

MUSUQ CHASKI - El Mensajero Nuevo



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Local woman eating cuy (guinea-pig) at Mamacha Asunta Festival in Calca.

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2 week specials!

Jorge Espinoza

This year we received three groups of volunteers on our Two Week Special Programme during the months of July and August. The schedule for our groups involved different activities related to getting to know more about the Inca culture, visiting important archaeological sites (around Cusco, the Sacred Valley area and Machu Picchu archaeological site as well), to be involved with local customs and to experience living and working at our Inca Project in Establo, Huyro.



It was a pleasure receiving volunteers who, although here for a relatively short amount of time, really got involved in their work and were obviously keen to help out where necessary and learn as much as possible from the experience.

They were very happy during their stay and sad when the time came for them to leave. I'm sure that our volunteers this year had a very fun and worthwhile time in Peru.

I'd like to thank all the volunteers who took part in our 2 week specials this year for all your hard work and help: Philippine, Alex, Cory, John, Elizabeth, Michael, Katie, Kate, Victoria, Libby, Jessica, Eowyn, Isabelle, May, Courtney, Midori and Kasper. We wish you all the best for your future studies.



Project Updates

Most **Teaching** and **Care** volunteers have been involved with Community Work in Chahuaytire and Mahuaybamba over the past two weeks during school holidays.

In the community of Chahuaytire volunteers worked on digging a 70m ditch to lay water pipes for the school kitchen. During breaks volunteers played football and jacks with the school children. Despite the somewhat daunting task, volunteers completed the ditch in record time and visited nearby rock paintings as a treat on the final day of work.



The second week of Community Work included volunteers weeding, clearing and preparing a large garden in the Primary School of Mahuaypampa. Volunteers also helped build a cement water tank stand and worked on making the irrigation system to water the plants and vegetables that are due to be planted shortly. Children from the school will benefit with the profits of the vegetables they grow to go on a school trip.

A huge thank you to all volunteers who participated in the Community Work – it quite literally wouldn't have been possible without you!



Most Care and Teaching volunteers started back at their placements from 16th August. A special thanks to Anaïs Lehembre and Daniela Schmid for their help preparing materials and assisting with the workshops for local PRONOEI teachers in the Piuray region of Chinchero.

Inca volunteers have worked on clearing ruins at Choquello, Lauramarca and Cochapata (sectors II and III). Lessons with Archaeologist Jhon have included 'An Introduction to Archaeology' and 'Moche and Chavin Cultures'.

In Establo volunteers have cleared the avocado area and worked on the drainage and water channels.

Community Work has included activities with kids in Huyro PRONOEI and kindergarden and volunteers took on local teachers and parents in a game of volleyball.



Volunteers visited the beautiful Catarata de Oso (waterfall in Sicre) and have continued their weekly quiz nights followed by a camp fire.

Las Salineras

For those of you who think a sight-seeing afternoon in the Sacred Valley must involve seeing ruin after ruin...think again!

For a unique opportunity to see salt being made in the crevices of the Andes, visit the other-worldly 'Salineras' (or 'Salinas', depending on which guidebook you read).

The salt pans, which are considered to be around 400 years old, are a collection of rectangular deposits which collect the salt from a small stream which runs through the mountain. The salt is then left in the pans to dry out and once the crystals are dried the salt is packed off to the processing plant to clean it and prepare it for selling. Locals are encouraged to invest in buying a salt pan in order for them to harvest the crude salt to sell on to the processing plant as an extra form of income.



Arriving at the Salineras one is overwhelmed by the contrast between the brown scrub of the mountains and the dazzling white of the salt pans. It really is a spectacular half-day trip and is easily reached from Cusco or any of the towns in the Sacred Valley.

A ticket to the Salineras will set you back just S./5 and a return trip in taxi from Ramal/Maras bus-stop will usually cost around S./30. Alternatively you can hop on a combi in Urubamba headed to Ollantaytambo and ask the driver to let you get off for the Salineras (about 6km out of Urubamba) and walk the remaining 25 minutes following the well-trodden path to the salt pans.

