefully with their families and their animals.

In Coya there is a nursery (40 children), a primary school (250 children) and a secondary school. All children from the village and the villages around Coya go to school here in the mornings.



The schools and the nursery need volunteers. At the nursery the volunteer helps with the daily activities and gives English lessons. These small children can learn the basic concepts of the English language. At the primary and high school there is a great need for people who can teach English.

In the afternoons the volunteer can organize activities for the children of the village in a cultural center. This center runs solely on volunteers, which means that if there are no volunteers in Coya, there are no activities in the cultural center. One of the families in the village has a space available for the cultural center for approximately 20 to 30 children. The activities the volunteer organizes in the cultural center are completely of your choice, using your qualities. Theater, music, language lessons, geography, use your imagination, anything is possible!



If you are interested to do volunteer to work in Coya you have several options in terms of housing:

1.- Local family in Coya: When you choose to live with a local family in the village of Coya, you will live in conditions which are a bit more basic than in the city of Cusco. You will have your own room in the family house with private or shared bathroom and also 3 meals a day. The volunteer will be a part of the family and take part in their activities.

2.- Local Family Coya Extra: This family lives on the edge of the village, next to the nursery. The family consists of the parents and four children. They have built some rooms in their house for foreign volunteers and other people who are interested. When you live here, you really are part of the family, you use the meals with them, help with cooking (and learn Peruvian cooking on a wood fire!) and participates in family activities. The profession of the father of the family is making music instruments; he has his workshop at home. For the volunteer who is interested in this, it is possible to make your own instrument under supervision.

And learning to play your own instrument of course! Apart from making musical instruments, the father of the family has a lot of knowledge of the traditions of the region, use of plants and herbs and would like to share with his guests.

If you opt for accommodation in this family, this means that the costs are higher than when you live with a traditional host family. This family works with certain costs, which we have to proceed. One week stay at this home stay costs 180 USDollar. See more details in the *Homestay in Peru section*

3.- Hostel in Coya: If you want to work in Coya and don't want to travel from Cusco everyday and you want an accommodation which is more independent, than you can choose for the option to live in a hostel in Coya. This hostel is basic, you will have your own room and shared (?) bathroom. You have the options to use the meals in the hostel or elsewhere in the village.

Aumentar informacion de hospedaje y precios!!!

4.- Host family in Cusco: When you want to work in Coya in the schools and the cultural center, but you prefer to stay with your host family in Cusco, of course this is possible as well. You'll travel everyday in the morning from Cusco to Coya and return to Cusco in the afternoon. At midday you can join for lunch in one of the families, or have lunch in one of the small restaurants in the village.

**Workdays:** Monday to Friday, from 9.00h – 13.00 in the schools, from 14.00h – 17.00 in the cultural center

**Kind of people to work with:** Children aged from 2 to 16 years

**Spanish level:** Basic

**Minimum availability:** 2 weeks

## GENERAL SPANISH COURSES INFORMATION



### Spanish Lessons:

The only requirement for volunteers is that they have a adequate level of Spanish to be able to have a basic conversation in the projects. To ensure this, and to help them to adapt to this new situation, it is essential that a volunteer has followed a Spanish course for at least 40 hours (2 weeks).

After these classes, the volunteer will be able to have a conversation with the children in the project and thus enjoy more working with the children. In the Spanish classes we offer the student not just to learn the grammar and Spanish words, the classes contains trips to the market or street to practice right away what they have learned. Also the school offers salsa classes, film nights and other activities where the student can practice his Spanish in other settings then the classroom.

