

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

# Study Abroad



**PERU**

**SPRING 2019**

***Program Guide***

# CONTENTS

GENERAL INFORMATION.....	2	Visa .....	10
<i>The Program</i> .....	2	PACKING TIPS.....	10
<i>The Location</i> .....	2	<i>Clothing and Climate</i> .....	10
<i>Academic Calendar</i> .....	2	<i>What to Pack</i> .....	10
ACADEMICS .....	2	<i>Gifts</i> .....	11
<i>Credits and Course load</i> .....	2	<i>Electronics</i> .....	11
<i>Classes</i> .....	2	ARRIVAL/DEPARTURE .....	11
<i>Registration in Peru</i> .....	3	<i>Travel Arrangements</i> .....	11
<i>Grades</i> .....	3	<i>Clearing Immigrations &amp; Customs</i> .....	11
<i>Transcripts &amp; Credit Transfer</i> .....	3	<i>Leaving Peru</i> .....	11
<i>Foreign Language Immersion Requirement</i> .....	4	SETTLING IN .....	11
<i>Peruvian Academic System</i> .....	4	<i>Orientation</i> .....	11
MONEY MATTERS .....	4	Housing .....	11
<i>Cost Estimate</i> .....	4	<i>Homestays</i> .....	12
<i>Currency Exchange</i> .....	5	<i>"Your" Room</i> .....	12
<i>ATMs</i> .....	5	<i>Guests</i> .....	12
<i>Credit Cards &amp; Traveler's Checks</i> .....	5	<i>Telephone</i> .....	13
<i>Cash and Money Exchange</i> .....	5	<i>Water</i> .....	13
HEALTH & SAFETY .....	6	<i>Toilets</i> .....	13
<i>Immunizations</i> .....	6	<i>Laundry</i> .....	13
<i>Common Health Problems</i> .....	6	<i>Meals</i> .....	13
<i>Medical Facilities in Lima</i> .....	7	<i>The Refrigerator</i> .....	13
<i>Insect Borne Diseases</i> .....	7	<i>Keep Lines of Communication Open</i> .....	13
<i>Altitude Sickness</i> .....	7	<i>Checking In</i> .....	14
<i>Earthquakes and Tsunamis</i> .....	8	<i>Interacting with your Host Family</i> .....	14
<i>Taxis</i> .....	9	COMMUNICATION .....	14
<i>Emergency Contacts</i> .....	9	<i>Telephone Information</i> .....	14
<i>Assistance for Victims of Crime</i> .....	9	<i>Cell Phones</i> .....	15
<i>911 Equivalent in Peru</i> .....	9	<i>Email/Internet</i> .....	15
<i>Additional Information</i> .....	10	<i>Snail Mail</i> .....	15
REQUIRED DOCUMENTS .....	10	<i>Skype/Facebook Chat</i> .....	15
		CULTURAL NOTES .....	15
		<i>Greetings and Introductions</i> .....	15

<b><i>La Hour Peruana</i></b> .....	16
<b><i>Gender</i></b> .....	16
<b><i>Smoking</i></b> .....	16
<b><i>“Piropos”</i></b> .....	16
Contact Names & Addresses .....	17

**CONGRATULATIONS** on being accepted to the UW-Eau Claire study abroad program in Lima, Peru. Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

*Building upon foreign language skills*  
*Gaining new perspectives on a chosen academic field*  
*Increasing understanding of different cultures*  
*Developing different perspectives on U.S. culture*  
*Gaining self-confidence and independence*  
*Learning skills for the future international job market*

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

This program guide is to be used together with the general Study Abroad (SA) Handbook. The handbook has information that is valid for all study abroad programs. This guide will provide you with specific information for the Peru study abroad program. It is designed to complement the handbook, study abroad orientation, and your individual pre-departure preparations.

Please realize that, although this guide contains all of the information available at the time of publishing, it is impossible for any single resource to answer all of your questions. Your peer adviser will email additional information throughout the semester. Please contact the Center for International Education (CIE) staff, your peer adviser, and past program participants with your specific questions. You should also make use of the additional written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

- 1) What are YOUR goals for this experience? Common objectives of student travelers include advancement in future profession; desire to gain fluency in a second language; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is truly being immersed in Peruvian culture, yet you are going with a group of UW-Eau Claire students, how can you ensure that you do not spend too much time with other U.S. Americans?

The information in this guide was current at the time of printing, though changes may occur at any time.

## GENERAL INFORMATION

### *The Program*

UW-Eau Claire students have the chance to participate on exchange in Peru. Students will have the opportunity to take classes in Spanish alongside Peruvian students and learn from faculty members and scholars at the Pontificia Universidad Católica del Perú (PUCP).

### *The Location*

Lima, the capital of Peru, is located on the country's Pacific coast. With a population of almost 10 million, Lima is the largest city of Peru. Due to its indigenous influences and history of colonization and immigration, Lima is considered a melting pot of Andean, African, Asian and European cultures.