So what are you waiting for? Why not get a group together and spend an interesting afternoon visiting this fascinating local site...

Volunteer News and Events

Volunteer Social Events

Tessa Okell

On Monday 26th July we had our July Social which involved a beautiful walk to 'The Cross', a lookout point with a stunning view of Urubamba. Not all volunteers made it for the walk (lazy people....!) but there was a great turn out for the evening meal in Urubamba's Don Antonio restaurant where we were treated with a delicious 3 course meal!



Coffee and Cake this month was held on Tuesday 17th August in Calca to coincide with the Mamacha Asunta celebrations. Volunteers enjoyed ice-creams and cake in Sofis bakery before watching dances in the plaza. Some snap-happy volunteers were sprayed with foam by revellers which helped everyone get in the festival spirit!



Volunteer Stories

Two Week Very Special...The 'Chicas Picantes' and Jorge (18th July – 1st August)

Jessica Van Herstraeten, 2 week special Inca project volunteer, England



The 2 week special Inca Project was absolutely amazing! We started our journey in Cusco, where we visited some amazing archaeological sites, especially Sacsayhuaman, which was probably my favourite with Machu Pichu (later). We went down some massive slides and talked a lot about Pacha Mama (Mother Earth) and the offerings that could be made.

The first few days we spent a lot of time in the markets and visiting incredible places. We had our special pizza nights when we felt like eating in and our dinners out most of the time, discovering Peruvian cuisine. We drank Coca tea practically every day and enjoyed its relaxing effects.



Later we went on a bus to Huyro and on the way visited Pisac. We also went to feed and ride some Alpacas. This was probably one of the funniest days!

We arrived in Huyro late at night and had a good night's sleep! In the morning we went to see children in a school, and ran around everywhere with them! We then came back to have lunch! The food was absolutely amazing! Isa (the cook) should seriously open a five star restaurant!

Thereafter we spent our days eating doughnuts (Peruvian doughnuts are just addictive!) and helping in Establo and outside in different sites. We also had a lot of fun using Machetes.

The best day was probably the one when Supervisor Dan made us dig the trenches for drainage. It turned out to be very good fun! Although I came back with 71 bites on my legs! But that's just some more souvenirs.

The whole experience was fantastic! I met some amazing people and we were lucky to have Jorge as our Supervisor – he is by far the sweetest man in Cusco! He taught us so much about the Inca culture and the places we visited. I had Doctor Americo to bring me Aloe Vera for my skin and Mummy Isa to cook us the most amazing meals; Oillan James who was the cutest kid ever; then Uncle Dan to make us laugh and the Chicas Pincantes to make me laugh even more!



It was certainly a trip I will never forget! Thanks to everyone!

What's the Inca Project Really Like...?

Zach Tidmore, Frida Rydevik, Terra Wilkins & Lieke Terlouw

Zach Tidmore, Inca volunteer, 2.5 months, US – Arriving at Establo is like walking into a big house and being welcomed into the family. The highlights of my time here so far would definitely be the Community Work and visiting the local schools. It's so much fun to go and play with the local children and take materials for their teachers so the kids have some educational resources they can use. Lowlights...? Well, in my three weeks that I've been here so far I've not done anything I haven't really enjoyed. I guess de-graining corn to feed the chickens couldn't be called the most exciting job in the world but on the other hand it's a really good chance to chat and bond with the other volunteers.





Frida Rydevik, Inca volunteer, 2 months, Sweden – Mitt första intryck när jag kom till Establo var att det ligger väldigt vackert till mellan fleraberg. Personalen gav ett varmt välkommande och det tog nog inte mer än en dag för mig att börja känna mig som hemma.

Arbetet med machete uppe på Bergen är doligt men ganska jumbigt. Att hugga ner ett träd men det är väldigt tillfredställande när trädet antingen faller.

