

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

# Study Abroad



**PERU**

**SUMMER 2017**

*Program Guide*

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**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*

Starting in the summer 2016, UW-Eau Claire students have the chance to participate in the Field School Program in Peru. Students will have the opportunity to take classes and carry out practical work in research programs led by 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 summer program. Dates for the program can be found on the [Field School Program website](#). 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.** Letters will be sent in April or early May.

# ACADEMICS

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

## *Program Prerequisites*

To participate in this study abroad program, you must **be in good academic, conduct, and financial standing, and have the minimum 2.5 GPA required.** You must maintain full-time enrollment in the Spring semester; CIE will check grades at the

end of the spring semester. If you are on probation, we will need to check with PUCP to see if you will be allowed to participate. If you are suspended, you will not be allowed to participate in the program.

## *Registration in Peru*

You registered for classes by filling out the online application form to the summer Field School Program. **Please note that there are no registration changes allowed after arrival in Peru.**

## *Credits and Course load*

Depending on the course you sign up for, you will earn between 3-9 credits on this program.

**If you plan to use UW-Eau Claire summer financial aid, you must enroll in six credits.**

## *Classes*

**This is an intensive program.** You will have several hours of classes each day, in addition to homework in preparation for the next day's classes. Depending on the course you enroll in, you may also participate in field work or workshops aligned with the course topic.

Please see the course descriptions on the summer [Field School Program website](#).

## *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	C
0-10	F

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 summer to 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 NOT be able to fulfill your foreign language immersion requirement because it does not meet the minimum immersion requirement.

### ***Peruvian Academic System***

Although you will be taking courses for international students, it is important that you realize you are taking courses from Peruvian professors in the Peruvian academic system. The teaching methodology differs from that in the U.S. You are expected to adapt to their teaching style.

Syllabi are also different than those used in the U.S. They 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 have taught or studied in the U.S. system and will 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. Again, although you are taking courses in English, don't forget that you are taking them in a Spanish-speaking country. **Ninety five percent of all library resources will, of course, be in Spanish.** Most of your "textbooks" may actually be photocopies of books, due to the high cost and lack of availability of actual books.

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 - Summer 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 Dec 6, 2016 was \$1 USD = S/. 3.39094. 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.

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 Oraltie, 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.

#### **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; 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. To be in Peru for less than 90 days, you do not need to apply for a visa before you arrive.

**It is your responsibility to keep up-to-date about student visa requirements for Peru, and if required, 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.

## 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. You will be studying abroad during their winter. Lima has a humid subtropical and mild climate, but with no extreme hot or cold weather. In the winter (June to October), the temperatures typically range in the 50s. Bring clothes that you can layer and would be suitable for the colder, rainier fall weather in the Midwest, as the Peruvian coast has a heavy sea mist this time of the year.

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

Your peer adviser will give you a suggested packing list at your April group meeting.

### ***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 adviser.

### ***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).

## 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. Please fill out the Arrival Information Form found in the Learning Content section of your online study abroad account as soon as you have made your flight arrangements. We will forward the information to PUCP so they can arrange pick up and transportation for you from the airport to your host family's house.

### ***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). 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. **Remember, you are considered a tourist, not a student.**

PUCP will arrange transportation for you to be picked up from the airport and brought to your host family house.

If you miss this transportation, 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 on the first day of each course in addition to beginning your classes.

### *Homestays*

To encourage the maximum use of newly acquired Spanish language skills and/or to learn about a new culture, you will live with Spanish-speaking families in Lima. You may be the only student placed with a family or there may be a couple students placed per family. The cost of room, breakfast and dinner with your host family, and laundry is included in the cost of your program.

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 will be hosting for the first time.

\*Students in the Indigenous Rights and Legal Pluralism course will have housing arranged for them by PUCP.

\*Students in the Spanish Language & Peruvian Studies course are responsible for contacting host families and arranging their own housing. It is up to the student to negotiate cost per day with the host family and to pay that amount directly to their host family.

## **Financial Arrangements**

While PUCP screens families carefully to try to ensure that they have cultural interests for participating, **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 for the summer. 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**

Laundry will be done by your family. Discuss with them the family laundry schedule.

## **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.

## **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 cellular 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 students 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, what U.S. Americans might consider 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.

### ***“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 just 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.

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and/or parents.