### *Academic Calendar*

This is a semester program. The spring semester typically runs from March-July. Exact arrival and departure dates will be confirmed upon acceptance by PUCP. **It is recommended you wait until after you receive the official letter from PUCP to book your flights.**

## ACADEMICS

*Additional information on program eligibility, as well as academic topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad can be found in your Study Abroad Handbook.*

### *Credits and Course load*

The credit conversion from PUCP credits to UW-Eau Claire credits is one-to-one. Therefore, the number of credits you take at PUCP is the same

number that you will receive at UW-Eau Claire once your PUCP transcript is received and processed. You must take at least 12 credits in order to maintain full-time status as a student at UW-Eau Claire. Dropping below full-time status may result in loss of financial aid and/or insurance coverage and **must be approved in advance by the CIE.**

Because no UWEC students have participated on the exchange to date, there are no course equivalencies established for PUCP classes. The class schedule will be published roughly one month prior to the first day of class. **Once the schedule is published, you are encouraged to contact Cheryl Lochner-Wright, the UW-Eau Claire coordinator, with descriptions of courses you are considering.** She will work with the Admissions Office to get course equivalencies established.

### *Classes*

You will take classes with Peruvian and other international students. It is possible that you could be the only international student in a given course, depending on your final course selection.

Emphasis is placed on memorization and note taking in most classes, and it can take a while to learn how to study effectively in the Peruvian system, especially in terms of acquiring reading material and knowing what professors expect. The relationship between professor and student is more formal than in the US. Class sizes range from 20-100 with an average class size between 30-40 students.

Class work is less focused on exams and more focused on essay work; some courses have oral exams. There is a lot of group work with a large portion of the grade being dedicated to the group projects. It is best to join groups with Peruvian students if possible for any group projects.



## Registration in Peru

Students will register for courses upon arrival at PUCP after attending the mandatory course registration orientation. **In emails prior to arrival and at orientation in Lima, you will receive more information on the registration process.** This process has been said to be overwhelming and confusing.

Make sure you attend all of the class registration meetings they have during orientation as it can be hard to get into classes at a later time. You should know which courses you are looking to take at PUCP before orientation week as you will receive no advising there just assistance getting registered for the courses. **It is best to be prepared to experience a frustrating process and also to have a range of class options that would work for you as you go through the registration process.**

Registration is done in person and can involve waiting in lines. Students should expect to be patient with the process and know that everyone will eventually get a full class schedule. Make sure to talk with the international office if you have any questions with your course registration.

## Grades

Grades at PUCP are given by professors on a scale from 0-20. Once the transcript arrives at UW-Eau Claire, the grades will be converted to the U.S. grading scale.

UW-Eau Claire uses the following conversion scale to convert Peruvian grades to UW-Eau Claire grades:

PUCP Grade	UWEC Equivalent
15-20	A
13-14	B

11-12  
0-10

C  
F

Grading standards are tough, and many top Peruvian students have been proud of their equivalent of a “C” by US standards, in a class in which they studied hard. **The minimum passing grade is an “11”.**

**Note: UW-Eau Claire students abroad are not allowed to take classes pass/fail, and that grades from Peru are figured into your UW-Eau Claire GPA.**

## Transcripts & Credit Transfer

PUCP will send a grade report for your time abroad to UW-Eau Claire. **Grade reports typically arrive two to four weeks after the program ends.** Even though your grades may arrive prior to the end of the UW-Eau Claire summer session, grades from abroad cannot be posted until after on-campus grades have been added to students’ records. Therefore, you will initially receive a grade report with “NR” (“not reported”) for all courses. Check your MyBlugold CampS account after the end of the UW-Eau Claire summer session. Grades from abroad are generally posted within a week or two of the end of the session.

**If you are a senior** and are studying abroad for your last term, please note that the different timelines in grade reporting **may require you to delay your graduation from spring to summer or fall.** The UW-Eau Claire Registrar's Office must receive grades within 42 days of the last day of the UW-Eau Claire term in order to confirm your graduation that term. This is a UW-Eau Claire requirement, and our partners abroad cannot change their usual timelines to accommodate it.

### **Foreign Language Immersion Requirement**

The Department of Languages requires a 6 week minimum immersion for the Spanish major or minor. If you are a Spanish or LAS major or minor, this program will be able to fulfill your foreign language immersion requirement.

### **Peruvian Academic System**

The teaching methodology in Peru differs from that in the U.S., with more independent learning and fewer small, graded assignments throughout the semester. Instead, students are largely graded based on periodic and/or cumulative exams and papers. It is also not uncommon for exams to be given orally. You also may be expected to do a fair amount of reading outside of class to keep up with the course content. These readings will not necessarily be specifically assigned. It is up to YOU to make sure that you are following along with the lectures and readings so that you can do well on exams and papers.

Syllabi are also different than those used in the U.S. They typically have much less detail and are far less explicit about exact dates things are due, what percentage each assignment counts toward your grade, etc. Some of your professors may have taught or studied in the U.S. system and may use a U.S. style syllabus. Don't expect that from everyone, part of your experience abroad is learning how to operate in a different academic system.

