

# THE OFFICIAL NEWSLETTER

For Projects Abroad Peru



*July's Photo Competition Winner  
Elissa Olivera, USA  
Collecting Potatoes, Piuray Lake*

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ProjectsAbroad

# EDITORIAL

## Adapting to life back home after your time abroad

Even a short spell as a volunteer leaves a lasting impression. Giving up your time to live and work in another country makes the return to the daily grind sometimes challenging. The fact that you have done something different makes you stand out from the crowd but many volunteers find that 'the crowd' itself looks different on their return. What is it about foreign travel that alters our perceptions of life in our home countries? The first time that I returned home after volunteering in Peru, I was overwhelmed by how structured everything was in the UK. The sensations were contradictory; my initial reaction was to feel that I belonged as I understood my country inside-out and knew where to go, who to ask and how to react in any given situation. However, I also looked around me and felt sad at having lost some of the chaos and warmth of my Peruvian adventure. My heart and my head were split in two. It's amazing how quickly you settle back in to a routine whilst also seeing everything through an altered perspective that lends itself towards making comparisons.

The effects of such an experience are fascinating and teach us a lot about what a developed country really is. There are many elements of life in the Andes that I would love to transpose to the UK but the opposite is also true. It would be impossible to choose between the two and impossible to combine the best parts as they can be rather contradictory.



I find myself currently with a similar mixed bag of emotions as I near the end of my time as Communications Officer for Peru. My time with Projects Abroad has been fabulous, and I am grateful to have had the opportunity to work with such wonderful colleagues and meet such inspiring volunteers. In September, I will be moving on but I will never forget the experiences I've had at our projects. However, I'm moving within Peru so the culture shock won't be the same, and I know I will stay in touch with everyone to see how our various initiatives develop. There are times in your life that change you forever, and being part of this team ranks among mine. I will take with me the passion and commitment that my colleagues show in their daily efforts to help people. I will leave with new friends, new ideas and a fresh perspective on how to create a sustainable impact. I have increased my appreciation of the rich Peruvian culture and I will use the lessons I have learned to work with my own community near Machu Picchu. I would like to extend a huge thank you to my team for their support and friendship, and I wish everyone all the best for the future.



# PROJECT UPDATES

## Inca Project

This month has seen some exciting developments; volunteers were finally able to start mapping the Inkarakay site following their walk from the Abra Malaga pass. Ceramic artifacts unearthed this year have been carefully washed so as not to remove any paint on their surfaces and new ceramic artifacts are being unearthed every day. At the second Q'ochapata site a petroglyph (rock carving) has been discovered which is really exciting. Around 'El Establo' drainage ditches have been maintained and fruit is being harvested regularly. Another donation of educational materials was made to the local stimulation centre and volunteer visits are increasing, now Mondays and Wednesdays. Neighbours Raul and Armando continue to be grateful for the volunteer support at their blossoming brick factory and the Establo swimming pool continues to grow and improve. Volunteers also had the opportunity to visit the local tea factory and see the processes involved in taking the leaves from plant to bag. Finally, Pati, our resident cook at El Establo baptized her three children in a ceremony attended by our volunteers and other friends and community members.

## Care & Teaching Projects - Community Work

This month has been filled with activity. Our volunteers have been doing community work due to the school holidays, and they have rolled their sleeves up and got stuck in to the various tasks we've presented them with. The first week we were working in Ollantaytambo at a nursery school that was having some major construction work done. Our volunteers helped to wash old wine bottles and then cement them into window frames to produce some beautiful and interesting results. We also helped to build the roof for a sand-pit and the sections of a climbing frame for the children. Our time here was short but we had a great time and managed to support the efforts of the community.



During the second half of our community work we were in 'Huquqi' near Calca in another school undergoing building work. Our group did an amazing job in just a few days to clear away the dust, sand and prime all the walls and paint the building. The end result was a joy to see, but sadly there is still building work going on around the site so the children won't be able to appreciate the hard work of our volunteers for a few more weeks.

## Medical & Nutrition Projects

We have new two week medical volunteers with us and they have already been visiting placements and taking workshops on topics such as the correct procedure for suturing (see photos). The group of sixteen volunteers will be visiting four different institutions during their time in Peru in order to gain experience of a range of medical situations and conditions, all of which will be very different from back home.