Spanish program includes outside the classroom:

- Local orientation
- Welcome dinner
- Peruvian culture and History class
- Dance classes (salsa)
- Latin American Movies
- Typical Peruvian Cooking Class
- Book Exchange
- Free Internet (Wi-Fi)

### Spanish Lessons Prices:

Group Spanish Course	Individual Spanish Course
04 hours per day Mon-Fri <b>USD 115 per Week</b>	04 hours per day Mon-Fri <b>USD 150 per Week</b>
Half Courses - Group	Half Courses - Individual
2 hours per day Mon-Fri <b>USD 65 per Week</b>	2 hours per day Mon-Fri <b>USD 80 per Week</b>

## ACCOMMODATION - HOSTFAMILY IN PERU



### Homestay in Cusco:

Living with a host family the volunteer will be practicing and improving his Spanish every day. Also this is the best opportunity to live the Peruvian life, to learn about the customs and traditions in Cusco and Peru. The families we work with are chosen after a selection, and all of them are receiving foreign volunteers several years. A volunteer will be part of the family and take part in their activities and festivities. The families also has some rules in the home that the volunteer must respect, but the volunteer has the freedom to do the things he wants to do in his free times. All the families we are working with offer a private bedroom, hot water and 3 meals a day.

All this, together with volunteering in one of our projects, will give the volunteer a unique experience!

We think that it's important that a volunteer can count on support with all their questions, problems, tips, etc. Therefore there is always someone available a volunteer can call in case of emergency.

The service we offer includes for example, airport pick up, introduction to the city, explanation about the public transport, support in case of illness, meetings with other volunteers and students, activities and trips.

### What the homestay include?

- Free airport pick up
- A nice, clean room with door keys, closet and good quality living conditions.
- A private or shared bathroom.
- 3 delicious meals per day (continental breakfast, Lunch & Dinner)
- Information and travel services.
- Special diets such as vegetarian or for allergic people are catered for on request.

### Prices - Host Family in Cusco

Weeks	Family Accommodation 3 meals per day
1	U\$D 110
2	U\$D 215
3	U\$D 320
4	U\$D 425

*Additional days with the family USD 16.*

**More info here:**

[www.hostfamilyperu.com](http://www.hostfamilyperu.com)





## Homestay in Coya:

In this place the volunteer can not only practice the Spanish language but also have the opportunity to learn the Quechua language (native language of the Incas) if desired. In most towns outside of Cusco the people also speak "Quechua."

The housing conditions here are more basic than in the city of Cusco and because Coya is a small town you won't find entertainment places like bars or nightclubs. Likewise the water and electricity services are not continuous, generally at night there is no water and-or electricity available. A major advantage of working in this place is in the nature and the opportunity to do trekking in the nature.

### What is included in the host family?

- A private bedroom with your own keys, basic conditions
- Shared bathroom
- 3 meals a day (breakfast, lunch, dinner)
- Special diets for vegetarians or people with allergies are served upon request.

Note: The transfer from the airport to the town of Coya is not included. The coordinator of the organization will take you to the town on your first day, but the costs of this transport (approximately \$4) are for yourself.

### Prices – Homestay in Coya

Weeks	Accommodation in Coya 3 meals per day
1	USD 99
2	USD 195
3	USD 290
4	USD 380

*Additional days with families USD 15 per night.*

.Weeks	Special Accommodation in Coya 3 meals per day
1	USD 180
2	USD 360
3	USD 540
4	USD 380

*Additional days with families USD 26 per night.*

## VOLUNTEERING-PERU SERVICES



### What service offers Volunteering-Peru?

To subscribe as a volunteer, we have an inscription fee of 50 US Dollars. We use this fee for administration, transport and other costs.

The service we offer for this inscription of 50 USD includes:

- Airport Pick up
- Introduction to the family
- Introduction to the city of Cusco
- Explanation about the public transport and taxi's
- Introduction and transport to the Spanish school on the first day
- Visit to different projects
- Support in case of illness (we go to the hospital with the volunteer)
- Support in case of robbery (we go to the police with the volunteer)
- Help by planning trips and activities
- Pizza-nights and meeting with all the volunteers
- Possibility to call us in case of emergency 24 hours

### Volunteering-Peru

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