You may also be required to do more independent research than you typically do in the U.S. Doing research will present its own challenges. **Ninety five percent of all library resources will, of course, be in Spanish.** Also, students do not usually buy textbooks. Each department's building has a mini photocopier shop, where professors leave copies of

the necessary texts and students buy copies of the copies. It is economical; students tend to spend about \$15-20 per semester of copies.

Another thing to **keep in mind is the privilege you enjoy in terms of academic resources in the U.S.** and to realize that Peru is a developing country with much less wealth to invest in this area. Library resources are not centralized, as they are in the U.S. In other words, you cannot go to the library, find the book you want listed at another library, and request it through inter-library loan. As explained in the UW-Eau Claire Study Abroad Handbook, you still have access to the UW-Eau Claire library resources. You will also be relying on other resources found on the Internet.

## **MONEY MATTERS**

*Information about how payments are made, when they are due, withdrawal/refund deadlines, financial aid, scholarships, budgeting, and how to bring money abroad is in your Study Abroad Handbook.*

### **Cost Estimate**

You can find the most current cost estimate for your program, in easily printable format, on the [CIE Peru - Semester webpage](#). Be sure you are looking at the correct term. Remember that the cost estimate includes what you pay to UW-Eau Claire, what you pay to PUCP, and what you pay directly to other vendors.

### **Personal Travel:**

The above estimate does not include additional personal travel. How much money you need for travel is always a difficult and personal decision. Keep in mind that you can spend as much money as you have—but you do not need to! Students

who spend more time with their host families often have richer interpersonal experiences than those who spend every spare moment traveling.

### **Currency Exchange**

The currency of Peru is the Peruvian Nuevo Sol. The currency symbol for the sol is written as S/. There are 1, 5, 10, 20, and 50 céntimos and 1, 2, and 5 nuevo sol for coins. 1 S/. = 100 céntimo. For bills, there are 10, 20, 50, 100, and 200 nuevo sol. It might be hard to use larger bills for small purchases, such as in cafes, in taxis, etc. The exchange rate as of May 20, 2018 was \$1 USD = S/. 3.26604. You can find current exchange rates at <http://www.oanda.com/currency/converter/>.

### **ATMs**

ATM machines are widely available in Lima. On campus, there is a Banco Continental branch and three ATM machines – two from Banco Continental (one in front of the Central Garden and the other on the extreme western part of campus) and one from Banco de Credito at the main entrance to the university.

Some things to keep in mind when using ATMs in Peru:

- There is typically a limit of \$200 on any withdrawal
- Your card must be part of an international association such as Plus, Cirrus or Nyce to be able to use it in Peru. Check the back of your card and also the machine you're going to use
- Be extremely careful – try to pick an ATM inside a bank or near a police officer. Always cover the keypad when typing your code

- Some ATM machines don't give you back your card before your money – the card comes out after you get your money. It is extremely easy to forget your card in a machine. If you forget your card, there is no way to recover it and you'll have to call your US bank to cancel it and issue a new card

### **Credit Cards & Traveler's Checks**

Most day to day purchases are made in cash, and you will find that many small businesses do not accept credit cards. However, it can be more convenient to use a credit card to make larger purchases like airline tickets, clothes, or hotels. Check with your credit card company about surcharges on purchases you make in Peru if you plan to use your credit card while abroad.

Visa is the most readily accepted credit card but many times has large fees associated with international purchases. Mastercard in general has less international fees but isn't accepted everywhere. Other cards such as American Express, Discover Card, etc. are not readily accepted.

Traveler's checks are not accepted anywhere in Peru, and banks will charge you a percentage of the total to cash them for you.

### **Cash and Money Exchange**

Exchange centers or *casas de cambio* are not readily available in Lima if you need to exchange U.S. dollars for soles. Banks can change your money at the teller window, but most Peruvians use money changers (or *cambistas*) on the street.

To make sure the *cambista* is legitimate:



- Find a cambista in an area where there are police officers
- Make sure they're wearing an official *cambista* vest; vests will vary depending on the district, but they will all look the same for its district

Here are some tips on exchanging money:

- Greet the cambista with *Buenos días* or *Buenos tardes*
- Ask what the exchange rate is that day
- Tell the cambista how many dollars you would like to exchange without taking the money out of your pocket
- S/he will produce a calculator and calculate how many soles s/he owes you
- Wait for the cambista to give you the soles and count them to make sure you received the correct amount
- Take the dollars out and give them to the cambista and wait for him/her to count your dollars
- If possible, become familiar with a cambista and return to them for all future exchanges

It is best to check all bills and coins for authenticity when receiving change at a store or from a cambista. On bills look for the watermark and on coins make sure the metal is a consistent color.

## HEALTH & SAFETY

*Additional information on these issues, as well as information on CISI insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.*

### Immunizations

You should review the Centers for Disease Control (CDC) website for information on vaccinations. Only the government of a particular country can

establish requirements, and because such requirements often discourage tourists, governments are reluctant to establish them. Therefore, CDC recommendations should be taken very seriously. However, since many of the recommendations depend on the type of travel you anticipate doing, or the length of time you are staying, you need to meet with a doctor to determine what's best for your individual situation.

In addition to having all routine immunizations up-to-date, you can find the current CDC recommendations for Peru on the [CDC website](#).