## Sports Project

As well as helping out with community work, All-American athletics star Tyler Stutzman has been working with the Peruvian football stars of the future at the Apu Pitusiray football academy in Calca. Tyler was one of the top 4 of athletes in the United States over the mile and has been putting this training to good use in the afternoons. For the students it's a unique opportunity to see what dedication and training can do as Tyler sprints past them at full speed. Tyler loves soccer, is a Liverpool fan and after graduating from Stamford University in California decided that he wanted to put his training and passion for football to good use here in Peru.

# VOLUNTEER STORY

## Molly Day, England, UK - Inca Project, Archaeology



On a visit to the Inca Project in Huyro, I spoke to Molly Day about her experience. Her enthusiasm for the Inca project was palpable and it was with no small amount of pride in her voice that she told me how she'd been *"the longest serving Inca volunteer this year"*.

Molly may only be nineteen but her dedication and energy on this project has made her loved by fellow volunteers and staff. Molly's interest in archaeology was sparked at high school by an inspiring teacher and this has led her to enroll in an archaeology degree at York University, which she begins in October. Molly discovered Project Abroad at her school, where advisors gave her all the information she needed to make her decision and sign up for the Inca project.



Molly's first impressions of Peru and the project were extremely positive and she felt that *"the staff all make you feel really welcome."*

The Inca project may be "in the middle of nowhere" but Molly enthused about everyone's friendliness and the peaceful way of life in the area. The beauty of the surroundings especially left a big impression on Molly. *"I couldn't imagine being anywhere else really."*



Over four months, Molly has grown used to the routines that determine life on the Inca project. Three days a week are spent on the mountain at



the dig sites and two days are devoted to community work and tending to the crops and infrastructure at El Establo. However, this routine is occasionally interspersed with special walks and talks organised by the staff. *"My favourite bit of the whole project has been the high-pass walk through the Abra Malaga to the tiny school there"*.

The visit to this small community allowed the volunteers to give fluoride mouthwashes to the children and also bring them some fruit from the farm. Since these people live at extreme altitudes, only potatoes and other

starchy crops will grow so having fruit was especially appreciated. This trip is something Molly says she will never forget.

Molly says she has grown in confidence during her time at the project; *"It has made me grow as a person"*. She has taken the lead and helped other volunteers to orientate themselves, and all the staff have said that she has been incredibly helpful.



Molly felt that perhaps less people were considering a gap year these days but her advice to people sitting on the fence is simple: *"Just do it. It's worth it, I've got so much out of this."*