Det bästa under min tid har i Establo (förutom människorna) är nog vandringen längs Inka leden vis Abra Malaga. Jobbigt men utsikten var helt klart vartdet.

Det är suart att komma på något negativt men det är nog att man lär känna folk som sen åker hem precis när det börjar kännas som bast.

Terra Wilkins, Inca Volunteer, 1 month, Canada – My first impressions of the Inca project is that it is like group camping! Everyone mucks in together and there are chores for everyone to do. Establo seems fairly small but when you see it from above, when coming down from working on the mountain, you realise how big it actually is. Everything is a highlight for me! My lowlight would be the cold showers, but having said that, after a long day in the sun, a cold shower can be pretty refreshing!

Leike Terlouw, Programme Advisor from Projects Abroad Netherlands office – Er zijn weinig plekken waar je snel thuis voelt, maar el Establo is er zeker een van.



A Month in Urubamba

Mackenzie Chapin, Care volunteer, Canada



For the past 3 weeks in my kindergarten in Huayocari, when I could salvage a spare moment, I would work on my long term project for my kids: masks. I began work on these foam paper masks on my first day at work where I gladly welcomed the work that I could complete with ease unlike my language situation. I first began work under the impression that I should be making one mask for all the children, little did I know that I would be making more masks than there are kids. Also I only thought I would be making two kinds of masks when in reality I made over 10 different types.

My task was to copy a picture and make a foam mask of all the different types of animals that live in Peru. In the beginning I thought that I was making only chicken and sheep masks. In the end I made masks of rabbits, rats, donkeys, dogs, cats and horses. This process took about 3 weeks in total, getting more and more difficult as I took on more and more responsibility in the kindergarten and spare time became more difficult to find.

Cocina Peruana

How to make ... **Aji de Gallina**

Ingredients:

- 4lbs. chicken
- 1/2 cup of oil
- 1/2 lb. of chopped nuts
- 2 tsp ground garlic
- 6 chilies liquidized
- 4 slices of bread
- 1 large tin of evaporated milk
- 4 oz. grated parmesan cheese
- 1 large onion , finely chopped
- Salt & pepper to taste
- 6 yellow potatoes (normal potatoes are fine)
- Black olives, hard boiled eggs and lettuce leaves to decorate
- Boiled rice - enough for 8 servings



Preparation:

- Boil the chicken in salted water. Remove from bone and break into bite size pieces.
- In a saucepan heat the oil and fry the onion, garlic and chili peppers, salt and pepper to taste.
- Fry until golden and add the bread which has been soaked in the chicken broth, having removed the crusts.
- Cook slowly for 10 minutes then add chopped nuts, grated cheese and chopped chicken.
- Two or three minutes before serving add the evaporated milk.
- Decorate the dish with lettuce leaves, halved potatoes and boiled eggs quartered lengthwise and black olives.
- Serve with the boiled rice.

What's happening in September?

Festival	Description	Place	Date
Corpus de Almodena	This is a religious festivity celebrated in the church of Almodena in Cusco. A procession and a performance of typical dances from the Cusco region take place.	Cusco	September 8th
Señor de Huanca	In the 17th century in a spot called Huanca, which translated to English means "black stone", a tortured figure of Christ appeared. On this date, a pilgrimage occurs. The sanctuary is reached by a paved road, however a great number of pilgrims also choose to walk from San Jerónimo, approximately 10 Km away.	District of San Salvador, Province of Calca.	September 14th
Warachikuy	Event which commemorates Incan traditions. Young noble Incas were submitted to tough physical tests to achieve the "maskaipacha". This tradition is re-enacted by approximately 4000 students.	Cusco	September 15th
Corpus de San Jeronimo	A religious festival in honour of the Patron Saint of tourist guides and Lawyers(!), includes a festival mass and a presentation of dances. The celebration lasts for 8 days.	District of San Jerónimo, Cusco.	September 30th