### Common Health Problems

The most common health problems for U.S. Americans in Peru are intestinal upsets. They usually occur as a result of the change in diet, the different meal schedule, and organisms unfamiliar to your system.

A very common ailment is traveler's diarrhea. It can largely be avoided by being careful about where and what you eat, and avoiding dairy products if they are not pasteurized. If you do come down with it, the following suggestions will help speed recovery and guide your decision to seek formal care:

1. It will usually run its course in three to five days. The worst symptoms usually occur the first day. Bed rest may help relieve cramps.
2. The main risk of the illness is dehydration. Be sure to maintain fluid intake. An excellent source of fluid replacement is ORS or Oraltys, a prepackaged liquid sold in many countries. If unavailable, the following recipe will provide similar value: one liter carbonated water, 1/2

teaspoon salt, 1/2 teaspoon baking soda (not baking powder), 4 tbsps. sugar.

3. An over-the-counter medicine like Pepto Bismol may help relieve nausea and vomiting.

**If nausea and vomiting persist for more than 24 hours, if you develop a fever over 101 degrees F, or if you develop severe abdominal pain, a physician should be contacted immediately.**

### ***Other Keys to Staying Healthy***

\*Wash your hands frequently, always using soap.

\* Drink bottled water that is sealed, water that has been disinfected, carbonated beverages, hot coffee or tea, or pasteurized milk.

\*Do not drink tap or well water, ice made with tap or well water, drinks made with tap or well water (such as reconstituted juice) or unpasteurized milk.

\*Avoid buying food from street vendors, and stick to breads or fruits that you peel yourself. Fruits that cannot be peeled, fruit juices diluted with water, raw vegetables, and salads that have not been washed with disinfected water should be avoided.

Where water is contaminated, ice is also contaminated—you may wish to order drinks “sin hielo” (without ice).

When you are not in control of your water supply, consider bringing a portable water purifier, available at most outdoor stores, boil water vigorously for at least 10 minutes, or use water purification tablets (one tablet per quart of clear water, or two tablets if water is cloudy).

Please see the U.S. Centers for Disease Control (CDC) complete recommendations on eating and drinking safely in Peru:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

### ***Medical Facilities in Lima***

If you have an accident or become ill while studying at PUCP, you may go to any medical center or hospital and must pay the price corresponding to the service up front. You must then file a claim through CISI, the insurance provided through the UW System for partial or full reimbursement in accordance with plan coverages.

### ***Insect Borne Diseases***

Insect borne diseases, particularly mosquito, such as [malaria](#) and [zika virus](#), are present in parts of Peru. See the [CDC recommendations](#) for current travel health notices, as well as suggestions on prevention. [Avoiding bug bites](#) is key.

See additional information in the US State Department Consular information sheet linked on the same webpage as this guide, and **discuss prevention with your physician.**

### ***Altitude Sickness***

Altitude sickness can occur at 8,000 ft (2,500 m) above sea level. Not everyone will experience altitude sickness at this level, but the risk increases as you go higher.

If your course requires field trips to high altitude locations, or if you plan personal travel to high altitude locations, it is recommended you discuss these plans with your personal physician prior to departing the U.S. For more information on

altitude sickness, please read the [US State Department Peru Consular Information Sheet](#).

### ***Earthquakes and Tsunamis***

The majority of the west coast of South America is vulnerable to earthquakes, and therefore potential tsunamis. The Peru-Chile Trench delineates the meeting of two large tectonic plates, which sometimes rupture and release large amounts of energy. This release of energy results in earthquakes and sometimes tsunamis.

Lima is a coastal city, and therefore may be vulnerable not only to earthquakes, but also tsunamis. While living in Lima, you may experience “temblores” which are very mild quakes that rarely cause damage or injury. Should you feel such a tremor or if you are in a university building during an earthquake, follow the recommendations below:

#### **During an earthquake:**

- Stay calm
- Do not use an elevator or try to evacuate the building
- Distance yourself from glass, bookcases, and partitions that could fall
- If you are next to a door, open it
- If it is not possible to access a secure area, try to find a corner or a firm counter under which to take shelter and cover your head
- Do not attempt to rescue any objects
- Remain alert to gas leaks, pipe breaks, and short circuits
- Do not leave the premises immediately; wait until the earthquake stops

#### **After an earthquake:**

- Note that after an earthquake, there will be aftershocks
- Identify evacuation routes; follow evacuation signs placed visibly in each area
- Proceed without running down hallways, stairs, and patios and head to the outside of the building
- Never use the elevator
- Do not light matches, candles, or other objects that create the risk of fire or explosion
- Pay attention to obstacles
- When leaving the building, use caution as there could be falling objects
- After evacuation, do not re-enter the building until receiving express permission from university authorities
- If you are trapped, do not move or kick up dust; tap on a pipe or wall or use a whistle if you have one so rescuers can locate you; if you have a cell phone with you, use it to call or text for help.

For more information on earthquake preparedness, you can visit the FEMA website at:

<http://www.ready.gov/earthquakes>.