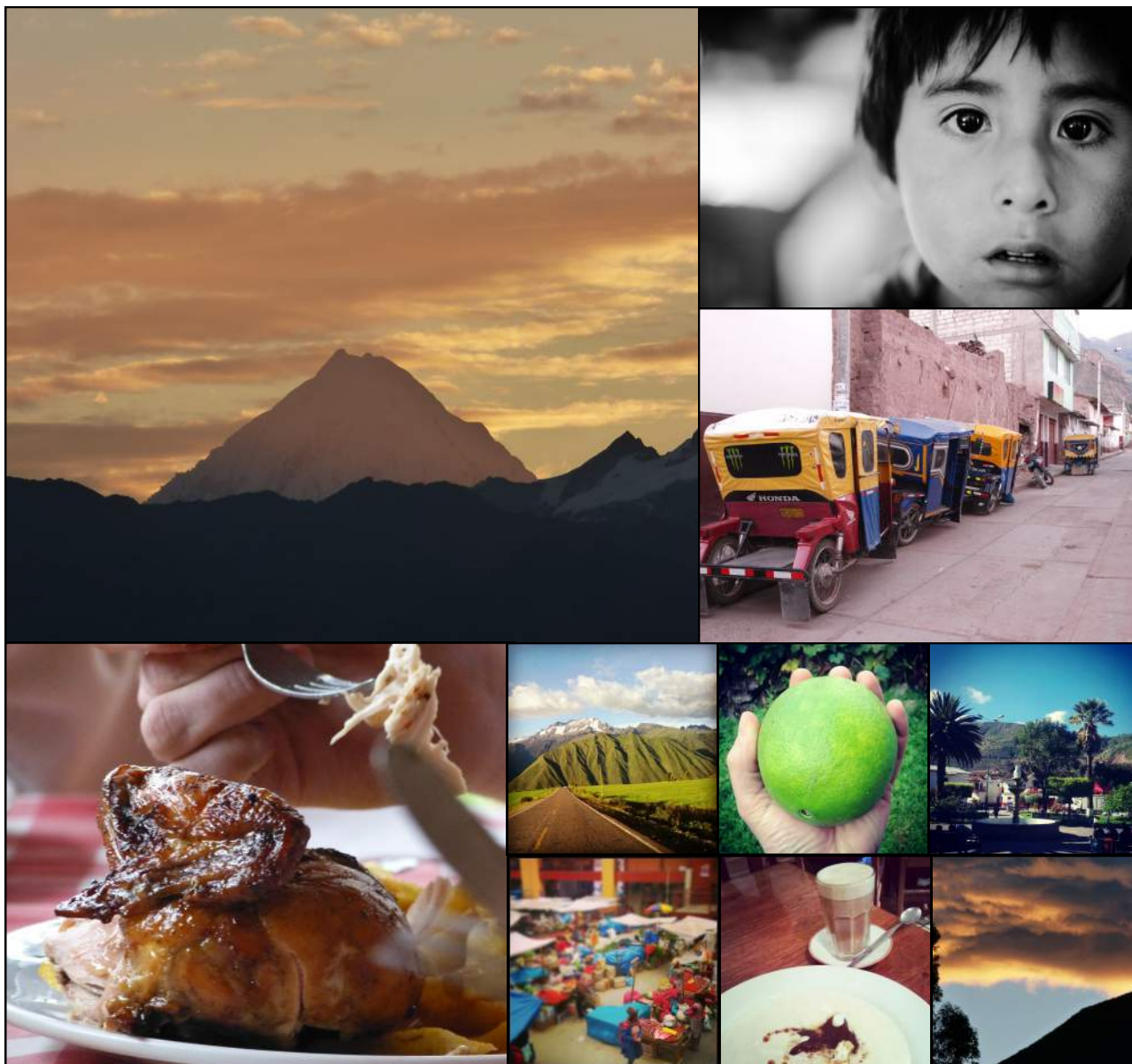
The peaceful location, great volunteers and friendly staff have made the past four months fly by for Molly. Evenings, she explains, are spent relaxing over *"the best food in the world"* with good friends and occasionally sitting around a fire in the garden sharing stories. The setting is truly magical. Molly has seen forty-three other volunteers come and go during her time at the Inca project and all of us would like to wish her well for the future; she will be missed.



# PERU IN PICTURES

## The beauty of this amazing country

The photos below are a mixture of volunteer contributions for our monthly photo competition and snaps taken on visits to placements. Peru is a photographer's paradise and if you're interested in this field you will find inspiration around every corner.



Top left: Sunset on the Andes Top right: Child, Calca  
Bottom left: Peruvian Chicken Middle right: Moto taxis,  
Bottom 6: Urubamba mountains, big Orange, Urubamba  
main square, Urubamba market, coffee, Huayocari sunset

To see our monthly photo competition winners  
check out the album on our facebook page:



Don't forget to check out our Instagram account where you will find beautiful imagery from our other destinations. Follow our global account and get to know more about the way we see this wonderful world.



# SCENE / SEEN

## Goings on around Peru with Projects Abroad



Recently we tried a new social activity for volunteers with some professional Stand Up Paddlers who are working on social projects with local communities in the Chinchero area. Guide Alvaro Bedoya gave our volunteers a fantastic experience on the Piuray Lake before explaining to them about the various initiatives they are involved in with local people. The afternoon wind made it a chilly experience but everyone had a fantastic time.



Our Two Week Special Medical Volunteers made the most of their time in Peru, visiting hospitals, clinics and schools to observe and participate in a variety of activities. There was also time to visit a little of Peru and experience its rich culture. One volunteer, Isabel Nerengerg from San Diego, said: *"I witnessed things that I would never have in the States [where] medical issues are usually extremely private, but this gave me a real insight on how the patients interact with the doctors"*.



Community work in the town of Ollantaytambo at a kindergarten undergoing some major construction work. Our volunteers helped to install some funky, wine-bottle windows (involving a lot of scraping and cleaning of bottles) and also got stuck in to painting and other tasks around the site. A great chance to get our hands dirty!