#### **During a tsunami warning:**

A tsunami warning is issued to alert the public that dangerous coastal flooding accompanied by powerful currents is possible and may continue for several hours.

- Follow the evacuation order issued by authorities and evacuate immediately
- Move to high ground or inland and away from water immediately
- Stay away from the beach – if there is a noticeable recession in water from the

shoreline you should move away immediately

- Return home only after local officials tell you it is safe

### ***Taxis***

PUCP strongly recommends against students using the street taxis to get around the city. Street taxis are not well regulated and unregistered taxis are often used as a front to rob unsuspecting travelers.

If you absolutely want a safe taxi, call a company like Taxi Seguro (415-2525), and they will send someone to wherever you are. Here are some tips when traveling in taxis:

- Always sit in the back seat of the taxi behind the driver, not in the front beside the driver, and sit close to the door, in case a hasty exit is necessary
- Always take four-door taxis and ones that are clearly company-owned
- If you are getting a taxi on the street, check the condition and model of car and check the back to make sure someone else is not back there
- Make sure the taxi's license plate number is painted on the side of the cab, if not it is not an official taxi.
- Never get into a taxi that has another person other than the driver, and do not let strangers get into the car under any circumstance
- Lock all the car doors as soon as you get in the taxi
- Never hail a cab off the street late at night. Always call a company.
- Do not get out of the taxi before receiving your change.

The program coordinators at PUCP will discuss taxis and other public transportation at orientation.

### ***Emergency Contacts***

General emergency procedures are described in the Study Abroad Handbook, and the PUCP staff is available if difficulties arise. You will receive an emergency contact card with PUCP staff information at Orientation, Part 2; be sure to keep it in your wallet at all times. The information is also on the Contact Names & Addresses page of this guide.

### ***Assistance for Victims of Crime***

If you are a crime victim or if you are arrested abroad, get in touch with the nearest U.S. consulate or embassy. U.S. consular offices will do what they can to help U.S. citizens in serious legal, medical, or financial difficulties. They can often direct you to a reliable doctor or clinic, help you contact family, or re-issue your passport. Contact information is in the: [US State Department Peru Consular Information Sheet](#).

### ***911 Equivalent in Peru***

If you are in an emergency situation in Chile, you will need to know how to reach the local police, fire, or ambulance services. The local equivalents to the 911 emergency line in Peru are **011, or 5114 for ambulance, fire, and police**. Save these numbers in your cell phone in case you need to use them quickly.

The U.S. State Department also provides a list of [911 numbers abroad](#). Plan ahead and research numbers before you go.

### ***Additional Information***

For more information on crime, road safety, local laws and penalties, etc., see the [US State Department Peru Consular Information Sheet](#) in this guide for more information.

## **REQUIRED DOCUMENTS**

*Passport information is included in your Study Abroad Handbook.*

### ***Visa***

A visa is official permission to temporarily reside in another country and is granted by the government of that country. **It is your responsibility to keep up-to-date about student visa requirements for Peru, and anything changes regarding the information below, to apply for and receive a visa from a Peruvian consulate or embassy in a timely manner.** Please read the “Visa” section of your Study Abroad Handbook for more information about what you should do to keep up-to-date on visa requirements.

At the time of this writing, students who are US citizens will enter Peru on a tourist visa, which is issued at immigration at the airport upon arrival in Lima. Then you will need to change the status to a student visa at the Migrations Office in Lima. Attend any meetings and follow the instructions the International Relations Office provides.

You will not need to prepare anything in advance to obtain the tourist visa. However, you will need to bring proof of sources of financial support (letter of support from parent, family member or sponsor; bank statement or letter of scholarship award) to apply for your student visa after arrival. All documents have to be translated into Spanish. The

International Relations Office will provide additional official documents from PUCP.

If you are not a U.S. citizen, it is possible that you will need to apply for and secure a visa before departure. **Contact the Peruvian consulate in the US to confirm if a visa before departure is needed and to obtain the necessary forms to apply**

## **PACKING TIPS**

*In addition to the general packing information in your Study Abroad Handbook, you should know the following about Peru.*

### ***Clothing and Climate***

Keep in mind that since Peru is in the Southern Hemisphere, the seasons are opposite those in the United States. The coast is generally sunny and hardly ever receives any rain, but from April to November there is a heavy sea mist. The highlands have a wet season (October to April) and a dry season (May to September), when the days are clear and sunny but very cold at night especially at altitude.

During the Peruvian winter (June, July and August), you will need clothes which would be suitable for the colder, rainier fall weather in the Midwest. During the remaining months you will need lighter clothes like those you would wear in the late spring or summer at home. Bring clothes that you can layer. Good shoes are important as you will do a lot of walking in Lima. Sturdy hiking clothes are advisable for travel outside of Lima, especially if you travel off the beaten track. A down jacket, heavy jeans, and hiking boots will all be useful.

### ***What to Pack***

Your peer adviser will give you a suggested packing list at Orientation, Part 2.



## Gifts

You may want to pack some small items that you could use as gifts. It is suggested, but not obligatory, to offer a small gift for your host-family. A small memento from Wisconsin, like a UWEC mug, might be nice. If you are unsure what to bring for your host family, ask your peer advisor.

## Electronics

The electric current in Peru is 220 Volt with 60 cycles. In the U.S., it is 110 Volt with 60 cycles. You'll need to purchase a power adapter if your appliances aren't dual voltage (meaning they can safely take both 110 and 220 volts). It is not recommended that you bring any appliances with a motor as the motor will work slower than it was made to do. Small appliances will all be available in Peru, and prices are comparable to those in the United States.

# ARRIVAL/DEPARTURE

*There is information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the Study Abroad Handbook.*

## Travel Arrangements

It is your responsibility to make travel arrangements to Lima, to the Jorge Chavez International Airport, and then make your own travel arrangements to your accommodations.

## Clearing Immigrations & Customs

Travelers arriving in Peru will receive a card and an entry stamp from Peruvian Immigration stating the length of approved stay (usually 90 days). Remember, you will change the status of your visa at the Migrations Office in Lima. In case they give you less than the days you'll be in Peru, you would

have to pay a dollar (\$1) for each extra day when you leave the country. It is not common that this happens, but if it does it is your responsibility to make up the difference in the cost, not the office at PUCP.

It can be a bit overwhelming at the Lima airport after leaving customs. Several people will be asking you if you want a taxi, etc. Make sure to either ask the taxi driver if they are with Taxi Green or visit the Taxi Green agent desk located in the airport after you leave customs. **It is strongly recommended that you take a secure taxi from the Taxi Green desk located in the airport.** This will allow you to pay for the taxi before departing customs. Do NOT take a taxi that is located outside the airport.

## Leaving Peru

It is your responsibility to make arrangements to get to your airport of departure at the end of the program, and to pay for the cost of whatever type of transportation you use.

# SETTLING IN

## Orientation

You will have a welcome and orientation session upon arrival. Orientation will include a tour of campus and different topics such as course enrollment, PUCP services, security, etc.

## Housing

**You are responsible for finding your own accommodations in Lima.** The CIE does not assist in this process. The Office of International Relations at PUCP may have a list of recommended accommodations, but you should not expect them to help you arrange your accommodations. It will

be your responsibility to contact landlords and sign a lease.

### **Homestays**

You have the option to live with Spanish-speaking families in Lima. If you want to live with a host family, you will need to contact the Office of International Relations and ask for their list of host families. You will need to contact the host families to see if they have room to host you and to negotiate the cost to live with them. You are responsible for discussing with your host family prior to arrival the cost of the room, and if any additional amenities will be included in the monthly fee, such as bed linens, meals, laundry, utilities, etc. **Be prepared to discuss all of this in Spanish.**

You may be the only student living with a family or there may be a couple students per family.

The families involved in the program come in all shapes and sizes, two parents with several children, a widow and her child, an older couple whose children are on their own, a single woman, etc. Some of them have had students for years; some may be hosting for the first time.

Some host families have cultural interests for participating and hosting student, but **most** households participating do so at least partially for economic reasons. This is only logical, given the disruption that hosting a student causes to family life.

Even for families with cultural reasons for participating, it is not easy to welcome a stranger into your home. The entire family needs to adjust schedules and habits to accommodate a new

person. In addition, there are very real costs associated with having another person in the home. Receiving some monetary compensation for this is only fair, and most families would not consider hosting otherwise.

Any relationship is a two-way street. It is as much your responsibility to fit into the family as it is their responsibility to include you in their daily life.

### **"Your" Room**

The concept of a private room is different in Peru than in the U.S. A messy room reflects poorly on you and your upbringing. In addition, it will reflect poorly on your host family, as the messy room is part of their house. Keep your room neat, make your bed every day before leaving home, and you will avoid tensions that could otherwise arise. Just closing the door is not acceptable. In addition, be aware that **it is never proper to entertain guests, regardless of their sex, in your bedroom.**

Please do not keep snacks of any kind in your bedroom. Students sometimes complain of ants and roaches—often this is because sweets or other foods have been left open in their rooms.

### **Guests**

You should only invite visitors to your house if you have first cleared this with your host family. Visitors should never be invited for meals or to stay overnight without prior family permission.

If you are expecting friends or family members from the States, make lodging arrangements for them at a local hostel, apartment or hotel prior to their arrival in Peru. The host family should not be expected to have additional visitors stay in their homes, even for just a few days.

Be aware that it is not culturally appropriate for you to have your boyfriend or girlfriend spend the night in your room in your host family's house.

### **Telephone**

Telephone rates are very high in Peru, and every call, local or long distance, is charged by the minute. Some families forbid the use of the telephone, and all prefer that students use cell phone or pay phone rather than the phone at home. See the "Communication" section of this guide for details.

### **Water**

Water is a precious resource. Most Peruvians take a shower every morning, and you can, too—but it should be short, both to conserve water and to keep the bathroom as free as possible. Hot water is not always guaranteed! If you can't figure out how to use the hot water, just ask! Drink bottled water or boil the tap water to avoid getting sick. You should not drink the tap water.

### **Toilets**

In Peru, as in many parts of Latin America, you can't flush toilet paper down the toilet. Plumbing pipes are typically only one inch in diameter, rather than the two inches standard in the U.S. There will be a garbage can next to the toilet to be used for toilet paper. **Make sure to throw toilet paper in the garbage can, not in the toilet!** This takes some getting used to, but after a few weeks, it will become habit.

### **Laundry**

Discuss with your host family the family laundry schedule if it is included in the monthly cost to live with your host family. If laundry is not included in the cost to live with your host family, discuss with

them if you will be able to wash your clothes in their home or if you will need to take them to a laundromat.

### **Meals**

You will be eating typical Peruvian foods with your host family. Unless you have an actual food allergy, it is only polite to try whatever you are offered. Do not expect your family to prepare special meals for you—remember that you should expect to be treated as part of the family, not a special guest.

Meals are considered family time. Some U.S. students are in the habit of taking their meals to their rooms at home; this is not acceptable behavior in Peru. Also, if you are going to miss a meal for any reason, please be sure to let your host mother know well in advance.

The biggest meal of the day is lunch, or el almuerzo. This is usually eaten between 1 and 2pm. The evening meal is light and may consist of leftovers from lunch or just a piece of bread with cheese. In the home, this is usually had around 8pm, but if you're going out to dine with friends this may be later around 9 or 10pm.

### **The Refrigerator**

Typically, families encourage you to eat when you are hungry. However, the fridge and cabinets are not stocked with snacks and food like in the United States. Families typically purchase the food they will prepare each day. It is better to politely ask before helping yourself to food.

### **Keep Lines of Communication Open**

If you have questions about what your family expects of you, or you feel they do not understand

your behavior, talk with them! Open lines of communication are important in building trust in any relationship.

### **Checking In**

Peruvian parents are generally more protective, even of university-age students, than their U.S. counterparts. This may feel intrusive to you, particularly if you have been living on your own for a while. Remember that this is a cultural adjustment and respect your host family's wishes. Let them know if you are going out, particularly in the evening, where you are going, with whom, and what time you will be back. Be aware that they will most likely not go to sleep until you have returned. If they ask that you be back by a particular time, be sure that you are. If you will be gone overnight, be sure to inform your family well in advance.

### **Interacting with your Host Family**

Peruvians are accustomed to more outward courtesy and formality than the average North American. Therefore, the lack of a thank you or other polite expression is much more likely to be taken as ingratitude. This should be taken into consideration in your letter of introduction to the family. Latin Americans usually preface their letters with several lines of courtesies expressing their concern for family and friends. In conversation, "mucho gusto" or "encantado" is the most usual response for a first-time face-to-face encounter. Similarly, during meals, saying "qué rico" or some other phrase of delight with what is served is a common courtesy.

It is a good idea to use the usted form with the older generation of the household unless, or until otherwise advised. In the majority of homes, students use the tú form with the parents, but it is

better to start out cautiously. Your Peruvian parents will give you clues for using tú openly by telling you "tutéame", or "háblame con tú". With contemporaries, tú is always used. Observe the way things are done in the household and try to conform as much as possible. When in doubt, ask about a particular thing that puzzles you. You should take the initiative in these instances because the family may be hesitant to correct you for fear of hurting your feelings.

## **COMMUNICATION**

*Information on accessing/forwarding your UW-Eau Claire email address, which you need to check while abroad, is in your Study Abroad Handbook.*

### **Telephone Information**

As mentioned previously, phone calls are expensive. The telephone is primarily used briefly to set up times/places for meeting with friends. If you find it absolutely necessary to use a phone at home, and your family approves, **limit yourself to ONE 3-minute call per day.**

Never make a long-distance call from your host family's home unless you make it COLLECT. Ask someone in the family to help you do this. Long distance calls are often not billed until two months later, and the bills may not be itemized. It is therefore not practical or polite to offer to pay for a long distance call.

Past participants note that it is easy to Skype from Internet cafes, and, apart from the Internet charge, it is free.

It may be easier for you to call home than for your parents to call you at first. However, once you get

situated, it could be cheaper for your parents and friends to call you. To call from the U.S. to Peru, you must first dial 011, which is the international dialing code. Next, you must dial 51 to get Peru, and then the rest of the number to reach a specific city and location.

### **Cell Phones**

Some students find it is cheaper and more convenient to purchase a cell phone in Peru. If you decide to explore this option, please study the contracts carefully to make sure that you can meet the requirements (length of contract, monthly minimum, etc) before purchasing the phone. Most students have gotten their cell phones from Claro or Movistar for about \$30 plus credits (credits are about 20 soles per month, depending on use).

### **Email/Internet**

The campus offers free WIFI access for students and also has a number of large computer labs for student use.

You will also find Internet cafés with printing and photocopying services you can use at a very affordable price. Keep in mind that Internet cafés in Peru are not the same as in the states. You mostly have to use the café's computers, and they are typically not a sit-down-and-drink-coffee café where you can use your laptop with wireless.

Please be sure to not 'over-use' the Internet! Don't forget that you are in Peru, and it is important to experience what is in front of you!!

### **Snail Mail**

International airmail can take 10 days or more in either direction. Packages usually take at least two

weeks, and sending from Peru can take longer than receiving in Peru.

### **Skype/Facebook Chat**

Past US students at PUCP recommend Skype and Facebook chat for keeping in touch with friends and family. Skype is free to download and allows you to make calls through the Internet (using a computer or smartphone). You can use Skype to call landlines for a small per-minute fee, or you can talk for free with someone using Skype on their own computer or device.

## **CULTURAL NOTES**

### **Greetings and Introductions**

When introduced to a Peruvian in a formal situation, it is customary to shake hands and say *mucho gusto*. In informal situations, Peruvians greet each other with more intimate contact. For example, females kiss each other and their male friends on the cheek. This is done by putting cheek to cheek, generally the right, and kissing the air. Male friends generally shake hands and pat each other warmly on the back.

It is proper etiquette to say *Buenos dias* or *Buenos tardes* when entering a store and *hasta luego* when exiting. In a store or restaurant, call the salesperson or waiter/waitress *señor*, *señorita*, or *señora*. To call the attention of someone in this type of setting, say *disculpe señora* or *señor*, etc.

You may notice a frequent use of the informal *tú* in Peru. However, be sure to always use *usted* with elderly people, shop attendants, professors, people



you do not know, and anyone providing you with a service (taxi driver, waiters, etc.)

### ***La Hour Peruana***

Peruvians are well known for their more relaxed notion of time. Showing up 20 to 30 minutes late to meet a friend is not unusual. Also, Peruvians can spend hours in a café just chatting with a classmate, because relationships are more important than the clock, whereas U.S. Americans might consider this “wasting” time.

In more formal situations, however, time has about the same value as in the U.S. You are expected to show up to appointments on time. This includes doctor’s appointments, interviews, volunteer jobs, certain dinner invitations, final exams, etc. It is considered somewhat rude to keep someone waiting other than a good friend or family member for more than just a couple of minutes.

### ***Gender***

Many students find that gender roles in Peru are different than in the U.S. Certain interactions between men and women can be a challenge. Stereotypes about the sexual promiscuity of foreigners, especially foreign women, tend to further complicate gender relations.

Lima is a conservative culture full of machismos, and many female students have expressed frustration dealing with this type of culture. It is common to feel that you are being stared at while walking down the street, especially if you are walking alone. Some Peruvian men will also seem aggressive in nature, especially in night clubs or bars. It is essential that you are direct and blunt in your communication to Peruvian men. Do not feel that you are being rude, but instead be confident in the message you are sending both verbally and non-verbally. Although at times flattering, a

Peruvian man expressing interest in you may not have friendship in mind and you should be cautious about engaging in this type of relationship. Not all Peruvian men will act in this aggressive nature, but you want to be cautious when meeting people for the first time.

### ***Smoking***

Smoking is restricted in public places such as restaurants, offices, universities, etc. However, people smoke regularly on the street, at home, in the homes of their friends, at bars, and it is not strongly enforced in restricted areas. Please be aware that you might offend someone if you ask them not to smoke in your presence or in your home.

### ***“Piropos”***

Piropos (catcalls) are a fact of life for women in Peru. Although they may be considered “harmless” at one level, they often do not feel that way to U.S. American women. The best way to deal with piropos is to ignore them and continue on your way. Keep in mind that becoming angry or defensive is unlikely to change behaviors. On the contrary, defensiveness may only provoke further catcalling. Try as best as you can to take these comments within their cultural context

# CONTACT NAMES & ADDRESSES

GENERAL UW-EAU CLAIRE & CISI CONTACT INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK.

## UW-EAU CLAIRE

### *Center for International Education*

Cheryl Lochner-Wright  
Senior Study Abroad Coordinator  
[lochnecb@uwec.edu](mailto:lochnecb@uwec.edu)

3 Schofield Hall  
105 Garfield Avenue  
University of Wisconsin-Eau Claire  
Eau Claire, WI 54702  
Phone: (715) 836-4411  
Fax: (715) 836-4948

### *Pontificia Universidad Católica de Peru* *(PUCP)*

Narda Anton  
International Student Support Officer  
International Student Exchange Program  
Avenida Universitaria 1801  
San Miguel.  
Lima 32  
Peru

Phone: (511) 626-2000  
Email: [exchange@pucp.edu.pe](mailto:exchange@pucp.edu.pe)

## U.S. EMBASSY in PERU

Avenida La Encalada cdra. 17 s/n  
Surco, Lima 33, Peru

Calling from the US: (011) +51 1 618-2000  
Calling from Peru: (01) 618-2000

Email: [lima\\_webmaster@state.gov](mailto:lima_webmaster@state.gov)

## CONSULATE GENERAL OF PERU IN CHICAGO

180 North Michigan Ave.  
Suite 401

Chicago, IL 60601

Tel: 312-782-1599

Email: [sipan@ameritech.net](mailto:sipan@ameritech.net)

Web:

<http://www.consulado.pe/es/chicago/Paginas/Inicio.aspx>

We suggest that you copy this page and leave it with your emergency contact and/or parents.

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